

Collaborative Oral Health Care

Wulempuri-Kertheba

'Staying Healthy Together'

Maria Luisa Mamerto

Dental Hygienist
NRCH - Oral Health
Excellence in Practice, Prevention and Promotion

North Richmond Community Health
23 Lennox Street, Richmond, Victoria, 3121



North Richmond Community Health

Oral Health 7+2 chair dental clinic

Medical 13 GPs & 2 Community Nurses

Allied Health & Diabetes Nurse Educators

Counselling & Casework

Health Promotion

Centre for Culture Ethnicity & Health & Multicultural

Health Service

MSIR & Harm Reduction team

MCH, HARP, PAC co-located



The North Richmond Community

- Aboriginal
- Refugees and asylum seekers
- High proportion of CALD clients
- Public housing – largest estate in Melbourne
- Mental Health
- PWUDs
- Homeless and at risk
- Chronic and complex medical conditions



Lowest socio-economic groups bear highest burden of chronic disease

Why should we take the mouth out of the hands of dentists?



'Oral health is fundamental to general health, wellbeing and quality of life.'

'Oral health is



to general health.'

How should we do it?

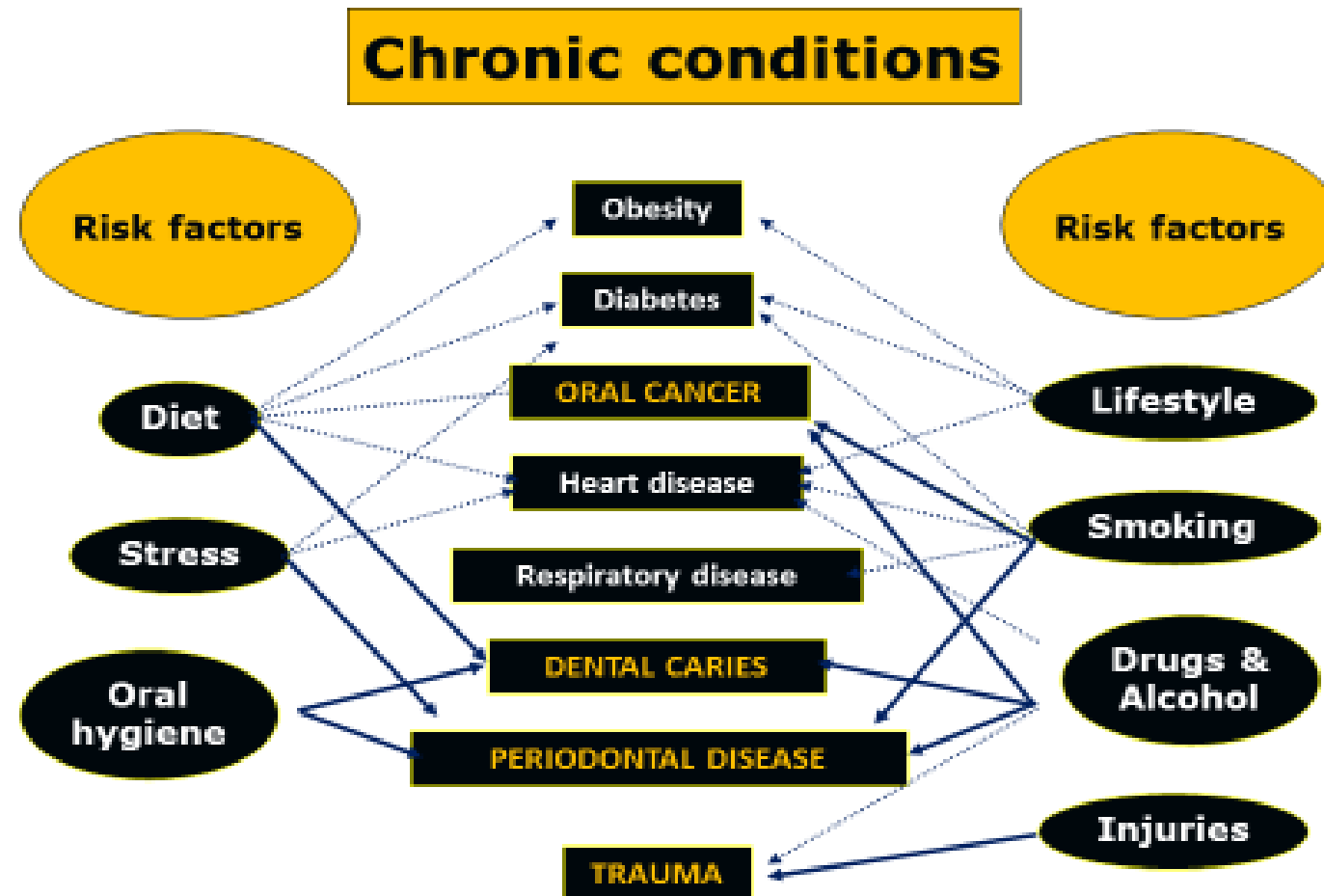


'Sharing is Caring'

Oral Health



The North Richmond Community



North Richmond Community Health - Oral Health

Our Mission

To improve our community's well-being through Integrated Preventive Oral health Care

Our Vision

To be a leading centre globally for community based oral health care involving large populations of high need individuals delivered through integrated, innovative, collaborative and person centred care

Preventive based Model of Oral Health Care

Principles

Minimal Intervention Dentistry

- **Risk assessment**
- Early detection & remineralisation
- Prevention - primary & secondary

Population Health

- Acknowledge social determinants
- Reduce inequity

Proportionate Universalism

- Targeted to vulnerable groups (High Risk/Needs)

Accessible & Appropriate

- Client and family centred

Integration with General Health

- Multidisciplinary collaboration

Preventive based Model of Oral Health Care

Oral Health Team

- 8 Dentists
- 3 Visiting Volunteer Dentists/Specialist
- 8 Dental/Oral Health Therapists
- 3 Dental Hygienists
- 3 Oral Health Educators
- 2 Dental Prosthetists
- 16 Dental Assistants
- 5 Receptionist/Admin
- 3 Research staff



Model of Care: Four Pillars

Clinical Excellence

- Risk Pathways
- Homeless Program
- Refugee & Asylum Seeker Program
- Forgotten Australians
- PWUD
- Mental health
- Diabetes
- Children in out of home care

Integrated Place Based Care

- Chompers
- Pearly Whites
- Aboriginal Program
- Kose Nehan Program – East Timor
- MSIR

Research & Development

- Hall Technique
- SDF
- Model of Care
- Diabetes & Integrated management
- Medically Supervised Injecting Room (MSIR) for People Who Inject Drugs (PWID)
- Pharmacists role in oral health

Education & Training

- Consumers
- Undergraduate and post-graduate students
- Oral health professionals
- Other health professionals

Oral Health Program Snapshots

Pioneering Integrated Oral Health

Chompers School Dental Program

Pearly Whites Aged Care Outreach Program

Diabetes and Oral Health

Integrated Oral Health Care program for People Who Inject Drugs
(PWID) at Medically Supervised Injecting Rooms (MSIR)

Pharmacists and Oral Health



Chompers School Dental Program



Pearly Whites Aged Care Outreach



To improve *Quality of Life*

■ Team Approach

- Hygienists
- Dentist
- RACF Staff
- Family

■ Outreach Model

- 3-4 sessions



Diabetes mellitus and Oral Health (DiabOH)

AUSDRISK Tool

THE AUSTRALIAN TYPE 2 DIABETES RISK ASSESSMENT TOOL (AUSDRISK)

1. Your age group:
Under 35 years ☐ 0 points
35–44 years ☐ 2 points
45–54 years ☐ 4 points
55–64 years ☐ 6 points
65 years or over ☐ 8 points
2. Your gender:
Female ☐ 0 points Male ☐ 3 points
3. Your ethnicity/country of birth:
 - a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?
No ☐ 0 points Yes ☐ 2 points
 - b. Where were you born?
Australia ☐ 0 points
Asia, Middle East, North Africa, Southern Europe ☐ 2 points
Other ☐ 0 points
4. Have either of your parents, or any of your brothers or sisters been diagnosed with diabetes (type 1 or type 2)?
No ☐ 0 points Yes ☐ 3 points
5. Have you ever been found to have high blood glucose (sugar) for example, in a health examination, during an illness, during pregnancy?
No ☐ 0 points Yes ☐ 6 points
6. Are you currently taking medication for high blood pressure?
No ☐ 0 points Yes ☐ 2 points
7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?
No ☐ 0 points Yes ☐ 2 points
8. How often do you eat vegetables or fruit?
Everyday ☐ 0 points
Not everyday ☐ 1 point
9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?
Yes ☐ 0 points No ☐ 2 points

10. Your waist measurement taken below the ribs (usually at the level of the navel, while standing):
Waist measurement (cm) _____
Complete either the green or orange box below, as appropriate:

For those of Asian or Aboriginal or Torres Strait Islander descent:

Men	Women	
Less than 90cm	Less than 80cm	<input type="checkbox"/> 0 points
90–100cm	80–90cm	<input type="checkbox"/> 4 points
More than 100cm	More than 90cm	<input type="checkbox"/> 7 points

For all others:

Men	Women	
Less than 102cm	Less than 88cm	<input type="checkbox"/> 0 points
102–110cm	88–100cm	<input type="checkbox"/> 4 points
More than 110cm	More than 100cm	<input type="checkbox"/> 7 points

Add up your points

Your risk of developing type 2 diabetes within 5 years*:

5 or less: Low risk

Approximately one person in every 100 will develop diabetes.

6–11: Intermediate risk

For scores of 6–8, approximately one person in every 50 will develop diabetes. For scores of 9–11, approximately one person in every 30 will develop diabetes.

12 or more: High risk

For scores of 12–15, approximately one person in every 14 will develop diabetes. For scores of 16–19, approximately one person in every seven will develop diabetes. For scores of 20 and above, approximately one person in every three will develop diabetes.

*The overall score may overestimate the risk of diabetes in people younger than 25.

The Australian Type 2 Diabetes Risk Assessment Tool was originally developed by the International Diabetes Institute in partnership with the Australian, State and Territory Governments as part of the COMET Diabetes Program for the use of type 2 diabetes risk assessment.

Non Modifiable Risks

1. Your age group:

- Under 35 years ☐ 0 points
35 – 44 years ☐ 2 points
45 – 54 years ☐ 4 points
55 – 64 years ☐ 6 points
65 years or over ☐ 8 points

2. Your gender

- Female ☐ 0 points
Male ☐ 3 points

3. Your ethnicity/country of birth:

a. Are you of Aboriginal, Torres Strait Islander, Pacific Islander or Maori descent?

- No ☐ 0 points
Yes ☐ 2 points

b. Where were you born?

- Australia ☐ 0 points
Asia (including the Indian sub-continent), Middle East, North Africa, Southern Europe ☐ 2 points
Other ☐ 0 points

Modifiable Risks

6. Are you currently taking medication for high blood pressure?

- No ☐ 0 points
Yes ☐ 2 points

7. Do you currently smoke cigarettes or any other tobacco products on a daily basis?

- No ☐ 0 points
Yes ☐ 2 points

8. How often do you eat vegetables or fruit?

- Everyday ☐ 0 points
Not everyday ☐ 1 point

9. On average, would you say you do at least 2.5 hours of physical activity per week (for example, 30 minutes a day on 5 or more days a week)?

- Yes ☐ 0 points
No ☐ 2 points

Integrated Oral Health Care Program for People Who Inject Drugs (PWID) at Medically Supervised Injecting Rooms (MSIR)



- Oral Health Assessment at MSIR room
- Radiographs taken – OPG
- Oral Hygiene Education and Instruction
- Preventive Treatment – Silver Diamine Fluoride
- Referral to Dental Clinic – daily DROP IN Clinics (1.30pm)
- Referral to Care Nurse Navigator

Pharmacist and Oral Health (Dry Mouth)

Common Oral Health Issues

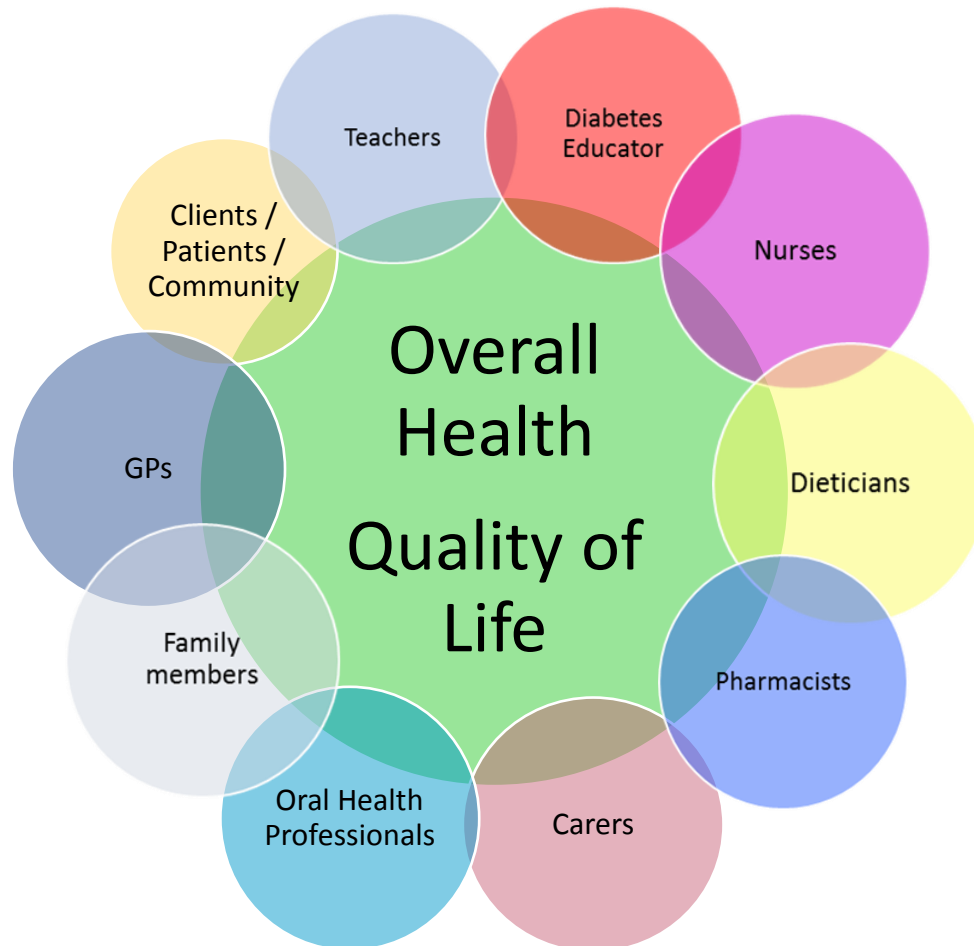
- Dry mouth / Xerostomia
- Dental Caries / Tooth decay
- Swollen or bleeding gums



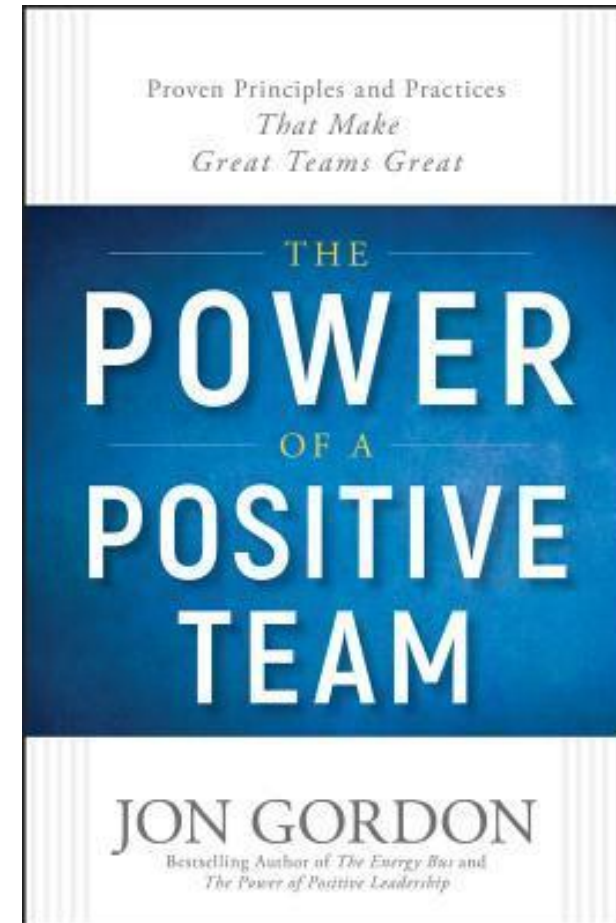
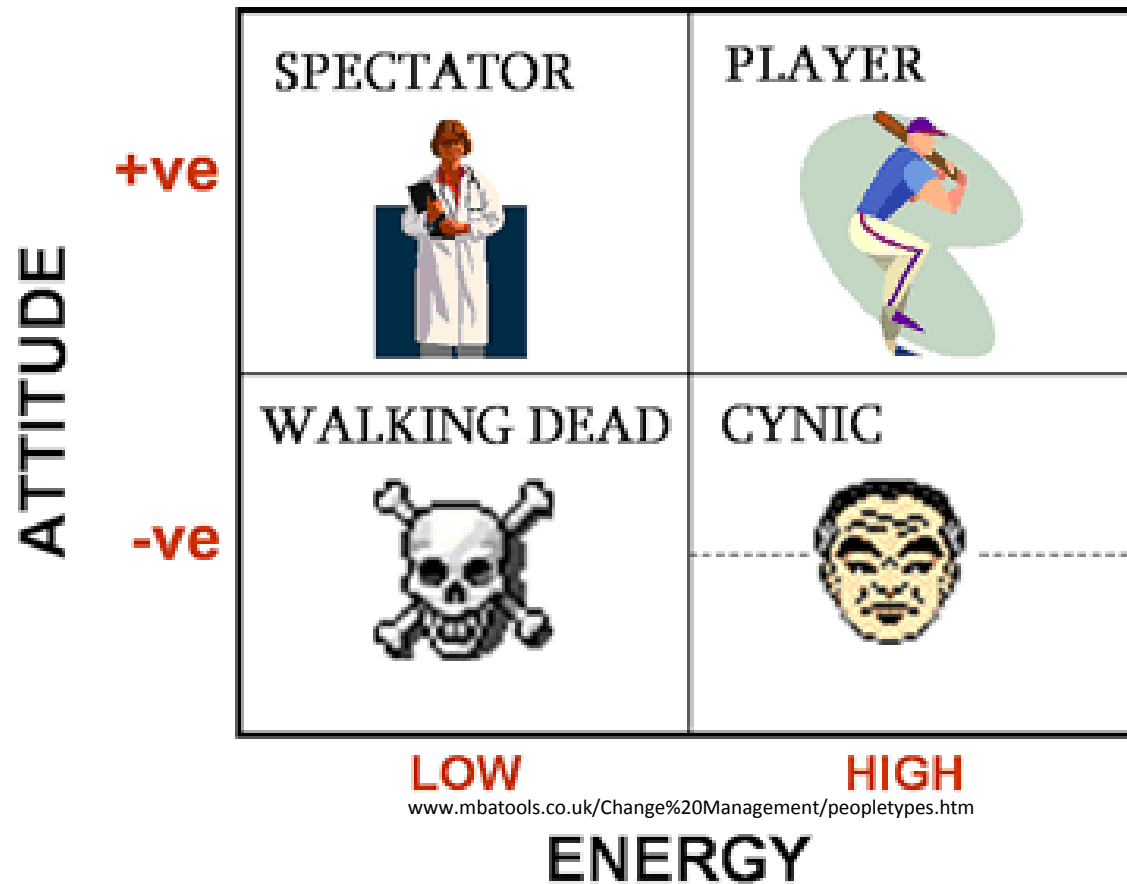
Community Pharmacy Preventive Approach



Capacity Building



Reflection



www.goodreads.com/book/show/39014975-the-power-of-a-positive-team

North Richmond Community Health



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