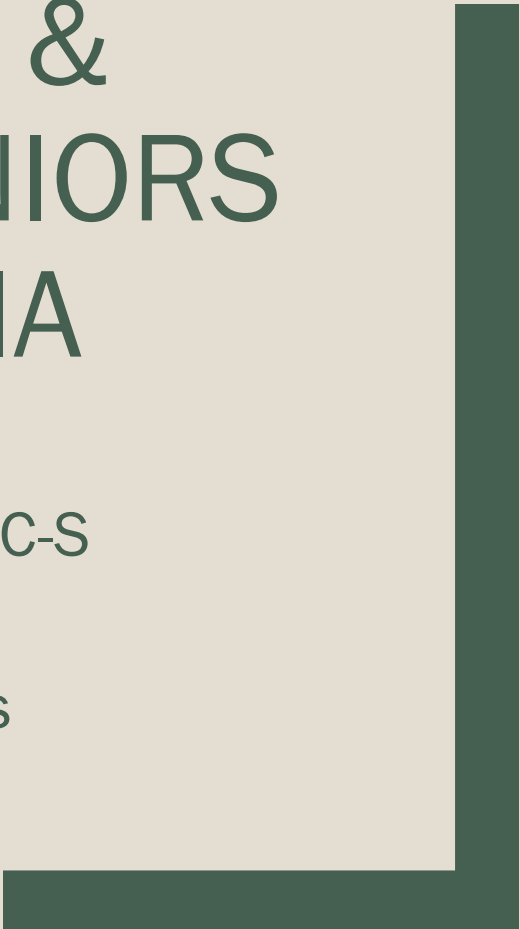




DENTAL CARE & ACCESS FOR SENIORS IN APPALACHIA

Sherry Shamblin, Ph.D., PCC-S
Chief Strategy Officer
Hopewell Health Centers





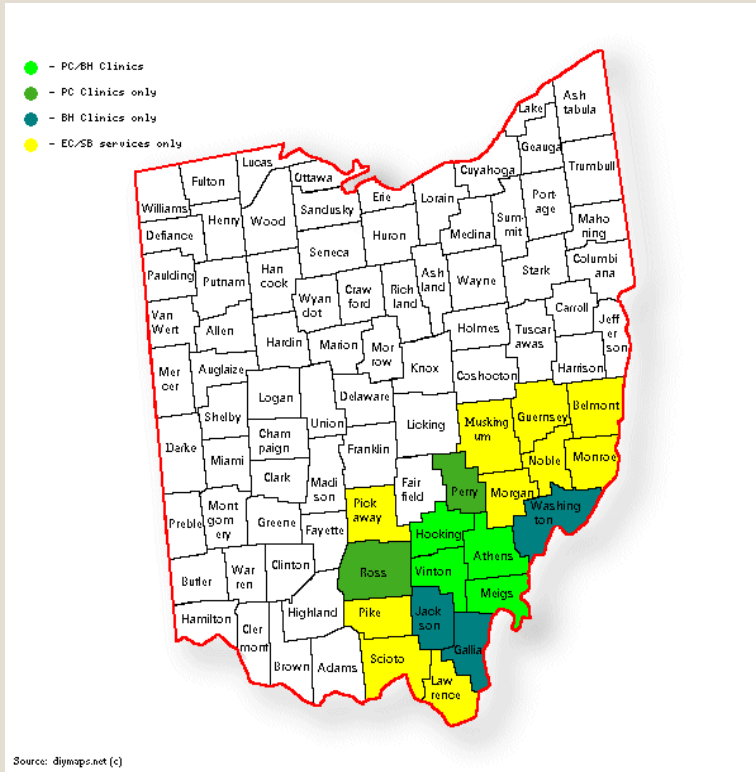
HOPEWELL

HEALTH CENTERS

***Access to Affordable, High Quality Integrated
Healthcare for All***

Our Vision

A community where
everyone enjoys a
healthy body, mind,
and **spirit.**



- **Hopewell's Service Region**
- 9 Counties
 - 4 Counties with Primary Care and Behavioral Clinics
 - 2 Counties with Primary Care Clinics Only
 - 3 counties Behavioral Health Clinics Only
 - 10 Counties with **Early Childhood/School-Based Services Only**
- **All Counties Served...**
 - Rural
 - Appalachian Culture
 - High Poverty
 - HRSA Mental Health Shortage Areas

Ohio's Federally Qualified Health Centers & FQHC Look-Alikes



Community Health Centers

- Aden Services in Action
- AsanaPointe Community Health Center
- CRA of Cuyahoga County
- CAD Family Medical Center
- Canton Community Clinic
- Care Alliance Health Center
- Centennial Health
- Center Street Community Health Center
- Change, Inc. - WV
- Chickadee Health Network
- City of Cincinnati Primary Care
- Columbus Neighborhood Health Centers
- Community Health Centers of Greater Dayton
- Community Health Services
- Community Health and Wellness Partners of Logan County
- Crossroad Health Center
- Dix County Health Center
- Fairfield Community Health Center
- Family Health Care of Northwest Ohio, Inc.
- Family Health Services of Deke County, Inc.
- Family Health Services of Erie County
- Five Rivers Health Center
- Free Medical Clinic of Greater Cleveland
- HopeWell Health Center
- Heart of Ohio Family Health Center
- Health Partners of Western Ohio
- HealthSource of Ohio
- Lorain County Health & Dentistry
- Lower Lights Christian Health Center
- Madrigal Valley Health Center
- NEOH Northwest Ohio Neighborhood Health Services
- Neighborhood Family Practice
- Neighborhood Health Association
- Ohio Hill Health Services
- ONE Health Ohio
- Principis Health Network - PA
- Principis Health Services
- Rocking Horse Center
- Somerset Homeless Clinic
- Southeast Inc.
- The HealthCare Connection
- Third Street Family Health Services
- Volley Health Systems - WV
- Volley View Health Center
- Winston Hills Medical and Health Center, Inc.
- Win County Health Service Assoc. - WV
- Wood County Community and Health and Wellness Center

In 2018-2019

- 9 counties; 22 Sites
- 25 School Districts (mental health services)
- 2 School Health Clinics
- 700 Employees
- 38,000 patients
- 7,5000 received dental services

Payer Mix across all patients

- 50% Medicaid
 - 26% Private Insurance
 - 16% Medicare
 - 8% Uninsured
-
- Uninsured rate for dental patients dropped from 40% - 20% post Medicaid Expansion

Workforce in Counties Served by Hopewell Health Centers*

*Taken from Ohio Oral Health Surveillance System downloaded from

<http://publicapps.odh.ohio.gov/oralhealth>;

and <https://datawarehouse.hrsa.gov/tools/analyzers/hpsafind.aspx>

Report Area	# Licensed Dentists	Ratio to Population	# Dentists who do not cap Medicaid Patients	HRSA Workforce Shortage Area Designation and Score
Service Region	118	3,112 to 1	43	Single County HPSA Score 13-21
Ohio Averages	6,246	1,848 to 1	987	NA

*Taken from Ohio Oral Health Surveillance System downloaded from <http://publicapps.odh.ohio.gov/oralhealth>

Report Area	% 3 rd Graders with Untreated Decay	3 rd Grader Reporting Tooth Ache	% Children <18 who have never visited dentist	% Adults who could not receive needed dental care
Service Region	34%	14%	14%	16%
Ohio Averages	19%	11%	12%	15%

VINTON COUNTY...



- Open since 2006
- Financed through U.S. Department of Agriculture's Rural Development Community Facilities program, Appalachian Regional Commission, the Ohio Department of Health Dental Safety Net II Grant, and the Osteopathic Heritage Foundation of Nelsonville
- Employs 2 dentists, 1 dental hygienist, 4 dental assistants, and a front-desk/receptionist.

MEIGS COUNTY...



- Open since 2012
- Financed through the HRSA Capital Improvement Program funded by the American Recovery & Reinvestment Act (ARRA) and the USDA Rural Development Community Facilities Program
- Employs 2 dentists, 1 hygienist, 5 dental assistants, and a front desk/receptionist

PERRY COUNTY...



- Open since 2017
- Financed through the HRSA Capital Improvement Program and Hopewell Health Funds.
- Employs 1 dentist, 1 hygienist, 2 dental assistants, and a front desk/receptionist

TRAVELING DENTAL..

- Started in 2017
- Currently serves Athens County. Will expand to other counties in near future.
- Financed through the Substance Abuse and Mental Health Services Administration (SAMHSA) Primary Care and Behavioral Health grant.
- Employs 1 hygienist and 1 dental assistant with a supervising dentist from Vinton County office.

NELSONVILLE...



- Opening in August thanks to many partners.
- Osteopathic Heritage Foundation
- Osteopathic Heritage Foundation of Nelsonville
- The Finance Fund
- The Sisters Health Foundation
- Buckeye Hills Regional Council
- Integrated Services for Behavioral Health



- 12 Operatories
- 4 Dental Teams
- 3 Dentists
- 1 Ohio Project Student from OSU
- Dental Hygiene students
- All services sliding fee

Buckeye Hills/ARC
Funds
Are supporting
Start-Up
Salaries of Staff
during the
First Year



New focus in Oral Health Care...



Societal Shifts

- Our population is living longer



In The Past



■ Twenty years ago...



Teeth are
forever!

At all ages, oral care is vital to your overall health!

This message is sponsored by the Saskatchewan Dental Assistants' Association



DID YOU KNOW?

Dentures require just as much care as your natural teeth.



Denture care



- Make sure to remove your denture daily
- Soaking your denture overnight in a solution such as Polident can kill up to 99.9% of bacteria
- Before brushing your denture with a soft bristle toothbrush, make sure to rinse it to remove any debris
- After cleaning your denture, make sure to brush the inside of your cheeks, gums, tongue, and teeth

What happens if you do not remove and clean your denture?

Denture stomatitis can be caused by:

- Dentures that do not fit well
- Poor oral hygiene
- A build-up of fungus
- Not removing your denture daily

This can lead to inflammation, gum disease, and soreness under your denture

Denture Care Products



How to improve your Oral Hygiene

- **Brush** your teeth for two minutes twice per day with a fluoridated toothpaste
- Use a **mouth rinse** (Listerine, Biotene, ACT, or Colgate) once or twice per day
- **Floss** at least once per day
- **Drink tap water** – tap water contains fluoride, which will help keep your teeth strong
- **Visit the dentist** on a regular basis – even if you have dentures
- **Quit smoking**



Dry mouth

Dry mouth can be caused by:

- Many prescription drugs that are used to treat: high blood pressure, depression, allergies, and pain
- Chemotherapy and radiation therapy
- Diabetes

Dry mouth can lead to:

- A build-up of bacteria in the mouth
- Tooth decay
- Weak teeth



Dry mouth relief products

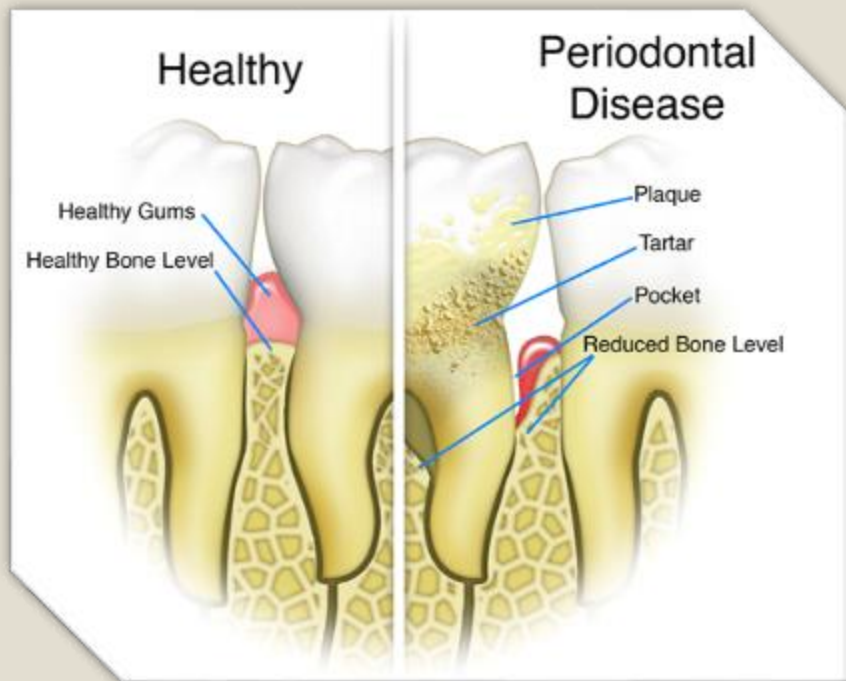


Root exposure and root cavities

- Root exposure is very common among older adults
- The root becomes exposed when the gum recedes from the tooth
- The root surface is prone to decay because it is not protected by the tooth's enamel
- Decay begins to form on the root surface when it is exposed to acids from foods



Periodontal Disease



Periodontal disease is also known as
a **severe gum disease**

- Gum disease can be caused by:
 - *Smoking*
 - *A build-up of plaque on teeth*
 - *Poorly fitted dentures*
 - *Diet*
 - *Diabetes*
- Periodontal disease can be prevented by visiting your dentist on a regular basis, and maintaining good oral hygiene



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The mouth is a mirror of health and disease

Signs can be seen in the mouth

- ☐ **Systemic Disease**
- ☐ **Bacterial and Fungal Infections**
- ☐ **Nutritional Deficiencies**



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Importance of Dental Health to Overall Health and Well-Being

Poor dental health can make other problems worse

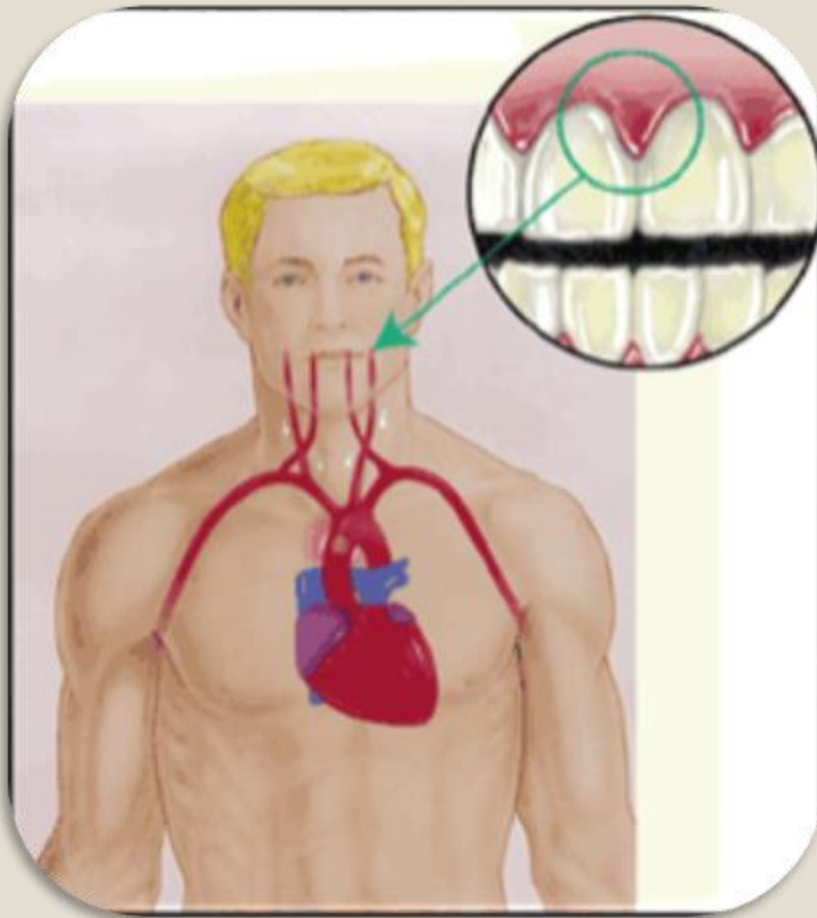
- ☐ **Cardiovascular Disease**
- ☐ **Diabetes**
- ☐ **Malnutrition**
- ☐ **Stroke**
- ☐ **Pneumonia**

Diabetes and periodontal disease

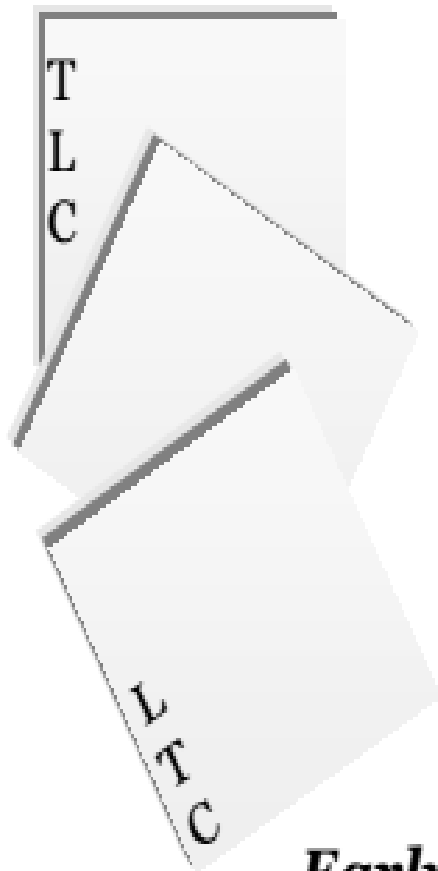
- *Those who have uncontrolled diabetes are more likely to have periodontal disease*
- *Periodontal disease increases the bodies blood sugar, and makes it hard for those who have diabetes to control their blood sugar*



Heart disease and periodontal disease



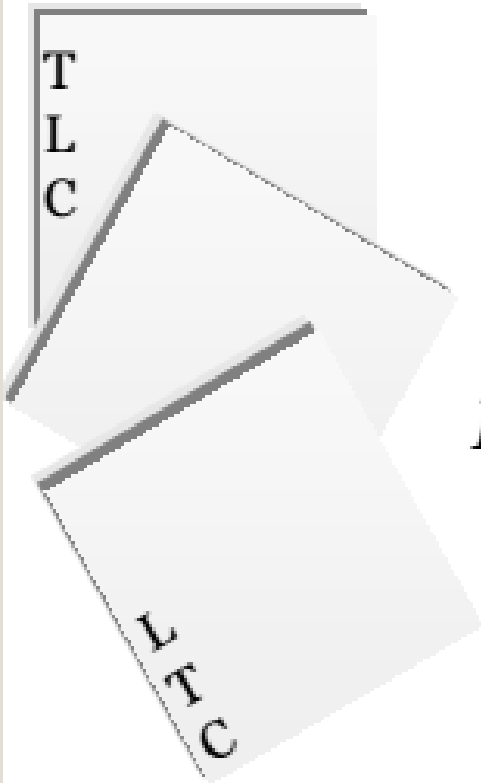
- Periodontal disease increases the risk of having heart disease or a stroke
- Inflammation of the gums caused by periodontal disease is thought to be the key connector between the two diseases



Early Signs of Oral Cancer to Report

- ☐ Swellings
- ☐ Red or White Patches
- ☐ Sores
- ☐ Numbness
- ☐ Lumps

Early oral cancer may be present even without pain



Why is Oral Health Important?

Dental disease is common in the nursing home and homebound population

Simple Screening Questions

- Do you have a caregiver?
- How often do you seek dental care?
- Are you currently taking any medication?
- Do you experience dry mouth?
- Do you wear a partial or full denture?
- If you wear a denture, do you remove and clean your denture daily?

More Formal Screening...

Resident: _____ Completed by: _____ Date: _____

Scoring: You may circle individual words as well as give a score in each category

Category	0 = Healthy	1 = Changes	2 = Unhealthy	Category scores
Lips	Smooth, pink, moist	Dry, chapped, or red at corners	Swelling or a lump; white, red, or ulcerated patch; bleeding or ulcerated at corners	
Tongue	Normal, moist, roughness, pink	Patchy, fissured, red, coated	Patch that is red or white, ulcerated, or swollen	
Gums and tissues	Pink, moist, smooth, no bleeding	Dry, shiny, rough, red, swollen, one ulcer or sore spot under dentures	Swollen, bleeding, ulcers, white or red patches, generalized redness under dentures	
Saliva	Moist tissues, watery and free-flowing saliva	Dry, sticky tissues, little saliva present, resident reports having a dry mouth	Tissues parched and red, very little or no saliva present, saliva is thick, resident reports having a dry mouth	
Natural teeth Yes/No	No decayed or broken teeth/roots	One to three decayed or broken teeth/roots or very worn-down teeth	Four or more decayed or broken teeth/roots, very worn-down teeth, or less than four teeth are present	
Dentures Yes/No	No broken areas or teeth, dentures are worn regularly and marked with the resident's name	One broken area or tooth, dentures only worn for one or two hours daily, dentures are not marked with the resident's name, or dentures are loose	More than one broken area or tooth, dentures are missing or not worn, dentures are loose and need adhesive, or dentures are not marked with the resident's name	
Oral cleanliness	Clean; no food particles or tartar in the mouth or dentures	Food particles, tartar, or plaque on one or two areas of the mouth or on a small area of dentures, or presence of halitosis (bad breath)	Food particles, tartar, or plaque in most areas of the mouth or dentures, or presence of severe halitosis	
Dental pain	No verbal/behavioral signs (pulling at face, not eating, aggression) or physical signs (cheek or gum swelling, broken teeth, ulcers) of dental pain	Presence of verbal/behavioral signs of dental pain	Presence of physical and verbal/behavioral signs of dental pain	

- ☐ Arrange for a dentist to perform an examination
- ☐ Client or family/guardian refuses dental treatment for the resident
- ☐ Initiate interventions, such as an oral hygiene care plan
- ☐ Review resident's oral health again on Date: _____

Total score: ____/16

Don't forget to smile!



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Thank you

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