DENTAL CARE & ACCESS FOR SENIORS IN APPALACHIA

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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
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](http://publicapps.odh.ohio.gov/oralhealth); and [https://datawarehouse.hrsa.gov/tools/analyzers/hpsafind.aspx](https://datawarehouse.hrsa.gov/tools/analyzers/hpsafind.aspx)

<table>
<thead>
<tr>
<th>Report Area</th>
<th># Licensed Dentists</th>
<th>Ratio to Population</th>
<th># Dentists who do not cap Medicaid Patients</th>
<th>HRSA Workforce Shortage Area Designation and Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Region</td>
<td>118</td>
<td>3,112 to 1</td>
<td>43</td>
<td>Single County HPSA Score 13-21</td>
</tr>
<tr>
<td>Ohio Averages</td>
<td>6,246</td>
<td>1,848 to 1</td>
<td>987</td>
<td>NA</td>
</tr>
</tbody>
</table>
*Taken from Ohio Oral Health Surveillance System downloaded from [http://publicapps.odh.ohio.gov/oralhealth](http://publicapps.odh.ohio.gov/oralhealth)

<table>
<thead>
<tr>
<th>Report Area</th>
<th>% 3rd Graders with Untreated Decay</th>
<th>3rd Grader Reporting Tooth Ache</th>
<th>% Children &lt;18 who have never visited dentist</th>
<th>% Adults who could not receive needed dental care</th>
</tr>
</thead>
<tbody>
<tr>
<td>Service Region</td>
<td>34%</td>
<td>14%</td>
<td>14%</td>
<td>16%</td>
</tr>
<tr>
<td>Ohio Averages</td>
<td>19%</td>
<td>11%</td>
<td>12%</td>
<td>15%</td>
</tr>
</tbody>
</table>
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…
At all ages, oral care is vital to your overall health!

This message is sponsored by the Saskatchewan Dental Assistants’ Association

Teeth are forever!
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
The mouth is a mirror of health and disease

Signs can be seen in the mouth

- Systemic Disease
- Bacterial and Fungal Infections
- Nutritional Deficiencies
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 body's 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...

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

- 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!
references


Guay AH. The oral health status of nursing home residents: what do we need to know? Journal Dental Education 2005;1015-1017.


Thank you

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