



Nevada Department of
Health and Human Services
DIVISION OF PUBLIC AND
BEHAVIORAL HEALTH

Healthy Smiles: Prenatal Health and Dental Care



Some expectant mothers believe they should put off dental care until after the baby arrives, but in fact, the opposite is true.

Pregnant women, new mothers, and those with pregnancy related questions are invited to learn more about the impact of oral hygiene, regular dental appointments, and oral health care during pregnancy.

**Thursday, December 19th, 1:00pm to 4:30pm
1981 E. Calvada Blvd #100, Pahrump, NV 89048**

- ▶ **Attend a free informational class discussing the importance and safety of oral health care during pregnancy.**
- ▶ **Receive a free dental screening and fluoride varnish application. Toothbrush kits provided to all.**
- ▶ **Connect with a dental assistant that will help you make a dental appointment.**
- ▶ **Be entered to win an electric toothbrush bundle!**

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Rural Nevada Expectant Mother Medicaid Dental Access Program



Project Team:

Nevada State Dental Health Officer – Antonina Capurro, DMD, MBA, MPH

Interim State Public Health Dental Hygienist – Beth Chartier, RDH, MPH

Interim Administrative Assistant – Monisa Riley

Dental Assistant – Vacietta DeJesus

Dental Assistant – Rebekah Rallis

Aims of the Project:

Approximately 40% of Nevada adults over the age of 21 do not obtain dental care each year (CDC, BRFSS, 2017). There is a strong correlation between poor maternal oral health and the risk of complications in pregnancy including pre-term delivery, low birth weight, gestational diabetes, preeclampsia, small for gestational age infants, and stillbirth. Nevada Medicaid is a significant healthcare payer source as nearly 20% of the population is currently enrolled in Medicaid (Medicaid.gov, 2019). However, Nevada Medicaid dental benefits are limited to emergency services and prosthetics for adults. By expanding dental services for pregnant women enrolled in Medicaid, the pathogenic transfer of bacterial plaques will be minimized from mother to fetus and the overall health of the expectant mother will be maintained. However, low utilization rates in rural Nevada reflect a lack of awareness of these extended benefits, difficulty in establishing a dental home, and the lack of understanding that dental care is not only safe, but very important during pregnancy. According to the Nevada Department of Health and Human Services, Office of Analytics, Medicaid financed 64% of births in Nevada in 2016 which placed Nevada as the fifth highest state in the nation with babies born on Medicaid. Education and case management for these women was the primary aim, but all patients regardless of insurance status were welcomed to participate.

This program concentrated on providing education seminars for local physicians particularly OB/GYNs, community health workers, and community health nurses that highlight the importance of their patient's oral health and create a case management system to connect women to a dental practice. This project had four foci: 1) to create an innovative method to educate patients on the importance of oral health while also providing medical clearance for dental treatment 2) to provide case management to connect patient's to a dental home 3) to develop healthcare networks in the community to promote better access to and understanding of oral health care needs of rural patients, and 4) develop dental educational modules targeting the engagement of interdisciplinary groups of health professionals.

The proposed project will take place in dental health professional shortage areas throughout rural Nevada in Esmeralda, Lincoln, Nye, and White Pine Counties. Of the identified counties, all four are considered rural or rural frontier due to their remote location within Nevada.

Materials:

Oral health education was provided to physicians and nurses on the importance of their patient's oral health and dental treatment during pregnancy through a PowerPoint. This presentation was provided as a handout and reviewed with each physician/nurse that was visited during the project period. A similar presentation was prepared for expectant mothers with nutritional information, an introduction to PRAMS, and oral hygiene tips.

In 2017, Nevada ranked 1st in rates of reported primary and secondary syphilis and 2nd in the national for congenital syphilis. As part of the educational portion of this program, syphilis referral cards and posters were included in the materials distributed. These informational tools were provided by the Nevada Syphilis Coordinator, Ms. Jennifer Somdahl.

The American Academy of Pediatrics granted permission to include the DPBH logo on their oral health handouts which included the "Protect Tiny Teeth", "Now You're Brushing for Two", "Milestones for Mini-mouths", and a brochure "Questions Moms Are Asking About Oral Health".

A key component of this program was to provide medical clearance for dental treatment while also distributing dental care reminders for expectant mothers. A pseudo prescription pad was created that included medical information on the front and oral health tips and a case management phone number on the back. Each pad contained 100 pages.

A small oral hygiene bag was also designed for each expectant mother that included dental supplies for herself and her child. These bags will be offered to expectant mothers during their visit to the primary care or OB/GYN office.

A magnet with oral hygiene tips for both the expectant mother and newborn were created. The magnet included both an English and Spanish version.

To gather data on the impact of this program, two surveys were designed. The first was a simple questionnaire that was provided to medical professionals after the educational training. The second was a twelve-question survey designed to assess the nutritional, behavioral, and oral health habits of expectant mothers in identified counties. A photo of the survey is located in the appendix.

For this project, a kit of educational materials was created for each office (see the below photo). A clear plastic box with the office name was filled with materials for 40 patients. The kit included a copy of each flyer type (40), magnets in English (40), magnets in Spanish(15), dental resource directory(40), hygiene bags with cards and stickers(40), 2019 Prenatal Oral Health Informational Form(40), pseudo prescription pad(4), syphilis referral cards(4).



Additionally, dental providers in surrounding areas will be asked to participate in the project as a network partner. A letter introducing the project and requesting referring offices was mailed along with a copy of the American Dental Association book, Dentistry and the Pregnant Patient.

Strategy:

Develop healthcare networks in rural Nevada to promote better access to oral care. Trips were conducted throughout rural Nevada to:

- Esmeralda County
Dyer
Goldfield

- Lincoln County
Caliente
Panaca
- Nye County
Pahrump
Round Mountain
Tonopah
- White Pine County
Ely

The goal of the project was to improve the oral health and overall health of expectant mothers by creating an innovative method to educate patients on the importance of oral health during pregnancy, provide medical clearance for dental treatment, and offer case management as a warm handoff to a dental home.

This project focused on disease prevention and dental health promotion for patients in rural Nevada.

Educational Highlights:

- Oral health is safe and necessary during pregnancy
- Dental treatment is optimally preformed during the 2nd trimester but can be safely delivered during any trimester.
- A thyroid collar and abdominal apron should be used to safely provide dental x-rays
- All women should have their teeth cleaned during pregnancy
- A baking soda mixture should be used to brush teeth after an emetic episode
- Elective dental procedures should be deferred until after delivery

Presentations:

Location	Office	Providers	Title	Items Distributed	Patient Care	Comments
Caliente, Lincoln County Grover C Dils Medical Center		Mark Croshaw	P.A.	<ul style="list-style-type: none"> • Presentations • Dental Kit for Office • Hygiene bags for patients (40) 	<ul style="list-style-type: none"> •Provides prenatal care but will not deliver the child. •Mother is referred to Cedar City, St. George, or Las Vegas 	<ul style="list-style-type: none"> •Learned Medicaid covers dental benefits for pregnant women •That babies should have their first dental visit by age 1 •Obstacles: transportation and reimbursement
		Dr. Dalton	M.D.			
		Bart Anderson	P.A.			
		R.William Katschke	M.D., Chief of Medical Staff			
Round Mountain, Nye County Round Mountain Gold Corp Clinic		James Zinser	M.D	<ul style="list-style-type: none"> • Presentations • Dental Kit for Office 	<ul style="list-style-type: none"> • This clinic serves miners and offers comprehensive medical care 	<ul style="list-style-type: none"> • Women travel far distances to deliver • There may be an opportunity to
		Deb Callis	Nurse			
		Andrea Holbert	Nurse			

			<ul style="list-style-type: none"> • Hygiene bags for patients (40) 	(but no delivery services and no dental services)	<p>offer dental here in the future</p> <ul style="list-style-type: none"> • Asked for supplies for children
Panaca, Lincoln County Panaca Town Center	Nicole Rowe	RN, Community Health Nurse for Lincoln and White Pine Counties	<ul style="list-style-type: none"> • Packet of flyers(5) • English and Spanish magnet • Dental resource inventory • Hygiene bags with prescripti on page for patients (40) 	<ul style="list-style-type: none"> • Does not typically see pregnant women but may provide pregnancy test. • Patients are sent to Caliente, Ely for delivery or Utah 	<ul style="list-style-type: none"> • Advertise community event in conjunction with dental office (Dr. Klomp) • Interested in partnering for back-to-school event • Asked if the SNHD immunization/de ntal bus would return.
Pahrump, Nye County WIC Office	Paula Lee Maria Guerra-Hurst	WIC Certifier CLC, Certified Lactation Counselor	<ul style="list-style-type: none"> • Presentati ons • Dental Kit for Office • Hygiene bags for patients (40) 	<ul style="list-style-type: none"> • WIC services provided 	<ul style="list-style-type: none"> • Most WIC patients at this clinic respond to the WIC questionnaire that they are “too afraid” of the dentist to seek care • Dentists in the area have told patients the child does not need to be seen until age three (which is incorrect). • Add “Yuck Mouth” video to OHP website • Pediatric medical services are difficult to obtain • Offered to collaborate with OHP on an educational day

					for pregnant clients
Ely, White Pine County William Bee Ririe Hospital	Dr. Tanner	OBGYN	<ul style="list-style-type: none"> • Presentations • Dental Kit for Office • Hygiene bags for patients (40) 	During peak times, Dr. Tanner delivers ~10 babies each month.	<ul style="list-style-type: none"> • Dr. Tanner comes to Ely from Salt Lake City every week • Very impressed by breadth of information • Receives many questions from patients about how to neutralize oral acid. Was thankful for information.
	Britney	R.N, OB-Lead Nurse			
Tonopah, Nye County Health Clinic	Beth Ennis	M.S, A.P.N, Health Nurse	<ul style="list-style-type: none"> • Presentations • Dental Kit for Office • Hygiene bags for patients (40) 	<ul style="list-style-type: none"> • Pregnancy and syphilis testing • Referral for prenatal care 	<ul style="list-style-type: none"> • Suggestion: offer service as part of community presentation for greater impact ie. Cleanings, varnish, exams
Goldfield, Esmeralda County Court House	Mr. London	Administrative Assistant for Esmeralda County Commissioners	<ul style="list-style-type: none"> • Packet of flyers(5) • Hygiene bags with prescription page for patients (5) • Children's toothbrush cup with brush and timer (4) • Coloring books(5) 	• Referrals	<ul style="list-style-type: none"> • Silver Peek pregnancy is higher and less than 100 people. • Dyer has a growing population of children with over 40 kids. • Dyer is a migrant community.
Panaca, Lincoln County Family Dentistry	Dr. Klomp	DMD	• Packet of flyers(5)	• Dental services	<ul style="list-style-type: none"> • Majority of patients come from Ely • Interested in

					developing dental workforce for rural areas
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Community Center	Items Distributed	Limitation	Comments
Dyer Community Center, Esmeralda County	<p>At post office:</p> <ul style="list-style-type: none"> • Children’s toothbrush cup with brush and timer (3) • Coloring book (5) • Packet of flyers (5) • Hygiene bags with prescription page for patients (5) <p>At grocery store:</p> <ul style="list-style-type: none"> • Children’s toothbrush cup with brush and timer (3) • Coloring book (5) • Packet of flyers (5) • Hygiene bags with prescription page for patients (5) 	<ul style="list-style-type: none"> • Women may not have transportation. No public transportation is available. • Informed by post office that women may not have felt safe to attend a state sponsored event as the town is comprised of migrant workers. 	Women at the post office informed us that many women come to the post office for news and information. She offered to handout the supplies to women in the community. Should we come again, the post office should be contacted as they will disseminate the event flyers.
Tonopah Public Library, Nye County	<ul style="list-style-type: none"> • Hygiene bags for patients (2) 	Event hours	Poor showing due to school hours. This event was scheduled at 3pm and school closed at 3:15. Poor timing.
Panaca Town Center, Lincoln County	<ul style="list-style-type: none"> • Packet of flyers (5) • English and Spanish magnet • Dental resource inventory • Hygiene bags with prescription page for patients (40) 	Event was well advertised, but attendance was poor	Supplies were provided to Ms. Rowe
Pahrump Community Library, Nye County	<ul style="list-style-type: none"> • Hygiene bags for patients (5) 	<ul style="list-style-type: none"> • Reserved room was hidden in the back of the library. • Educational flyer was well posted but offering may not have been exciting enough to draw women to the library. 	Supplies were provided to the librarian.
White Pine County Library, White Pine County	<ul style="list-style-type: none"> • Children’s toothbrush cup with brush and timer (3) • Coloring book (1) • Packet of flyers (1) • Hygiene bags for patients 	<ul style="list-style-type: none"> • Patients may live outside of town. • Booth was set up outside of the assigned 	<ul style="list-style-type: none"> • Expectant mother commented that she travels to Las Vegas for care because she feels it is better than

	(7) <ul style="list-style-type: none"> • Electric toothbrush bundle(1 winner) 	room to capture the attention of library goers.	<p>what is available in Ely.</p> <ul style="list-style-type: none"> • Physician caused expectant mother to bleed during last appointment. She believes care is low in Ely. • “William Bee Ririe Hospital is more focused on inmate care than local patients”.
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Notes: We were informed that at the Caliente Youth Center, young girls come in at 13-18 weeks pregnant and are sent out at 32 weeks to delivery. Typically, they are sent out of state. Access to dental care at the Caliente Youth Center is limited.

Project Budget:

Medical-Dental Collaboration to Bring Oral Health Services to Pregnant Women in Rural Nevada Pilot Project					
<u>Personnel and Fringe</u>				Total:	\$7,944
	Direct Cost	Fringe			
<u>Dental Assistant</u> : \$12/hour x 20 hours x 20 weeks + 33% fringe	\$4,800	\$1,584	\$6,384		
DA will provides case management and is a point of contact for patients seeking dental care					
<u>Biostatistician</u> : \$26/hour * 60 hours	\$1,560				
<u>Travel</u>				Total:	\$2,030.33
<u>In-State Travel</u>					
<u>Trip to Towns in Esmeralda, Lincoln, Nye, and White Pine Counties</u>					
Motor pool: \$28/day x 5 days x 1 trips + (\$0.11/mile x 500 miles per r/t x 4 trips)	\$560.33				

Lodging: \$120/day x 4 nights x 1 trips x 2 staff	\$960				
Per Diem: \$51/day x 5days x 1 trips x 2 staff	\$510				
<u>Travel Justification:</u> Travel is estimated and charged to projects in accordance with State of Nevada travel regulations which can be accessed at the following site: http://www.unlv.edu/Controller/Disbursements/Topics/topics.htm .					
<u>Equipment and Supplies</u>				Total:	\$2,990
Oral Hygiene Take Home Pkgs for Expectant Mothers: toothbrushes, toothpaste, floss, etc.	\$1,621				
2-sided Prescription Referral Pad for Oral Health Services	\$1,306				
Patient Survey	\$63				
<u>Justification:</u> Includes oral health tool kits and prescription referral pads. Estimates are based on experience with projects like the one proposed. The estimated cost for each oral hygiene kit (patient hygiene bags) is \$1.80.					
<u>Operating Expenses</u>				Total:	\$500
Educational materials: \$75/clinic including oral health in pregnancy and infant oral health brochures	\$375				
Mailing of educational information to clinics	\$125				
<u>Justification:</u> General office supply costs for standard office essentials: (i.e., file folders, package tape, pens, folders, and other office supplies (i.e., printing labels, paper clips), and toner cartridges for printers. Printing funds support the monthly cost of Xerox machine. The budget reflects printing publications as a direct cost to the project. Oral health literature will be made available to the populations who participate in the programs in both English and Spanish.					

	TOTAL BUDGET				\$13,464.33
MCH provided \$13,006 towards this budget under grant number B04MC31501 from Health Resources and Services Administration (HRSA)					

Outcomes:

Over 1700 miles were driven throughout the southern region of rural Nevada during this educational program. As a result, it is expected that an increased understanding of the importance and safety of dental care during pregnancy will lead to a higher utilization of Medicaid dental services in rural Nevada. Additionally, it is anticipated that through the utilization of in person training in OBGYN offices, there will be an increase in the incorporation of oral health services such as oral health screenings and fluoride varnish in the offices/clinics of the primary care workforce. It is projected that this program will boost referrals within and across disciplines by providing tools and guidelines to facilitate communication with multiple medical disciplines.

Initial Goals of the project were to:

- Provide information to patients on how to find and establish a dental home
- Educate OBGYN doctors and nurses on the safety of dental care during all trimesters
- Increase across discipline referrals by providing tools and guidelines to facilitate communication with one another
- Provide oral hygiene supplies to expectant mothers

These goals were met through the initial trip.

Data:

Post-Presentation Survey : were collected from medical professionals following the training.

On a scale between 1 to 6, please rate your knowledge of oral health during pregnancy following this presentation.	50%-strongly agree
Before attending this presentation, how important did you believe dental exams and regular exams were during pregnancy?	75%-somewhat important
Following this presentation, how important do you believe dental exams and regular cleanings are during pregnancy?	50%-important; 50%-extremely important
Overall, how would you rate your understanding of the objectives of this project?	50%-excellent
What type of obstacles are expectant mothers facing in rural Nevada that the state is not aware of or is not able to solve?	Provider availability, transportation, access

What did you learn that you didn't know before?	Dental care is needed by pregnant mothers, baby dental appointment by age 1, Medicaid dental benefits are available for pregnant women
Overall, how satisfied were you with this presentation?	50%-excellent; 50%-good

2019 Prenatal Oral Health Information Form: forms are currently being returned to the Oral Health Program.

The results of this program will be assessed through utilization of case management services, through analysis of returned *Prenatal Oral Health Information Forms*, and increased utilization of Medicaid dental benefits by pregnant recipients.

Lessons Learned:

1.Pseudo Prescription Pad:

- a. The pseudo prescription pad contained too many boxes to be checked which created some confusion for the busy physician. At the top of the pad is a section that asks the physician to select the type of dental treatment that the patient may receive. The feedback we collected indicated that physicians would feel more comfortable checking exclusion for dental treatment rather than inclusions. Additionally, there was some question as to whether or not antibiotics should be listed on the pad or if antibiotic allergies would be more appropriate. These comments will be taken into consideration in any revisions are made to the pseudo prescription pad.

2.Considerations of a Small Town:

- a. Some women commented that they are uncomfortable receiving prenatal care in their local community because the community is so close knit. Patients seem to require some form of anonymity for this type of intimate care.
- b. We were informed that women may not have attended the event in Dyer due to their immigrant status.
- c. Many expectant mothers travel to California, Utah, Hawthorne, or Las Vegas for prenatal care and delivery services. As a rural resident, traveling far distances for necessary goods and services is a regular practice.

3.Community Educational Event:

- a. Community events were poorly attended. Suggestions to increase attendance include offering services (cleanings, exams, fluoride varnish), scheduling classes after school (3:30pm or later) or during the morning hours, and partnering with a community event, local provider, or trusted town entity (church or post office). A town ambassador is needed in each town to better understand the culture of the community and what outreach method would be most effective.
- b. Additionally, attendance may be increased if community events were held on Fridays or the weekends.

- c. Scheduling appointments with physicians/nurses is very predictable because office hours are set. It is much more difficult to reach the local expectant mothers in the community.
- d. Incentives included a hygiene kit and a raffle for an Oral B toothbrush bundle. This may not have enticed the women to participate.

4. Medicaid Misinformation

- a. Consistently, expectant mothers and medical professionals were surprised to learn that Medicaid dental benefits are available during pregnancy.
- b. The WIC office in Pahrump informed us that women have been told by local dentists that Medicaid dental benefits are not provided to any adults in Nevada. This misinformation and confusion lead to inclusion of a sentence highlighting Medicaid dental benefits in the letter to request dentist participants for the project's referring dental network.

Reference:

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Appendix

1. Pseudo Prescription Pad. Pads were 2-sided with 100 pages included in each pad.

<p>R Prenatal Care Professional: Telephone #: _____ Fax#: _____</p> <p>Bring this with you to your next dental appointment.</p> <p>Patient Name: _____</p> <p>DOB: _____ Estimated Delivery Date: _____</p> <p>This patient may have routine dental care, including but not limited to:</p> <table border="0"> <tr> <td><input type="checkbox"/> Oral health examination</td> <td><input type="checkbox"/> Local anesthetic with or without epinephrine</td> </tr> <tr> <td><input type="checkbox"/> Dental prophylaxis</td> <td><input type="checkbox"/> Scaling and root planning (deep cleaning)</td> </tr> <tr> <td><input type="checkbox"/> Dental x-ray with abdominal neck lead shield</td> <td><input type="checkbox"/> Root canal treatment</td> </tr> <tr> <td><input type="checkbox"/> Restoration (amalgam or composite) fillings</td> <td><input type="checkbox"/> Extraction</td> </tr> </table> <p>Known Allergies: _____</p> <p>Medications Patient is Currently Taking: _____</p> <p>Patient may have the following pain medication (s):</p> <table border="0"> <tr> <td><input type="checkbox"/> Acetaminophen with codeine</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Alternative medication (specify):</td> <td></td> </tr> </table> <p>Patient may have the following antibiotic(s):</p> <table border="0"> <tr> <td><input type="checkbox"/> Amoxicillin</td> <td><input type="checkbox"/> Erythromycin (not estolate form)</td> </tr> <tr> <td><input type="checkbox"/> Cephalosporins</td> <td><input type="checkbox"/> Penicillin</td> </tr> <tr> <td><input type="checkbox"/> Clindamycin</td> <td></td> </tr> </table> <p>Signature: _____ Date: _____</p> <p style="background-color: #e0e0e0; padding: 2px;">To learn more, call the Oral Health Program, Dental Coordinator at: 702-759-0850</p>	<input type="checkbox"/> Oral health examination	<input type="checkbox"/> Local anesthetic with or without epinephrine	<input type="checkbox"/> Dental prophylaxis	<input type="checkbox"/> Scaling and root planning (deep cleaning)	<input type="checkbox"/> Dental x-ray with abdominal neck lead shield	<input type="checkbox"/> Root canal treatment	<input type="checkbox"/> Restoration (amalgam or composite) fillings	<input type="checkbox"/> Extraction	<input type="checkbox"/> Acetaminophen with codeine		<input type="checkbox"/> Alternative medication (specify):		<input type="checkbox"/> Amoxicillin	<input type="checkbox"/> Erythromycin (not estolate form)	<input type="checkbox"/> Cephalosporins	<input type="checkbox"/> Penicillin	<input type="checkbox"/> Clindamycin		<p>R Prenatal Care Professional: Telephone #: _____ Fax#: _____</p> <p>Bring this with you to your next dental appointment.</p> <p>Patient Name: _____</p> <p>DOB: _____ Estimated Delivery Date: _____</p> <p>This patient may have routine dental care, including but not limited to:</p> <table border="0"> <tr> <td><input type="checkbox"/> Oral health examination</td> <td><input type="checkbox"/> Local anesthetic with or without epinephrine</td> </tr> <tr> <td><input type="checkbox"/> Dental prophylaxis</td> <td><input type="checkbox"/> Scaling and root planning (deep cleaning)</td> </tr> <tr> <td><input type="checkbox"/> Dental x-ray with abdominal neck lead shield</td> <td><input type="checkbox"/> Root canal treatment</td> </tr> <tr> <td><input type="checkbox"/> Restoration (amalgam or composite) fillings</td> <td><input type="checkbox"/> Extraction</td> </tr> </table> <p>Known Allergies: _____</p> <p>Medications Patient is Currently Taking: _____</p> <p>Patient may have the following pain medication (s):</p> <table border="0"> <tr> <td><input type="checkbox"/> Acetaminophen with codeine</td> <td></td> </tr> <tr> <td><input type="checkbox"/> Alternative medication (specify):</td> <td></td> </tr> </table> <p>Patient may have the following antibiotic(s):</p> <table border="0"> <tr> <td><input type="checkbox"/> Amoxicillin</td> <td><input type="checkbox"/> Erythromycin (not estolate form)</td> </tr> <tr> <td><input type="checkbox"/> Cephalosporins</td> <td><input type="checkbox"/> Penicillin</td> </tr> <tr> <td><input type="checkbox"/> Clindamycin</td> <td></td> </tr> </table> <p>Signature: _____ Date: _____</p> <p style="background-color: #e0e0e0; 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Congratulations on Your Pregnancy!

Regular dental care during pregnancy is **safe and important.**

To be connected with a dental office and to be entered into a drawing to win a Colgate electric toothbrush bundle and box of diapers,

Contact the Oral Health Program,
Dental Coordinator at:
702-759-0850

Pregnancy Tips:

- *Brush your teeth thoroughly with a fluoride toothpaste twice a day and floss daily
- *Eat a balanced diet full of fruits, vegetables, whole-grains, and dairy
- *Visit your dentist for an exam and regular dental cleanings
- *Schedule your new baby's first dental visit no later than their first birthday

Congratulations on Your Pregnancy!

Regular dental care during pregnancy is **safe and important.**

To be connected with a dental office and to be entered into a drawing to win a Colgate electric toothbrush bundle and box of diapers,

Contact the Oral Health Program,
Dental Coordinator at:
702-759-0850

Pregnancy Tips:

- *Brush your teeth thoroughly with a fluoride toothpaste twice a day and floss daily
- *Eat a balanced diet full of fruits, vegetables, whole-grains, and dairy
- *Visit your dentist for an exam and regular dental cleanings
- *Schedule your new baby's first dental visit no later than their first birthday



This document was supported by the Nevada State Division of Public and Behavioral Health through Grant Number 80AMC31501 from Health Resources and Services Administration (HRSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division nor HRSA.



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2. English Magnet

KEEP YOUR CHILD CAVITY FREE!



Visit the dentist while pregnant



Don't share utensils with children; Cavity germs are contagious



Brush with fluoride toothpaste 2x/day



Sleep without a bottle



No more than 4 oz. juice a day



Adult brushes child's teeth



Stop the soda pop



Nevada Oral Health Program
<http://dphh.nv.gov/Programs/OH/OH-Home/>

3. Spanish Magnet

MANTENGA A SUS NIÑOS SIN CARIES

Es importante ir al dentista cuando se está embarazada

No comparta los utensilios con los niños; Las caries son contagiosas

Cepille al niño usando una pasta con fluor 2 veces al día

Dormir sin biberón

Entre comidas solo bebe agua

Un adulto debe de cepillar los dientes del niño

No más de 4 onzas de jugo al día

Vaya al dentista cuando el niño tenga 1 año

Deje de tomar soda

Nevada Department of Health and Human Services
Nevada Programa de Salud Basal
<http://dphh.nv.gov/Programs/OH/OH-Home/>

4. American Academy of Pediatrics, Milestones for Mini Mouths

Milestones for mini mouths

NEWBORN
BACTERIA FROM YOUR MOUTH CAN PASS TO YOUR BABY'S MOUTH SO PART OF TAKING CARE OF YOUR NEWBORN'S MOUTH IS CARING FOR YOUR OWN ORAL HEALTH
BRUSH YOUR TEETH TWICE A DAY, CLEAN BETWEEN YOUR TEETH, AND GET A DENTAL CHECK-UP EVERY 6 MONTHS

0 TO 5 MONTHS OLD
YOU'RE BEGINNING TO SEE THAT ADORABLE SMILE
START PROTECTING IT BY WIPING HIS GUMS WITH A SOFT, CLEAN CLOTH AFTER EACH FEEDING

6 TO 12 MONTHS OLD
BABY IS CUTTING HIS FIRST TOOTH
START BRUSHING THAT TOOTH TWICE A DAY USING A SMEAR OF TOOTHPASTE
WHEN BABY IS READY FOR SOLID FOOD CHOOSE THINGS WITH NO ADDED SUGAR

1 YEAR OLD
MAKE SURE YOUR BABY HAS A DENTAL CHECK-UP BY HIS FIRST BIRTHDAY
If you don't have a system to take good baby oral health care, ask your pediatrician to check his teeth and for a dental referral.

Nevada Department of Health and Human Services
Nevada Oral Care
DENTAL HEALTH

5. American Academy of Pediatrics, Now You're Brushing for Two

Now, you're brushing for two.

When you're pregnant you may be more prone to gum disease and cavities — and having them can impact your baby's health. Get a dental check-up before delivery.

If you don't have a place to go, ask your healthcare provider for a recommendation and make an appointment today.

Learn more at HealthyChildren.org/tinyteeth

Nevada Department of Health and Human Services
Nevada Oral Care
DENTAL HEALTH

6. Cards for individual hygiene bags

Congratulations on Your Pregnancy!

Dental checkups and good oral hygiene will keep you and your baby healthy!

Pregnancy Tips:

- Brush your teeth thoroughly with a fluoride toothpaste twice a day and floss daily
- Eat a balanced diet full of fruits, vegetables, whole grains, and dairy
- Visit your dentist for an exam and regular dental cleanings
- Schedule your new baby's first dental visit no later than their first birthday

Did You Know? Medicaid pays for dental care during pregnancy and transportation is provided!

Nevada Medicaid District Offices – Customer Service Line
Las Vegas District Office 702-668-4200 Nevada Medicaid Web Site: www.medicaid.nv.gov

To learn more, call the Oral Health Program, Dental Coordinator at: 702-739-0850
Nevada Division of Public and Behavioral Health, Oral Health Program website: <http://dphh.nv.gov/Programs/OH/Our-Home/>

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Nevada Division of Public and Behavioral Health, Oral Health Program website: <http://dphh.nv.gov/Programs/OH/Our-Home/>

7. Stickers for individual hygiene bags

This Bag Contains the Following:

- Adult toothbrush
- Infant finger brush
- Toddler toothbrush
- Dental floss
- Fluoride toothpaste (use a smear of toothpaste before age 3 and a pea size amount for older children and parents)

This bag is provided to you through a partnership between the Nevada State Oral Health and the Maternal, Child and Adolescent Health Programs within the Nevada Division of Public and Behavioral Health.

This Bag Contains the Following:

- Adult toothbrush
- Infant finger brush
- Toddler toothbrush
- Dental floss
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This bag is provided to you through a partnership between the Nevada State Oral Health and the Maternal, Child and Adolescent Health Programs within the Nevada Division of Public and Behavioral Health.

8. American Academy of Pediatrics, Now You're Brushing for Two

Now you're brushing for two

WHEN YOU'RE PREGNANT YOU MAY BE MORE PRONE TO GUM DISEASE AND CAVITIES

After your baby is born, you could pass the bacteria that contributes to cavities from your mouth to hers.

THAT'S WHY EVERY PREGNANT WOMAN NEEDS TO VISIT HER DENTIST

MAKE YOUR APPOINTMENT BEFORE THE BABY COMES

ONCE SHE COMES, WE'RE GUESSING YOU'LL BE PRETTY BUSY

IF YOU HAVE MORNING SICKNESS, RINSE YOUR MOUTH WITH ONE TSP OF BAKING SODA IN A GLASS OF WATER AFTER YOU GET SICK.

BE SURE TO BRUSH TWICE A DAY AND FLOSS DAILY

Tip to keep your mouth healthy

2x

Nevada Department of Health and Human Services

ORANGE COUNTY

BEHAVIORAL HEALTH

9. American Academy of Pediatrics, Protect Tiny Teeth



Protect Tiny Teeth

You may not see them yet, but your baby's teeth are hiding right beneath the gums.

Here's how to keep that little smile healthy:

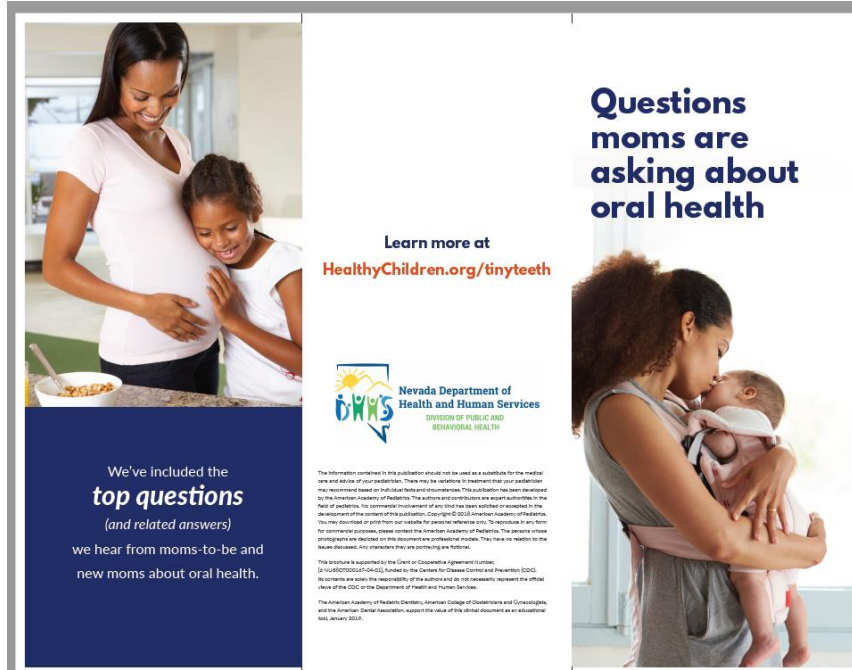
- 1 The best way to spot signs of problems is to take your baby for a dental check-up as soon as he has a tooth or by his first birthday. If you don't have a place to go, ask your pediatrician to check out your baby's mouth and provide a dental referral.
- 2 Wipe your baby's gums with a soft, clean cloth after feedings and at bedtime. This helps wipe away sugar and bacteria that together can cause cavities.

Ask your pediatrician about other tips and visit HealthyChildren.org/tinyteeth

The information contained in this publication should not be used as a substitute for the medical advice or expertise of your pediatrician. There are circumstances in which your pediatrician may recommend additional testing or treatment. The publication is provided for your information only. It is not intended to be used as a substitute for the medical advice or expertise of your pediatrician. Copyright © 2012 American Academy of Pediatrics. All rights reserved. Reproduction of this publication is prohibited without the prior written permission of the American Academy of Pediatrics. The American Academy of Pediatrics, HealthyChildren.org, and the American Academy of Pediatrics logo are trademarks of the American Academy of Pediatrics. The American Academy of Pediatrics, HealthyChildren.org, and the American Academy of Pediatrics logo are trademarks of the American Academy of Pediatrics. The American Academy of Pediatrics, HealthyChildren.org, and the American Academy of Pediatrics logo are trademarks of the American Academy of Pediatrics.



10. American Academy of Pediatrics, Questions Mom Are Asking About Oral Health




Questions moms are asking about oral health


Learn more at HealthyChildren.org/tinyteeth

We've included the **top questions** (and related answers) we hear from moms-to-be and new moms about oral health.


The information contained in this publication should not be used as a substitute for the medical advice or expertise of your pediatrician. There are circumstances in which your pediatrician may recommend additional testing or treatment. The publication is provided for your information only. It is not intended to be used as a substitute for the medical advice or expertise of your pediatrician. Copyright © 2012 American Academy of Pediatrics. All rights reserved. Reproduction of this publication is prohibited without the prior written permission of the American Academy of Pediatrics. The American Academy of Pediatrics, HealthyChildren.org, and the American Academy of Pediatrics logo are trademarks of the American Academy of Pediatrics. The American Academy of Pediatrics, HealthyChildren.org, and the American Academy of Pediatrics logo are trademarks of the American Academy of Pediatrics. The American Academy of Pediatrics, HealthyChildren.org, and the American Academy of Pediatrics logo are trademarks of the American Academy of Pediatrics.



11. Expectant Mother Survey (English)

 Nevada Oral Health Program 2019 Prenatal Oral Health Information Form		Site _____ Date _____
Zip Code where you live: _____		Number of weeks pregnant: _____
Where do you plan to deliver: _____		
1. Overall, how would you rate the health of your teeth and gums? (circle one) a. Excellent b. Good c. Fair d. Poor	2. During this current pregnancy, have you had your teeth cleaned by a dentist or dental hygienist? (circle one) a. Yes b. No	
3. Gum disease is a common problem with the mouth. People with gum disease might have swollen bleeding gums, receding gums, sore or infected gums, or loose teeth. Do you think you might have gum disease? (circle one) a. Yes b. No	4. Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs, or government plans such as Medicaid? (circle one) a. Yes b. No c. Do Not Know	
5. Do you smoke or use tobacco products? (Including cigarettes, e-cigarette (vaping) devices or chewing tobacco) a. No b. Yes, but rarely c. Yes, regularly	6. How do you satisfy your pregnancy cravings? a. I usually eat healthy food like fruit, vegetables, whole grains, yogurt or cheese. b. Sometimes I eat healthy things, but I also eat sugary/salty snacks like cookies and chips. c. I mostly eat sugary/salty snacks like cookies and chips. d. Other. Please describe _____	
7. What do you usually drink during the day? a. Mostly water, milk, or other sugar-free beverages. b. Some water, some soda, juice, coffee or tea. c. Mostly soda, juice, coffee or tea. d. Other	8. How often do you brush your teeth? a. Once or twice a day. b. A couple times a week. c. Not very often.	
9. During the past 12 months, was there a time when you needed dental care but could not get it at that time? (circle one) a. Yes b. No c. Do Not Know IF YES: What were the reasons that you could not get the dental care you needed? (circle one) a. Could not afford the cost b. Did not want to spend the money c. Insurance did not cover recommended procedures d. Dental office is too far away e. Dental office is not open at convenient times f. Another dentist recommended not doing it g. Afraid or do not like dentists h. Unable to take time off work i. Too busy j. I didn't think anything serious was wrong k. Expected dental problems to go away l. Other	10. During any of your prenatal care visits, did a doctor, nurse, or other health care worker ask you any of the things listed below? For each item, circle yes if they did ask. a. If I knew how much weight I should gain during pregnancy b. If I was taking any prescription medication c. If I was smoking cigarettes d. If I was drinking alcohol e. If someone was hurting me emotionally or physically f. If I was feeling down or depressed g. If I was using drugs such as marijuana, cocaine, crack, or meth h. If I wanted to be tested for HIV (the virus that causes AIDS) i. If I wanted to be tested for syphilis j. If I planned to use birth control after my baby was born k. If I planned to breastfeed my new baby l. If I planned to visit the dentist after my baby was born m. I have not had any prenatal care	
11. Have you used marijuana in the last year? a. Yes b. No Note: Marijuana is now legal in Nevada for adults 21 years and older. In Nevada, we are asking all patients about marijuana use.	12. Does anyone in your home use marijuana? a. Yes b. No c. Do Not Know Note: Marijuana is now legal in Nevada for adults 21 years and older. In Nevada, we are asking all patients about marijuana use.	

12. Expectant Mother Survey (Spanish)

 Programa de Salud Bucal Nevada 2019 Formulario de Información de Salud Bucal Prenatal		Sitio _____ Fecha _____
Código Postal donde vive: _____		Número de semanas de embarazo: _____
Lugar en el que va a entregar: _____		
1. En general, ¿cómo calificaría la salud de sus dientes y encías? (un círculo) a. Excelente b. Bueno c. Justa d. Pobre	2. Durante este embarazo actual, ¿ha tenido una limpieza dental por un dentista o higienista dental? (un círculo) a. Si b. No	
3. Enfermedad de las encías es un problema común con la boca. Las personas con enfermedad de las encías pueden tener inflamación de las encías (sangrantes), retracción de las encías, dolor en las encías o infectados, o dientes sueltos. ¿Usted cree que podría tener enfermedad de las encías? (un círculo) a. Si b. No	4. ¿Tiene algún tipo de cobertura de seguro que paga parte o la totalidad de su cuidado dental de rutina, incluyendo seguro dental, planes prepagados como HMO o planes del gobierno como Medicaid? (un círculo) a. Si b. No c. No Saber	
5. ¿Usted fuma o usa productos de tabaco? (Incluyendo cigarrillos, e-cigarrillo (Vaping) dispositivos o masticar tabaco) a. No b. Sí, pero rara vez c. Sí, regularmente	6. ¿Cómo se puede satisfacer sus antojos de embarazo? a. Por lo general como alimentos saludables como frutas, verduras, granos enteros, yogur o queso. b. A veces me hace comer cosas sanas, sino también como aperitivos salados azucarados / como galletas y papas fritas. c. Yo sobre todo comer alimentos azucarados / salados como galletas y papas fritas. d. Otro. Por favor describa _____	
7. ¿Qué sueles beber durante el día? a. Principalmente agua, leche u otras bebidas sin azúcar. b. Un poco de agua, un poco de soda, jugo, café o té. c. Parcialmente soda, jugo, café o té. d. Otro	8. ¿Cuán a menudo te cepillas los dientes? a. Una o dos veces al día. b. Un par de veces a la semana. c. No muy seguido.	
9. Durante los últimos 12 meses, ¿hubo un momento en que necesitó atención dental, pero no se puede conseguir en ese momento? (un círculo) a. Si b. Yo no saben c. No EN CASO AFIRMATIVO: ¿Cuáles fueron las razones por las que no se podía conseguir la atención dental que necesitaba? (un círculo) a. No podía permitirse el coste b. No quería gastar el dinero c. De seguro no cubría los procedimientos recomendados d. consultorio dental está demasiado lejos e. consultorio dental no está abierto en el momento conveniente f. Otro dentista recomendó no hacerlo g. Miedo o no le gusta dentistas h. Incapaz de dejar de trabajar i. Demasiado ocupado j. No pensé que algo grave estaba mal k. problemas dentales: se espera que desaparezcan l. Otro	10. Durante cualquiera de sus consultas de atención prenatal, ¿un doctor, enfermera u otro profesional de la salud piden que cualquiera de las cosas que se enumeran a continuación? Para cada elemento, haga un círculo si, si se lo pidieron. a. Si supiera la cantidad de peso que debería aumentar durante el embarazo b. Si yo estaba tomando cualquier medicamento de prescripción c. Si yo estaba fumando cigarrillos d. Si yo estaba bebiendo alcohol e. Si alguien me estaba haciendo daño emocional o físicamente f. Si me sentía triste o deprimido g. Si estaba usando drogas como la marihuana, cocaína, crack, o met h. Si quería hacerse la prueba de VIH (el virus que causa el SIDA) i. Si quería hacerse la prueba de la sífilis j. Si tenía planeado usar un método anticonceptivo después del nacimiento de mi bebé k. Si había planeado amamantar a mi bebé recién nacido l. Si tenía planeado visitar al dentista después de que nació mi bebé m. No he tenido ningún cuidado prenatal	
11. ¿Has consumido marihuana en el último año? a. Si b. No Nota: la marihuana ahora es legal en Nevada para adultos mayores de 21 años. En Nevada, estamos preguntando a todos los pacientes sobre el consumo de marihuana.	12. ¿Alguien en tu casa consume marihuana? a. Si b. No c. No Saber Nota: la marihuana ahora es legal en Nevada para adultos mayores de 21 años. En Nevada, estamos preguntando a todos los pacientes sobre el consumo de marihuana.	

13. This flyer was distributed to increase awareness of the community presentations. Each flyer was updated with specific location information. The flyer was mailed to community partners, County Commissioners, community nurses, and local libraries.

**Healthy Smiles:
Prenatal Health and
Dental Care**

Nevada Department of Health and Human Services
DIVISION OF PUBLIC AND BEHAVIORAL HEALTH

Some expectant mothers believe they should put off dental care until after the baby arrives, but in fact, the opposite is true. Pregnant women, new mothers, and those with pregnancy related questions are invited to learn more about the impact of oral hygiene, regular dental appointments, and oral health care during pregnancy.

Pahrump Community Library, August 28 at 10 am
701 East Street, Pahrump

Attend a free informational class discussing the importance and safety of oral health care during pregnancy.

Earn a toothbrush kit.

Connect with a dental assistant that will help you make a dental appointment.

Be entered to win an electric toothbrush bundle!

This document was supported by the Nevada State Division of Public and Behavioral Health through Grant Number 89MAC31501 from Health Resources and Services Administration (HRSA). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division nor HRSA.

14. This letter was mailed to medical professionals to schedule individual provider presentations.

STEVE SIOLAK
Governor

RICHARD WHITLEY, MD
Director

LISA SHERYCH
Interim Administrator

SUSAN AZZAM, Ph.D., M.D.
Chief Medical Officer

DEPARTMENT OF HEALTH AND HUMAN SERVICES
DIVISION OF PUBLIC AND BEHAVIORAL HEALTH
4150 Technology Way
Carson City, Nevada 89706
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<http://dpbh.nv.gov>

July 23, 2019

To Whom It May Concern:

The Nevada Oral Health Program in collaboration with the Maternal, Child, and Adolescent Health Department within the Division of Public and Behavioral Health are reaching out to you to request your participation in a pilot program to improve the oral health of expectant mothers living in rural areas throughout Southern Nevada. Rural patients often face unique challenges to access dental care and we are striving to bridge that gap and ensure that all citizens receive oral health education and equal access. Two team members from the Nevada Oral Health Program will be visiting rural clinics at the end of August.

This pilot program aims to create an innovative method to educate patients on the importance of oral health during pregnancy while also providing medical clearance for dental treatment. To reach the full potential of the pilot, case management will be provided to connect patients to a dental home and eliminate barriers to access to dental services.

The Oral Health Program would like to offer a presentation for you and your staff to discuss the benefits and safety of dental services during pregnancy, provide educational material for dissemination, offer medical clearance for dental treatment pads, and supply dental hygiene kits for your patients. Participating clinics may also be entitled to receive an Oral B electric toothbrush bundle.

To schedule a presentation, contact the Oral Health Program Office by phone at: 702-774-4566 or 702-774-2573 or by email at: acapurro@health.nv.gov.

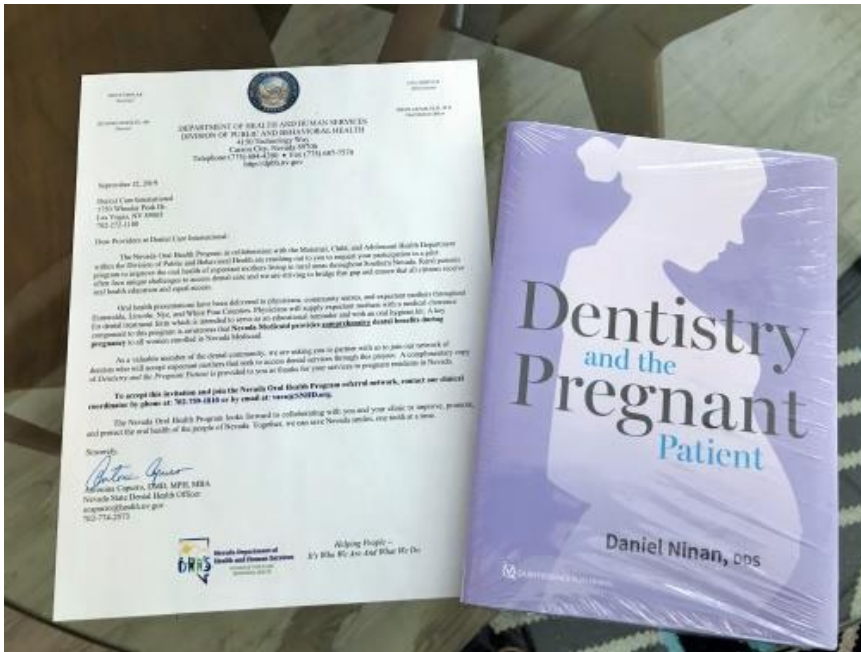
The Nevada Oral Health Program looks forward to collaborating with you and your clinic to improve, promote, and protect the oral health of the people of Nevada. Together, we can save Nevada smiles, one tooth at a time.

Sincerely,

Antonina Capurro

Antonina Capurro, DMD, MPH, MBA
Nevada State Dental Health Officer

15. Individual letters to dental professionals along with a copy of the American Dental Association book, Dentistry and the Pregnant Patient, were mailed to dental offices in and surrounding the identified counties.



Photos from Esmeralda County



Presentation at Dyer Community Center



Photos from Lincoln County



Presentation at Grover C Dils Medical Center



Community presentation in Panaca



Local board of announcements in Panaca



Materials provided in Panaca

Photos from Nye County



Presentation at Tonopah Library



Presentation at Round Mountain Clinic



Tonopah



Photos from White Pine County



Ely Library

