



Dental Health

Menu



Healthy Gums are the Objective



The Requirement for Healthy Gums

- The Desire to have Healthy Gums
- Awareness of Ones Gum Health
- Patience
- The Tools to remove Plaque
- The Skills to remove Plaque

The Requirement for Healthy Gums

- The Habit to remove Plaque
on a Daily Basis

The Requirement for helping People to have Healthy Gums

- The Desire
- Communication Skills

The Requirement for Decay Elimination

- The Desire not to have Tooth
Decay

Gum Health Evaluation

Menu



Patients looking at
and Monitoring
their Own Gum Health
is the
Most Powerful Motivator

Menu



Don't primarily tell Patients
about their Gum Condition

Let Them look at Their Own Gums
and Judge
their Gum Health for Themselves

Patient Hand Mirror

An Essential
Motivating
Device



Menu

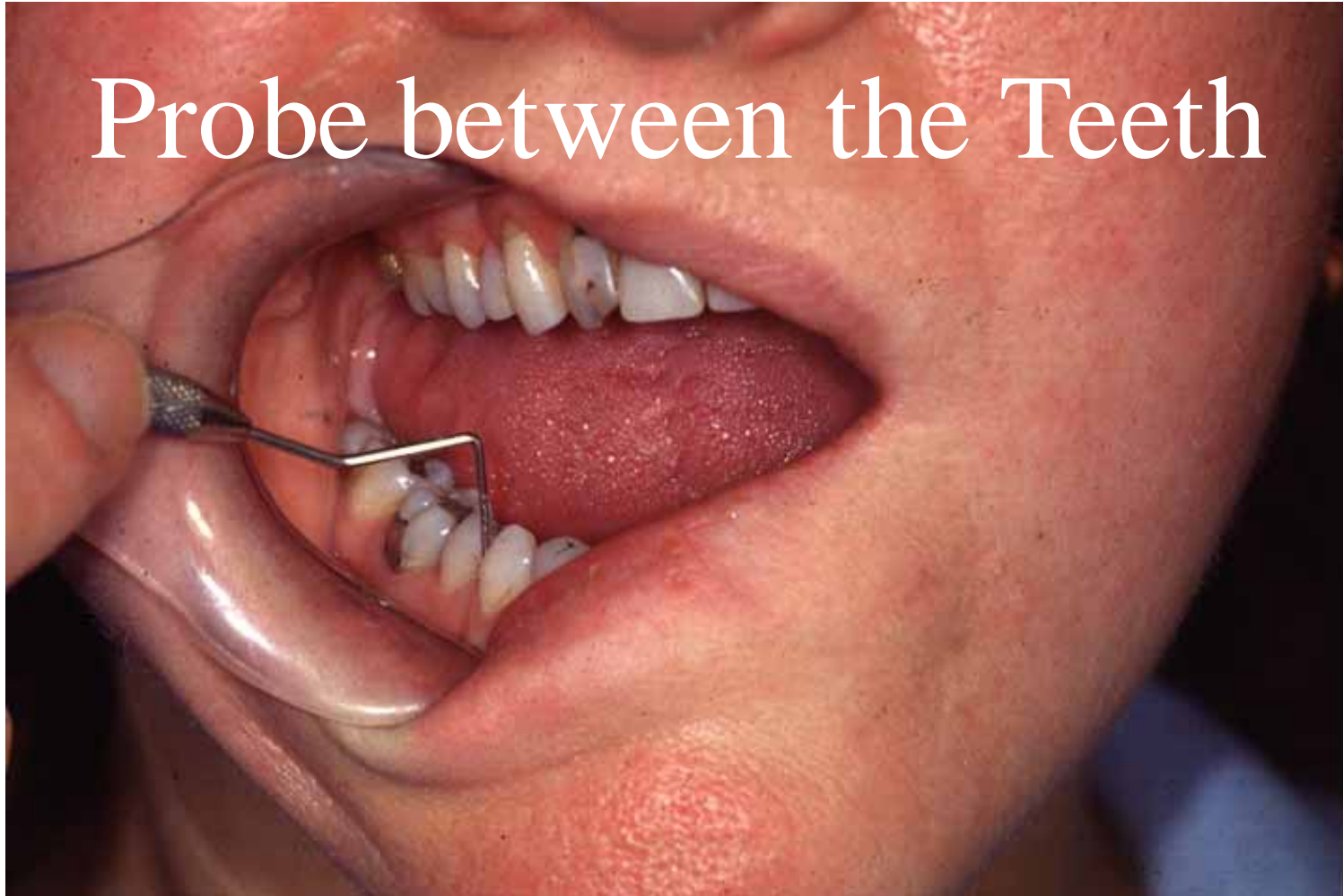


Encourage Patients to watch
while the Bleeding Index is
performed



Bear in Mind that the
Bleeding Index
is Primarily designed
to Help the Patient
monitor Their Own Gum Health

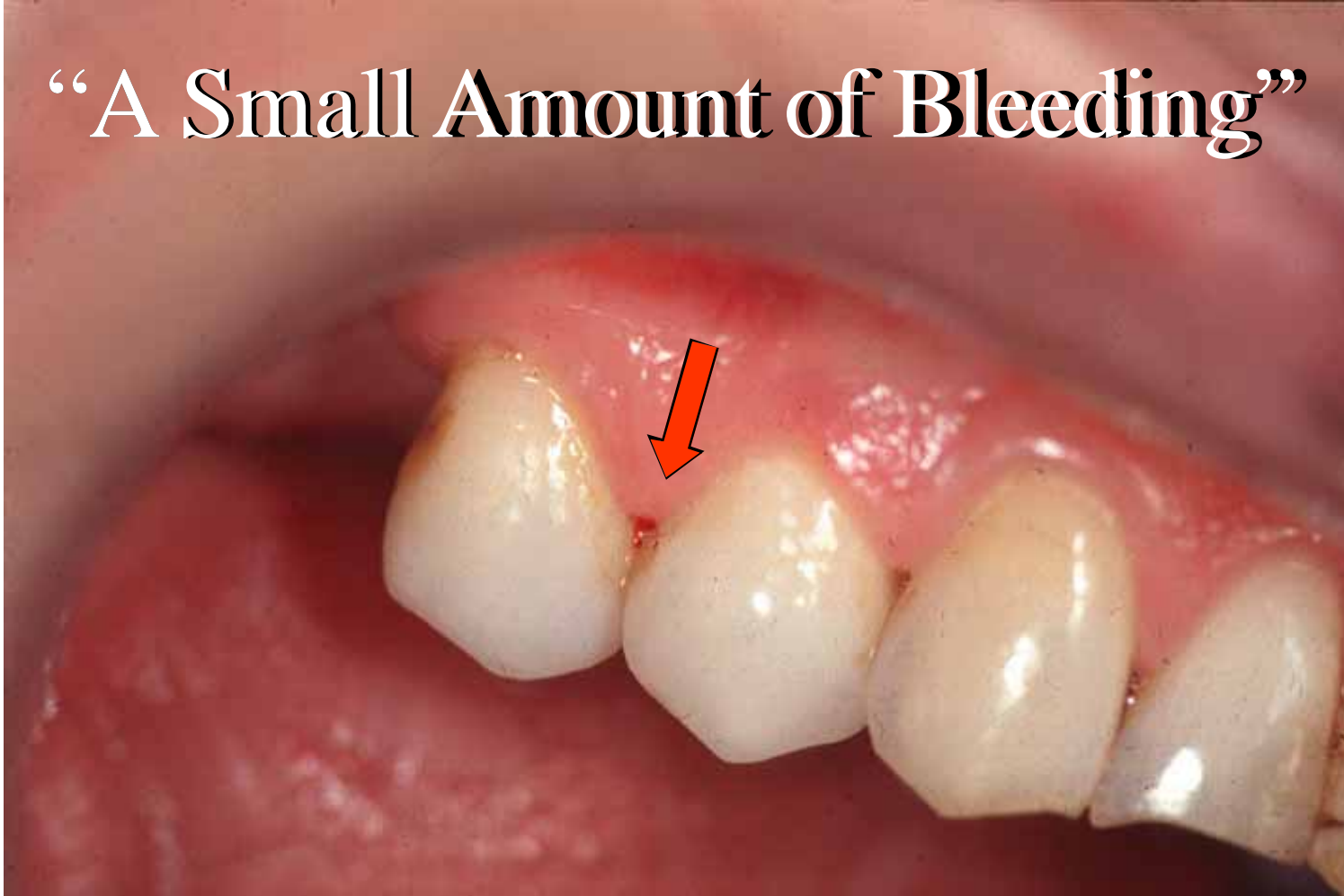
Probe between the Teeth



Talk to Patients about



“A Small Amount of Bleeding”



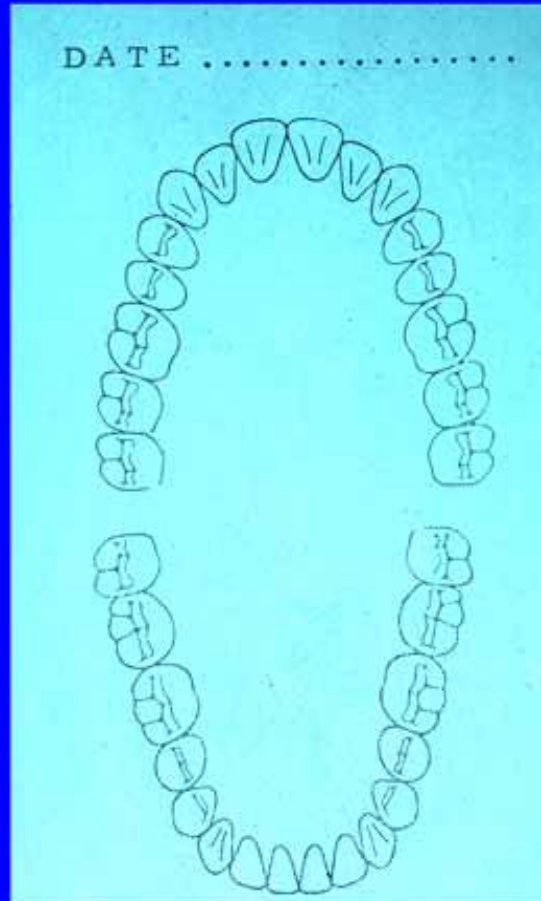
**“A Moderate Amount
of Bleeding”**



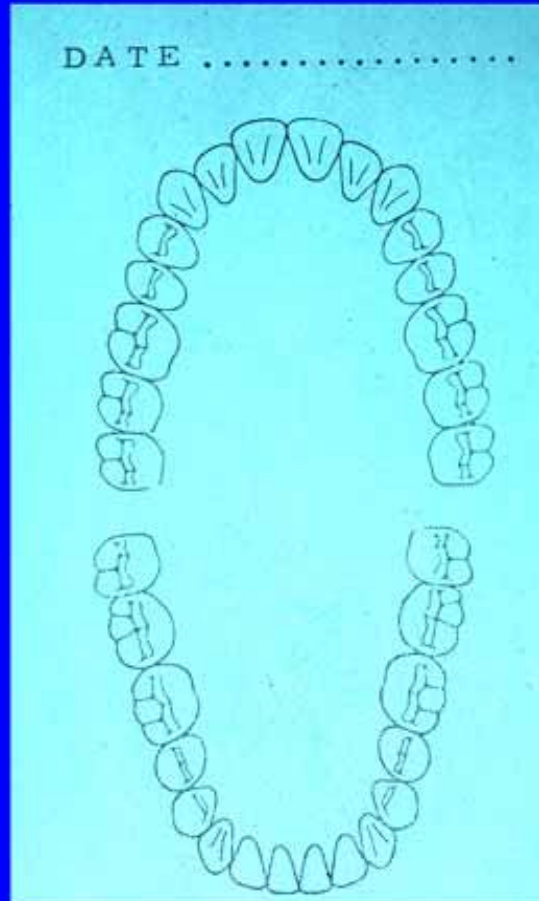
“A Lot Amount of Bleeding”



The Bleeding Index Sheet

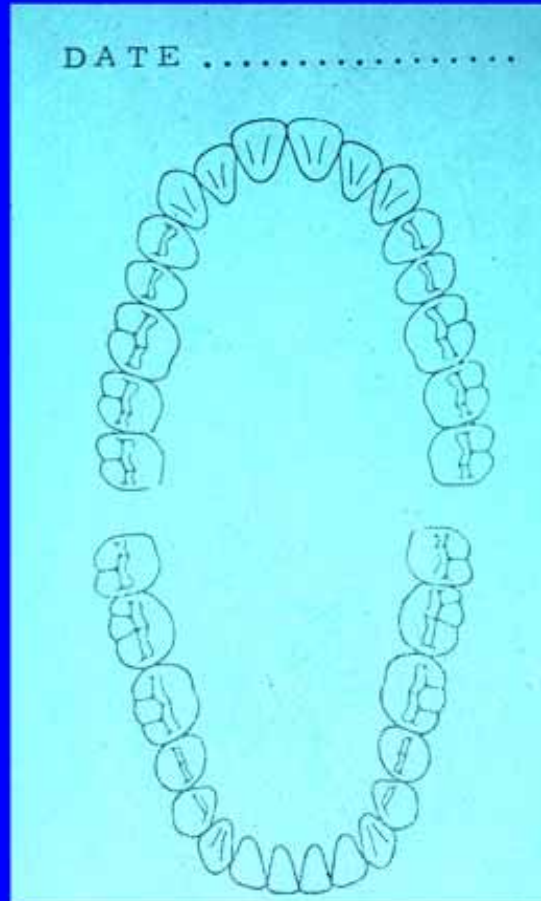


used
for
charting
Bleeding



Use
Diagrams
that
Patients can
understand

Use
Diagrams
that
Patients can
understand



Score the Amount of Bleeding



on the Bleeding Index
Score Sheet



from 1-3



Score of 1



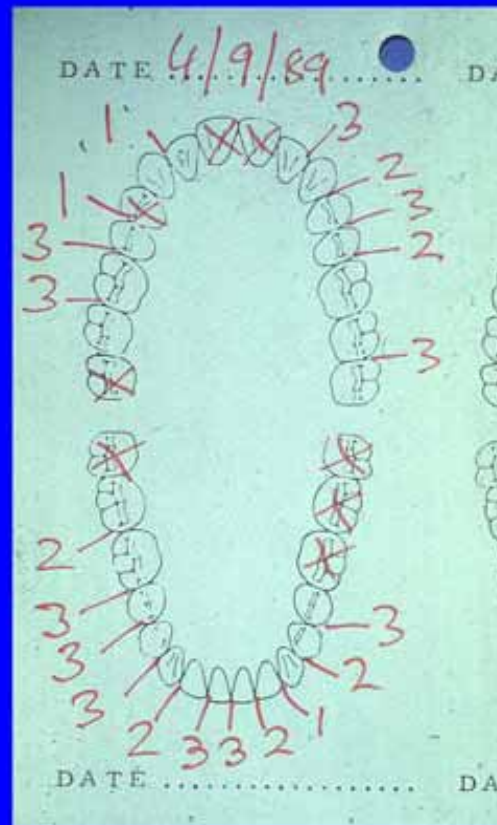
Score of 2



Score of 3



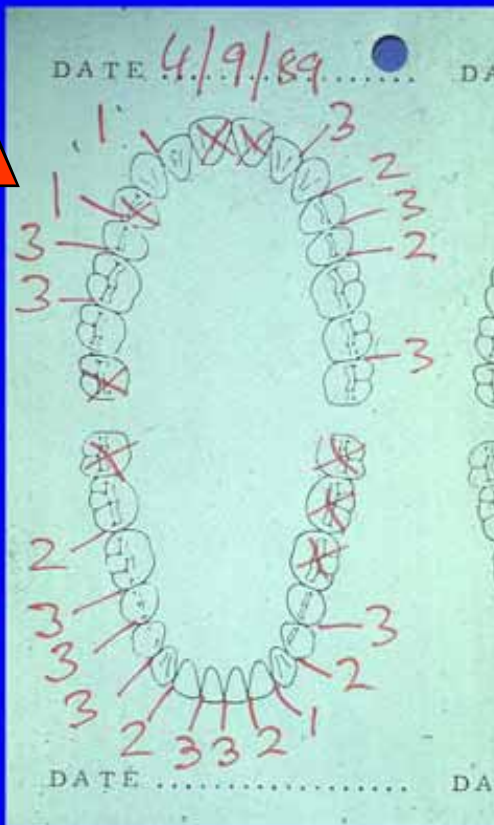
An Example of a Bleeding Index Charting



Menu



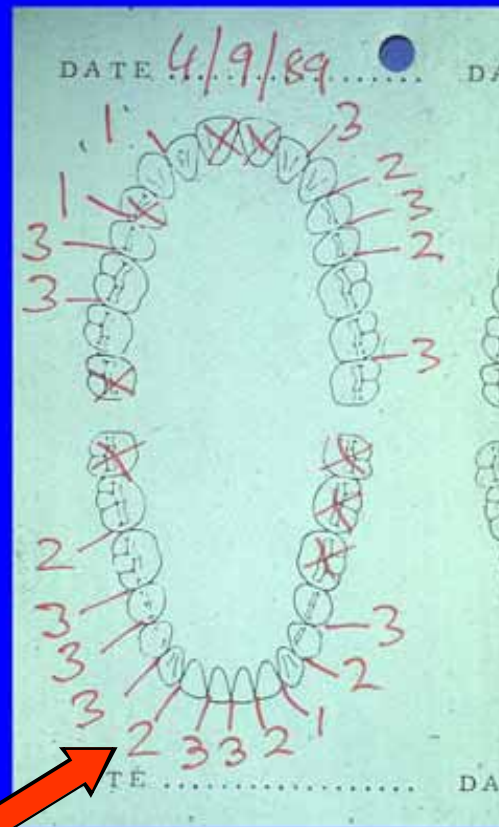
Small
Amount
of
Bleeding



Menu



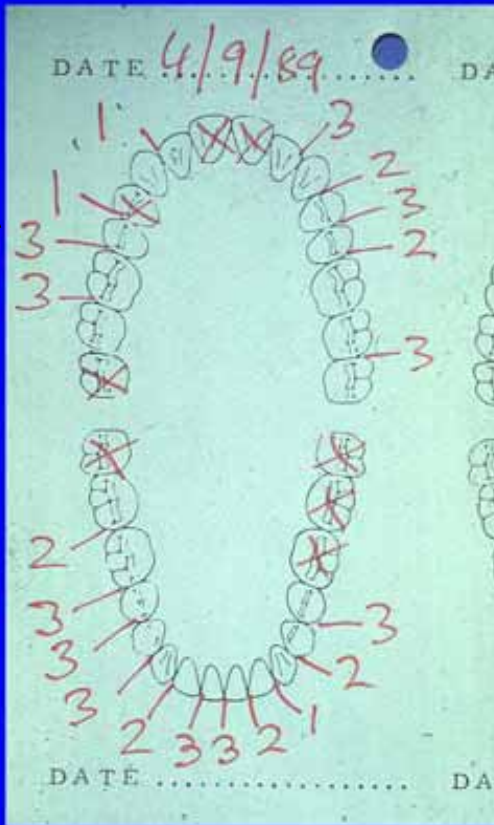
Moderate
Amount
of
Bleeding



Menu



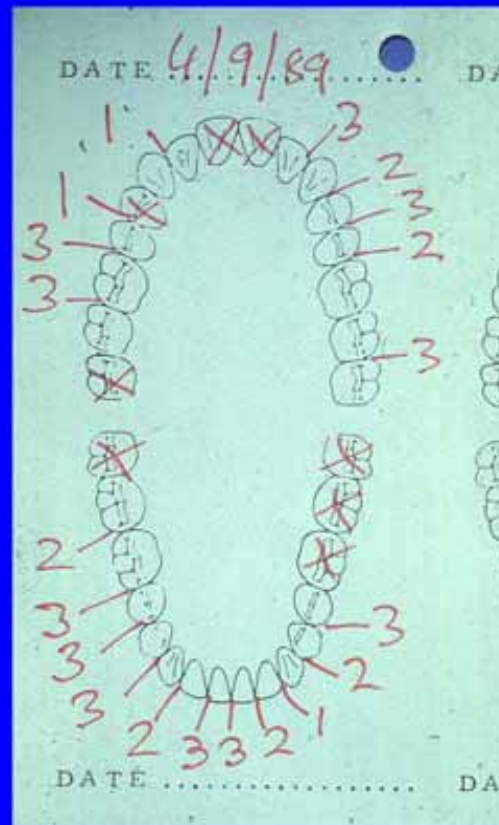
A Lot
of
Bleeding



Menu

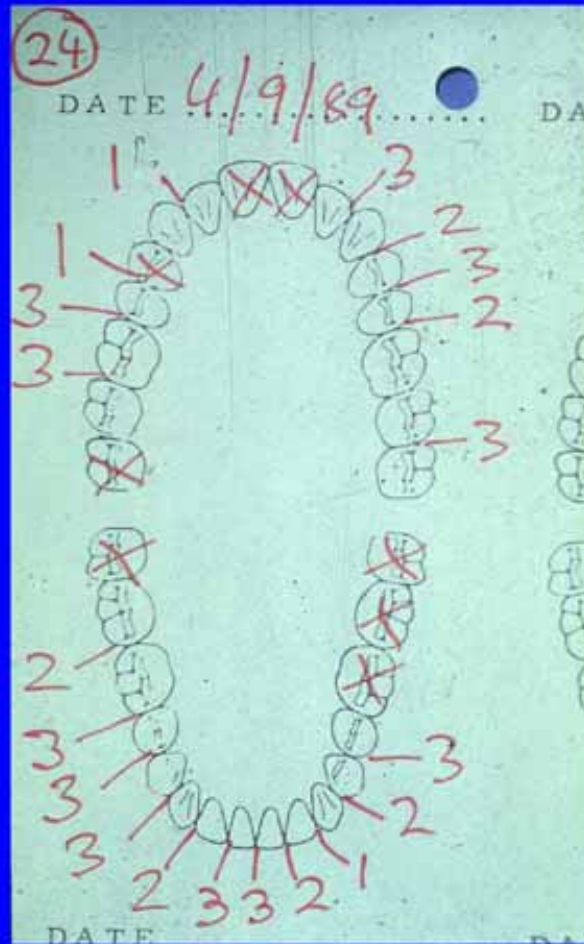


A Case Example



September
1989

Add the
Number
of
Teeth

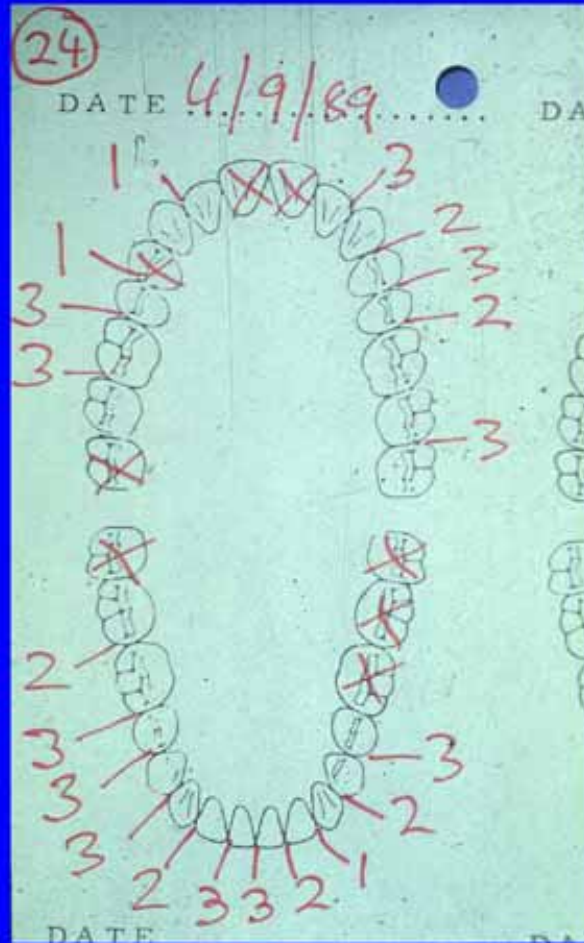


September
1989

Menu



Add the
Number
of
Teeth
24



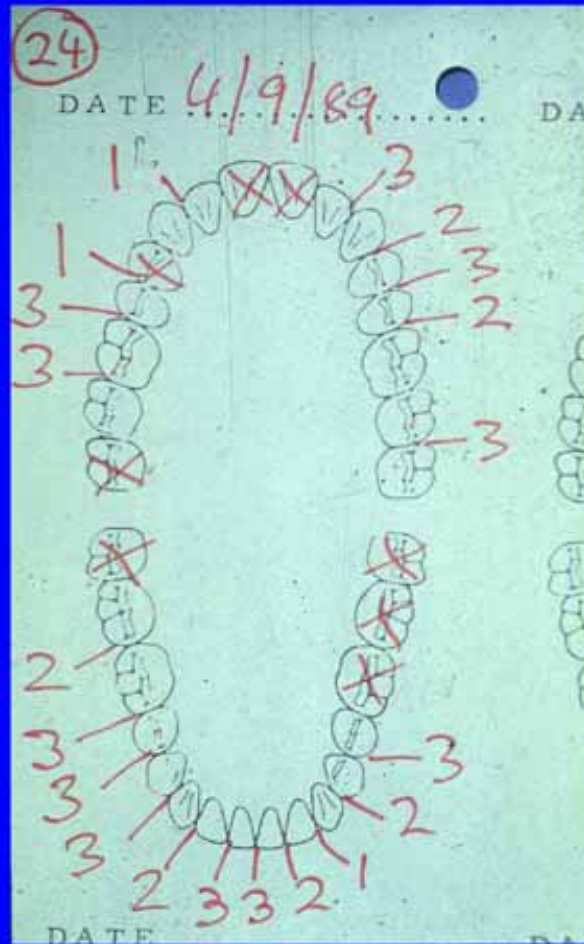
September
1989

Menu



Add
Total
Bleeding
Scores

48



September
1989

Menu



Bleeding Index Score Sheet

Left Hand Column shows

↓ Total Number of Teeth Present

	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
→ 32	← 5	7	10	11	15	16	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	96	
→ 31	← 4	6	9	11	14	16	18	23	28	32	37	43	46	51	56	60	65	70	74	80	84	88	93	
→ 30	← 3	6	9	11	13	15	18	22	27	31	36	40	45	50	54	58	63	67	72	76	81	86	90	
→ 29	← 3	6	9	10	13	15	17	22	26	30	35	39	43	48	52	56	60	65	70	74	78	82	87	
→ 28	← 3	6	8	10	12	14	17	21	25	29	34	38	42	46	50	55	59	63	67	72	76	80	84	
→ 27	← 3	5	7	9	12	14	16	20	25	29	33	37	41	45	49	54	57	60	65	69	73	77	81	
→ 26	← 3	5	7	9	12	13	15	20	23	27	31	35	39	43	47	51	55	58	62	66	70	72	78	
→ 25	← 3	5	7	9	11	13	15	19	22	26	30	34	38	41	45	49	52	57	60	64	67	70	75	
→ 24	← 3	5	7	9	11	12	14	18	21	25	29	32	36	40	43	47	50	55	57	60	65	68	72	
→ 23	← 3	5	7	9	10	12	14	17	20	24	28	31	34	38	41	45	48	52	55	58	62	65	69	

Menu



Bleeding Index Score Sheet

Number of Teeth present

24

	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
3	3	5	7	10	11	15	16	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	96
31	3	4	6	9	11	14	16	18	23	28	32	37	43	46	51	56	60	65	70	74	80	84	88	93
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24	2	3	5	7	9	11	12	14	18	21	25	29	32	36	40	43	47	50	55	57	60	65	68	72
23	2	3	5	7	8	10	12	14	17	20	24	28	31	34	38	41	45	48	52	55	58	62	65	70

Menu



Bleeding Index Score Sheet

Number of Teeth present

24

	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
32	3	5	7	10	11	15	16	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	96
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23	2	3	5	7	8	10	12	14	17	20	24	28	31	34	38	41	45	48	52	55	58	62	65	70

Menu



Bleeding Index Score Sheet

Number of Teeth present 24

	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
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23	2	3	5	7	8	10	12	14	17	20	24	28	31	34	38	41	45	48	52	55	58	62	65	70

Menu



Bleeding Index Score Sheet

Total Bleeding Score 48

	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
32	3	5	7	10	11	15	16	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	96
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Bleeding Index Score Sheet

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Menu <

Bleeding Index Score Sheet

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Bleeding Index Score Sheet

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23	2	3	5	7	8	10	12	14	17	20	24	28	31	34	38	41	45	48	52	55	58	62	65	70

Menu <

Bleeding Index Score Sheet

Bleeding Index Calculation

	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
32	3	5	7	10	11	15	16	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	96
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24	2	3	5	7	9	11	12	14	18	21	25	29	32	36	40	43	47	50	55	57	60	65	68	72
23	2	3	5	7	8	10	12	14	17	20	24	28	31	34	38	41	45	48	52	55	57	60	65	68

Menu <

Bleeding Index Score Sheet

Bleeding Index Calculation

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32	3	5	7	10	11	15	16	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	96
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23	2	3	5	7	8	10	12	14	17	20	24	28	31	34	38	41	45	48	52	55	58	62	65	70

Menu <

Bleeding Index Score Sheet

% Bleeding Index Column

	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
32	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
31	3	4	6	9	11	14	16	18	23	28	32	37	43	46	51	56	60	65	70	74	80	84	88	93
30	2	3	6	9	11	13	15	18	22	27	31	36	40	45	50	54	58	63	67	72	76	81	86	90
29	2	3	6	9	10	13	15	17	22	26	30	35	39	43	48	52	56	60	65	70	74	78	82	87
28	2	3	6	8	10	12	14	17	21	25	29	34	38	42	46	50	55	59	63	67	72	76	80	84
27	2	3	5	7	9	12	14	16	20	25	29	33	37	41	45	49	54	57	60	65	69	73	77	81
26	2	3	5	7	9	12	13	15	20	23	27	31	35	39	43	47	51	55	58	62	66	70	72	78
25	2	3	5	7	9	11	13	15	19	22	26	30	34	38	41	45	49	52	57	60	64	67	70	75
24	2	3	5	7	9	11	12	14	18	21	25	29	32	36	40	43	47	50	55	57	60	65	68	72
23	2	3	5	7	9	10	12	14	17	20	24	28	31	34	38	41	45	48	52	55	58	62	65	70

Bleeding Index Score Sheet

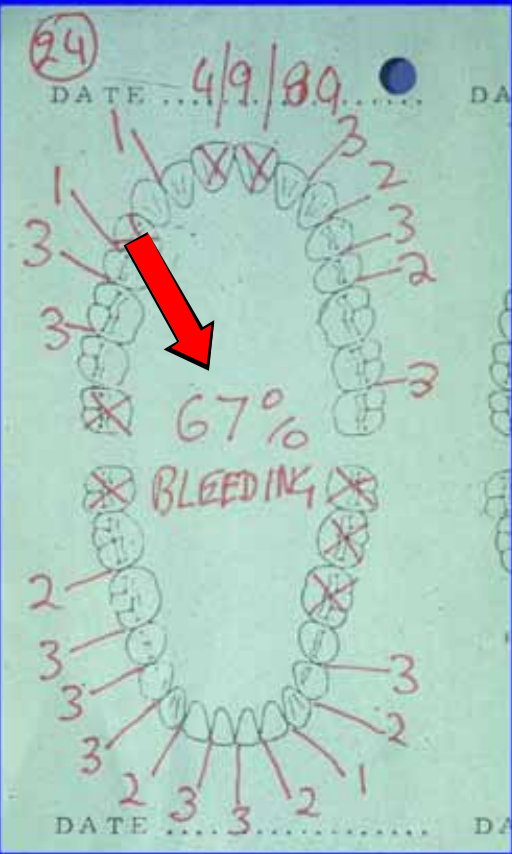
Bleeding Index Calculation 67%



	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
32	3	5	7	10	11	15	16	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	96
31	3	4	6	9	11	14	16	18	23	28	32	37	43	46	51	56	60	65	70	74	80	84	88	93
30	2	3	6	9	11	13	15	18	22	27	31	36	40	45	50	54	58	63	67	72	76	81	86	90
29	2	3	6	9	10	13	15	17	22	26	30	35	39	43	48	52	56	60	65	70	74	78	82	87
28	2	3	6	8	10	12	14	17	21	25	29	34	38	42	46	50	55	59	63	67	72	76	80	84
27	2	3	5	7	9	12	14	16	20	25	29	33	37	41	45	49	54	57	60	65	69	73	77	81
26	2	3	5	7	9	12	13	15	20	23	27	31	35	39	43	47	51	55	58	62	66	70	72	78
25	2	3	5	7	9	11	13	15	19	22	26	30	34	38	41	45	49	52	57	60	64	67	70	75
24	2	3	5	7	9	11	12	14	18	21	25	29	32	36	40	43	47	50	55	57	60	65	68	72
23	2	3	5	7	8	10	12	14	17	20	24	28	31	34	38	41	45	48	52	55	58	62	65	70

Menu 

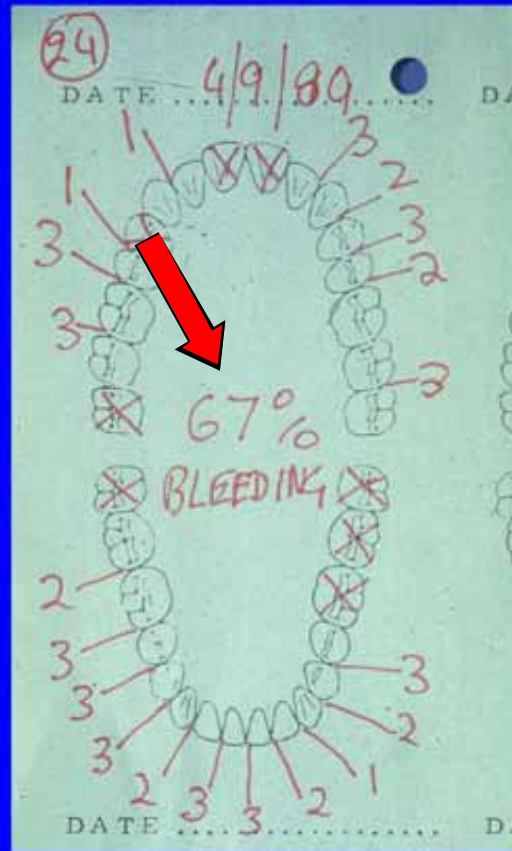
The Initial Score



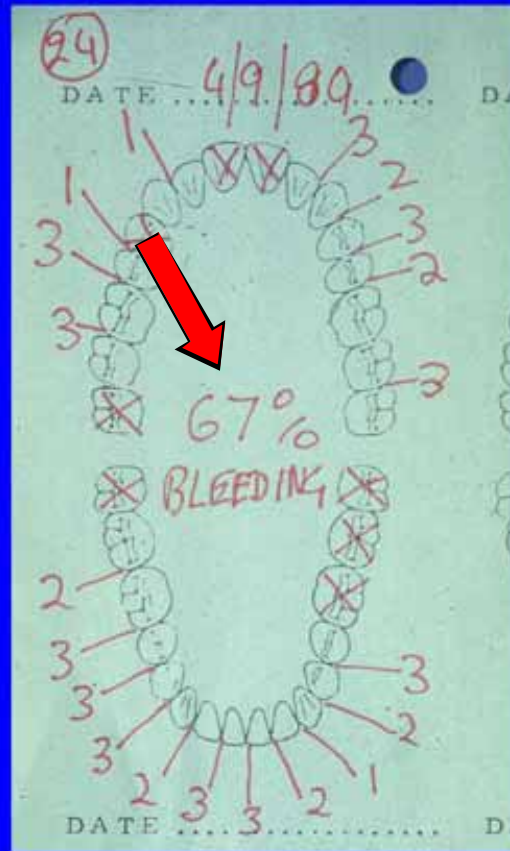
Menu



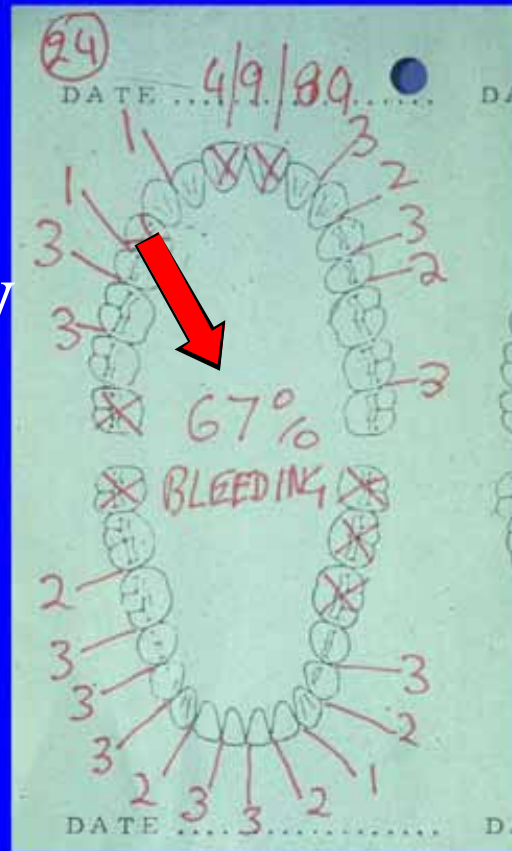
Write
clearly
using
Large
Letters



This
Sheet is
primarily
for the
Patient



Secondarily
for their
Records



The Score Sheet allows for Bleeding Index Calculations

Gingival bleeding index

S BLEEDING INDEX

NUMBER OF TEETH	S BLEEDING INDEX									
	1	2	3	4	5	6	7	8	9	10
1	1	2	3	4	5	6	7	8	9	10
2	1	2	3	4	5	6	7	8	9	10
3	1	2	3	4	5	6	7	8	9	10
4	1	2	3	4	5	6	7	8	9	10
5	1	2	3	4	5	6	7	8	9	10
6	1	2	3	4	5	6	7	8	9	10
7	1	2	3	4	5	6	7	8	9	10
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9	1	2	3	4	5	6	7	8	9	10
10	1	2	3	4	5	6	7	8	9	10
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14	1	2	3	4	5	6	7	8	9	10
15	1	2	3	4	5	6	7	8	9	10
16	1	2	3	4	5	6	7	8	9	10
17	1	2	3	4	5	6	7	8	9	10
18	1	2	3	4	5	6	7	8	9	10
19	1	2	3	4	5	6	7	8	9	10
20	1	2	3	4	5	6	7	8	9	10
21	1	2	3	4	5	6	7	8	9	10
22	1	2	3	4	5	6	7	8	9	10
23	1	2	3	4	5	6	7	8	9	10
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26	1	2	3	4	5	6	7	8	9	10
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94	1	2	3	4	5	6	7	8	9	10
95	1	2	3	4	5	6	7	8	9	10
96	1	2	3	4	5	6	7	8	9	10
97	1	2	3	4	5	6	7	8	9	10
98	1	2	3	4	5	6	7	8	9	10
99	1	2	3	4	5	6	7	8	9	10
100	1	2	3	4	5	6	7	8	9	10

for Patients
with any
number of
Teeth

Gingival bleeding index

S BLEEDING INDEX

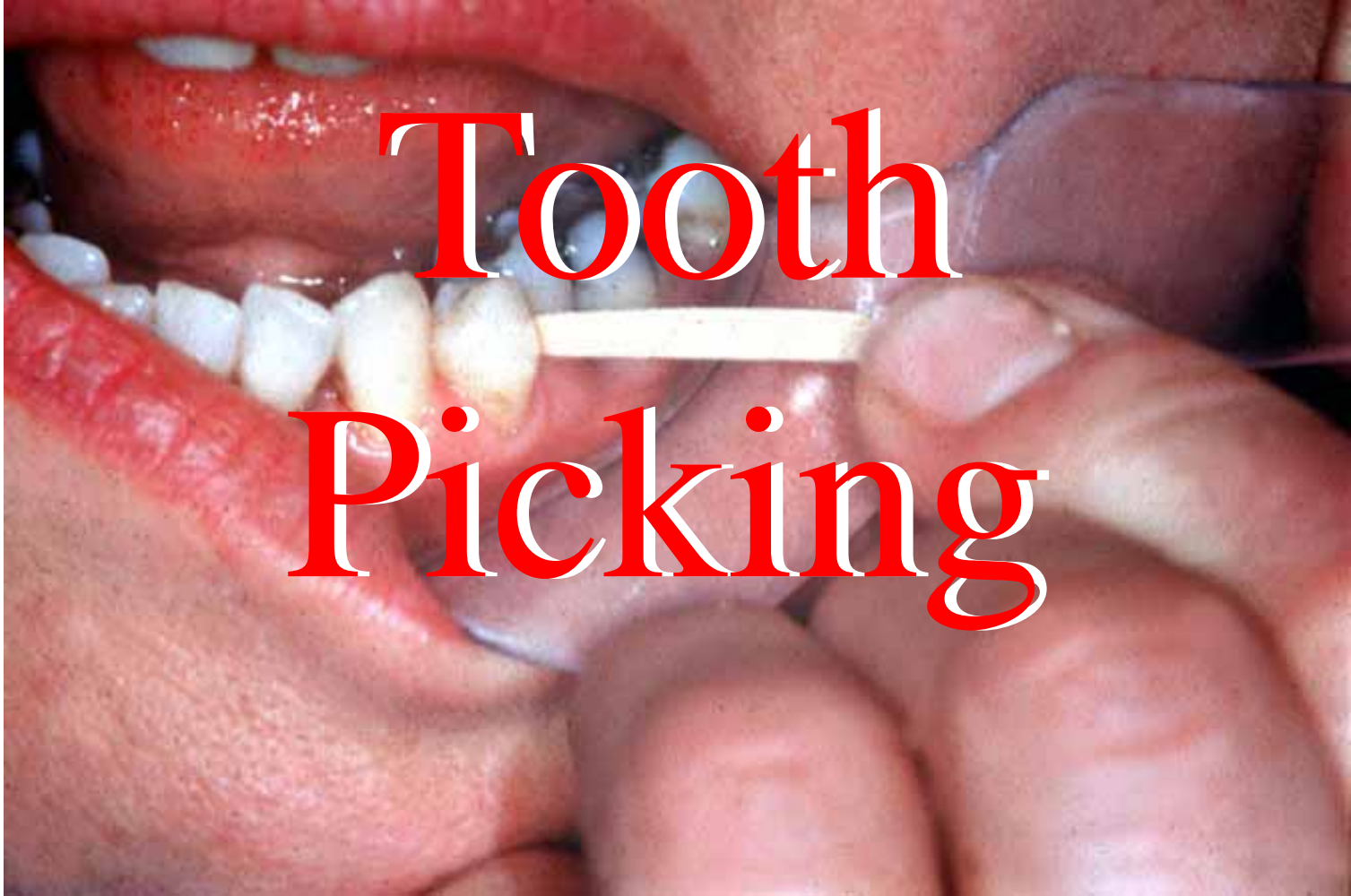
NUMBER OF TEETH	S BLEEDING INDEX																			
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
1	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
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18	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
19	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20

Plaque

Control



To Floss
or
Not to Floss

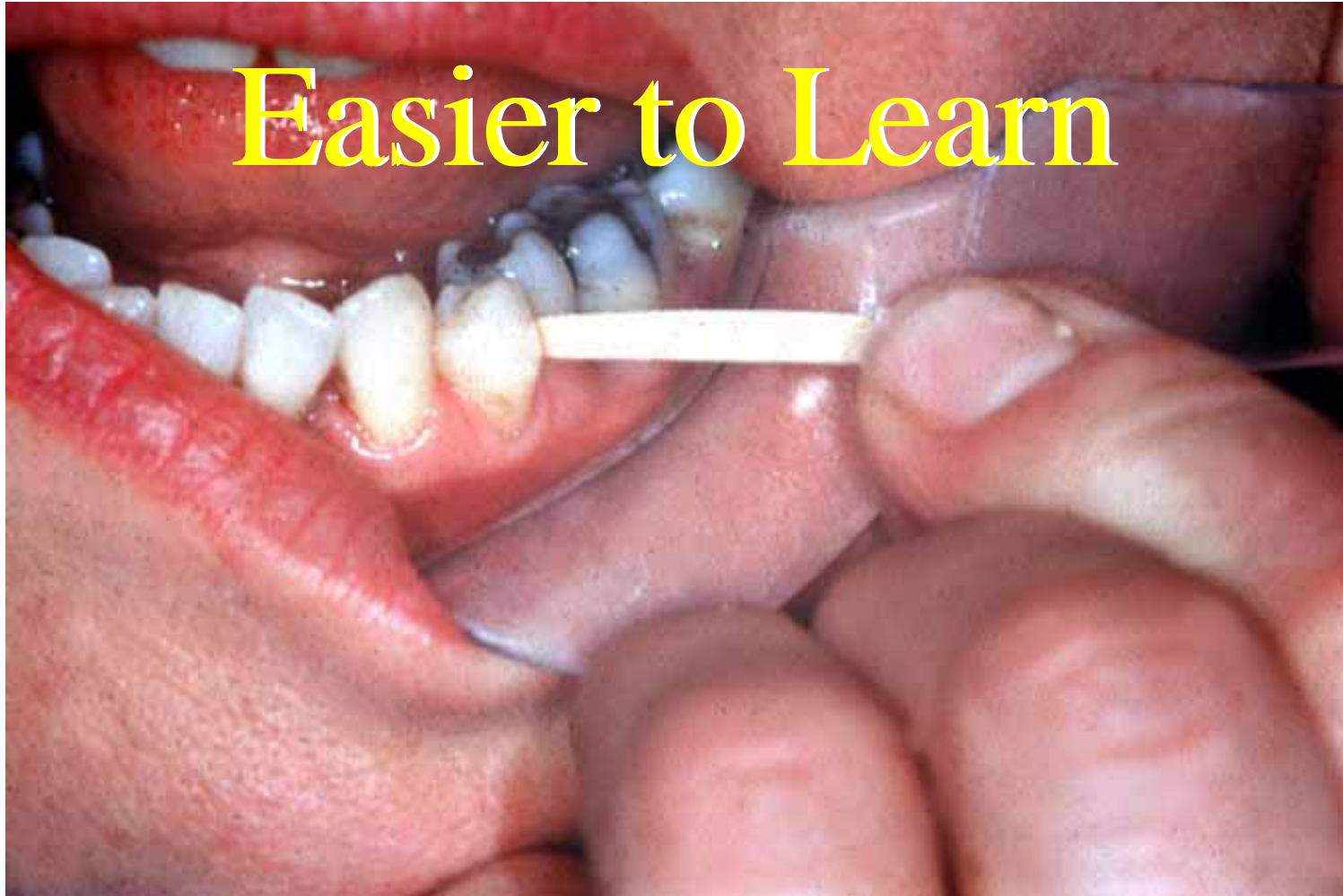


Tooth Picking

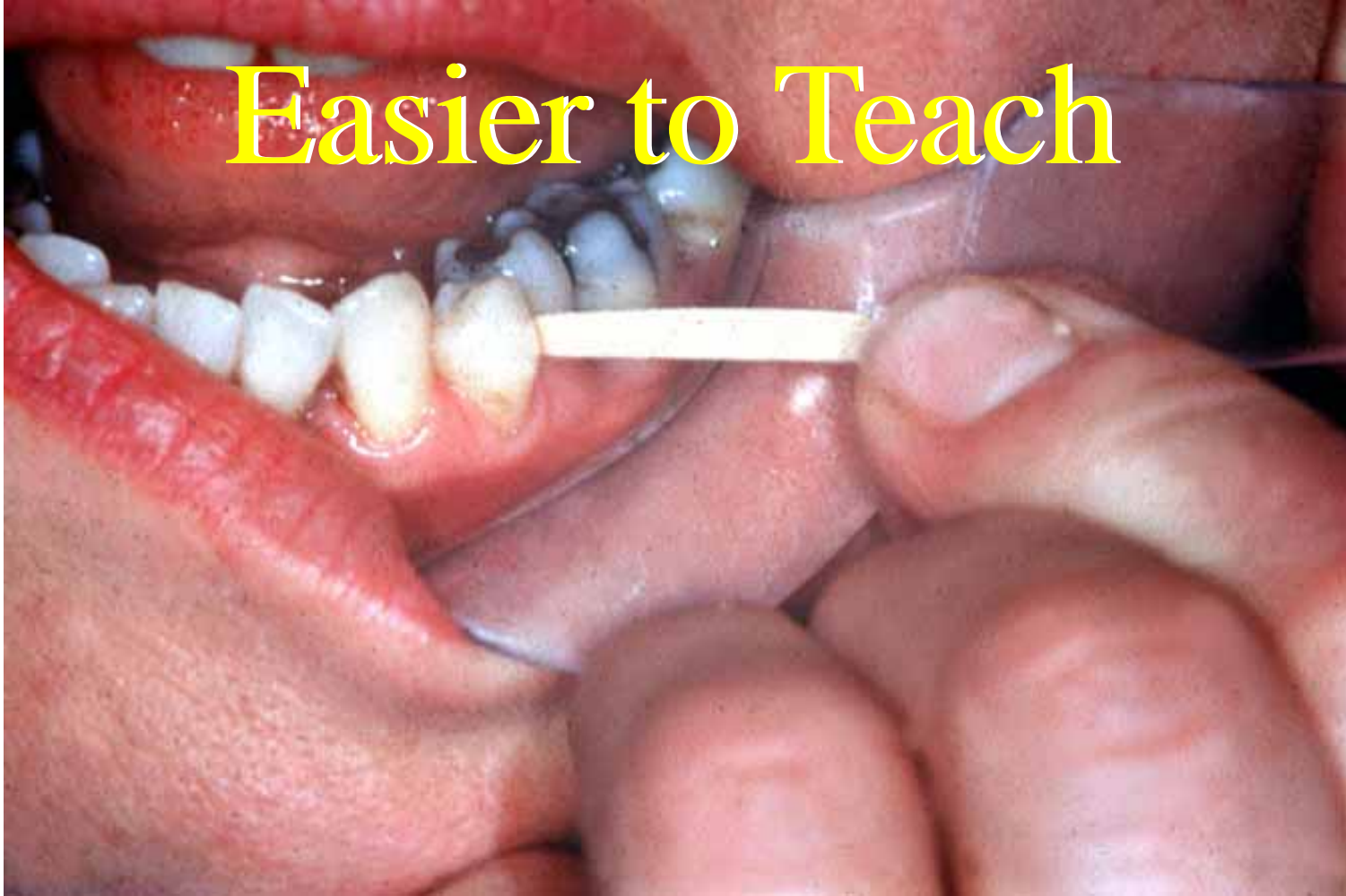
More Effective



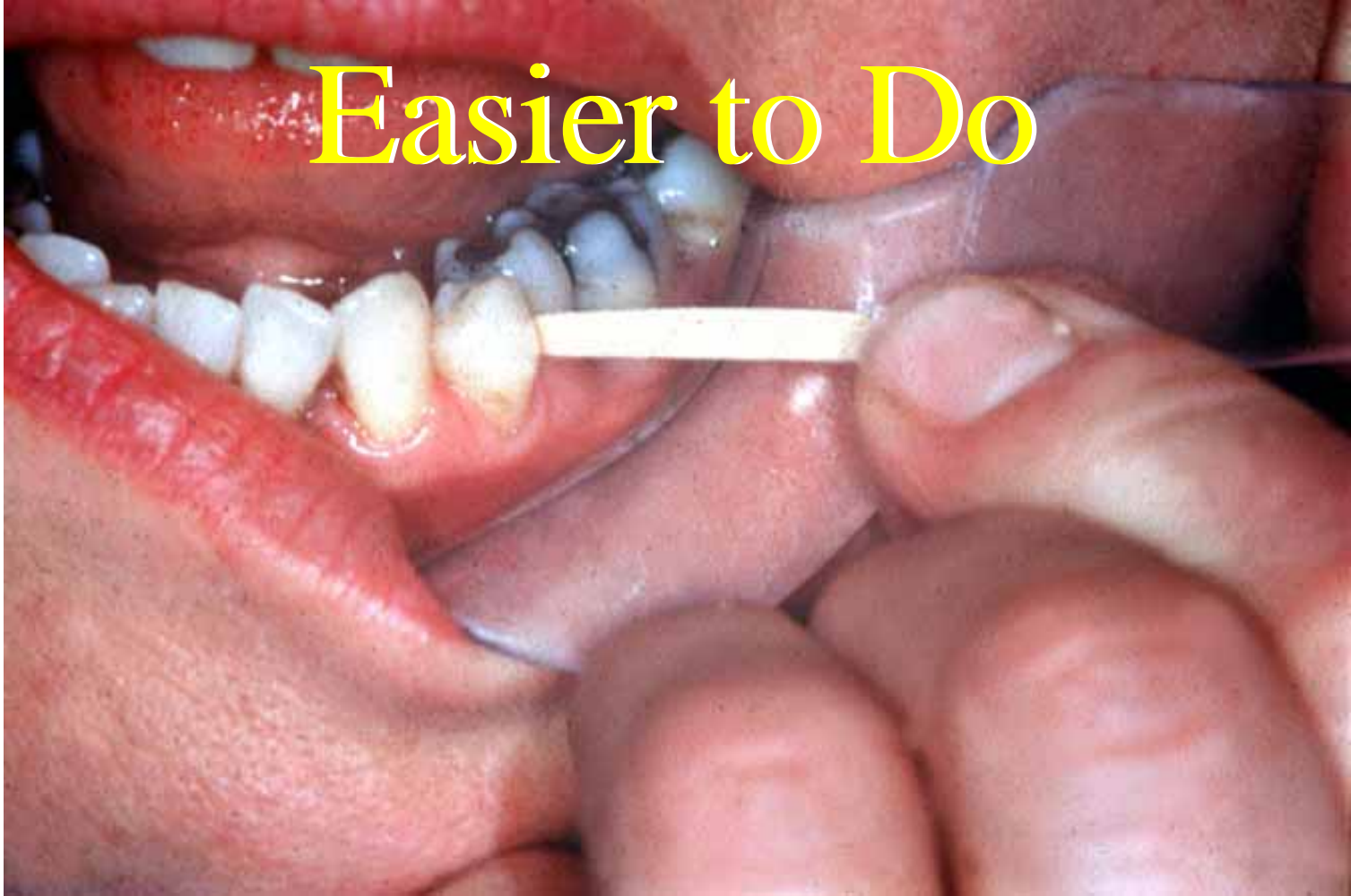
Easier to Learn



Easier to Teach



Easier to Do



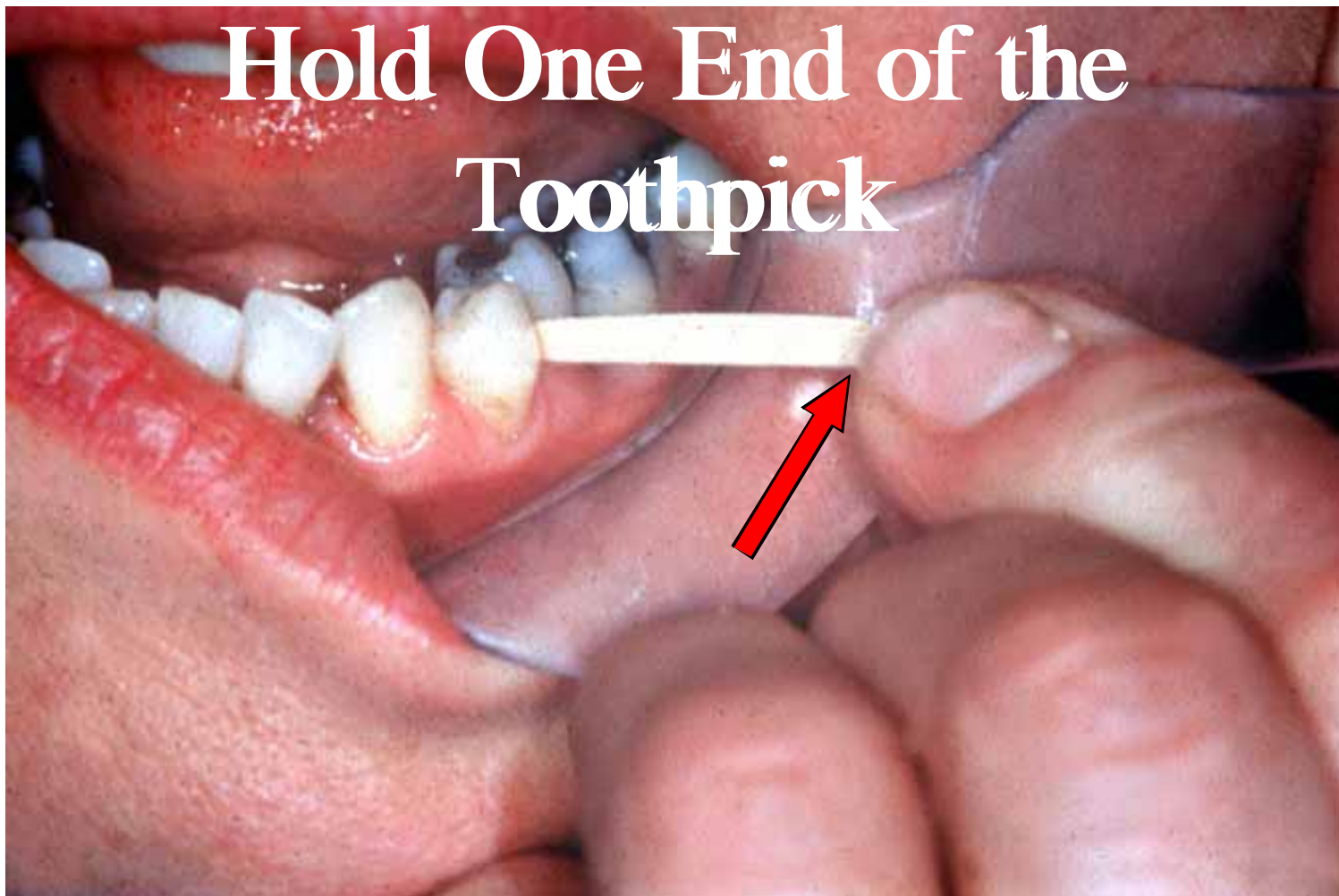
Tooth Picks



Oral-B
Toothpicks
are the Best



Hold One End of the
Toothpick



Flat Side towards the Gum



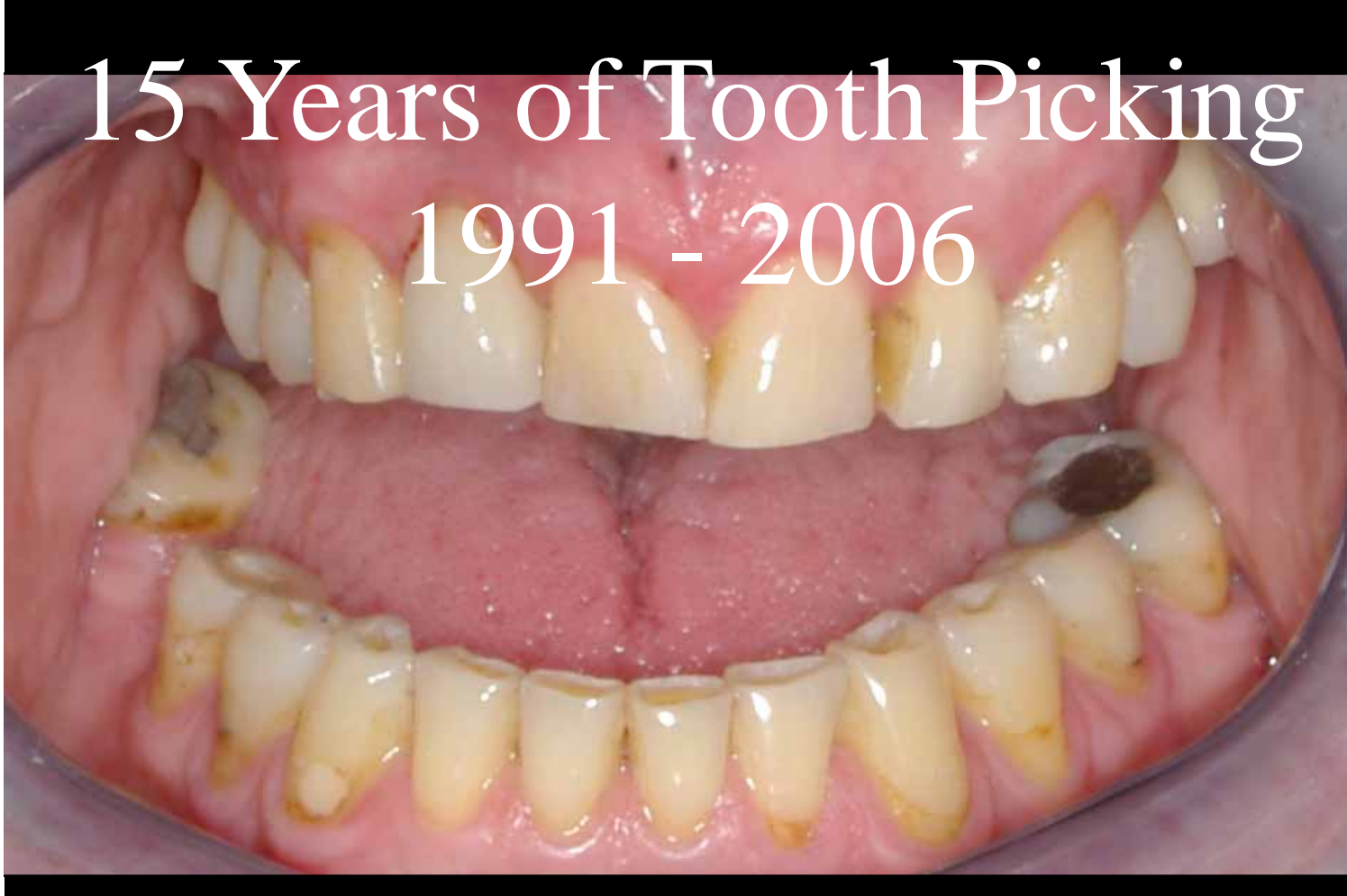
Tell Patients

- Toothpick firmly 10 Times
- Between Each Two Teeth
- Flat Side towards the Gum
- Aim at Right Angles to the Teeth
- Do not Toothpick Spaces that are too Wide Use Interdental Brushes

Tell Patients

- “Toothpicking will be painful for a Week to 10 Days”
- “The Gums will bleed for 1 Week to 10 Days”
- “After 10 Days, Bleeding and Pain will be considerably reduced”

15 Years of Tooth Picking 1991 - 2006



Note the Presence
or Absence of Papillae

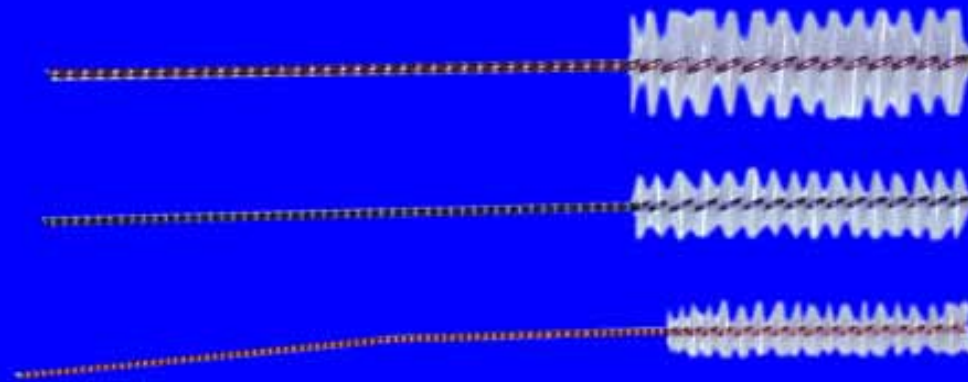






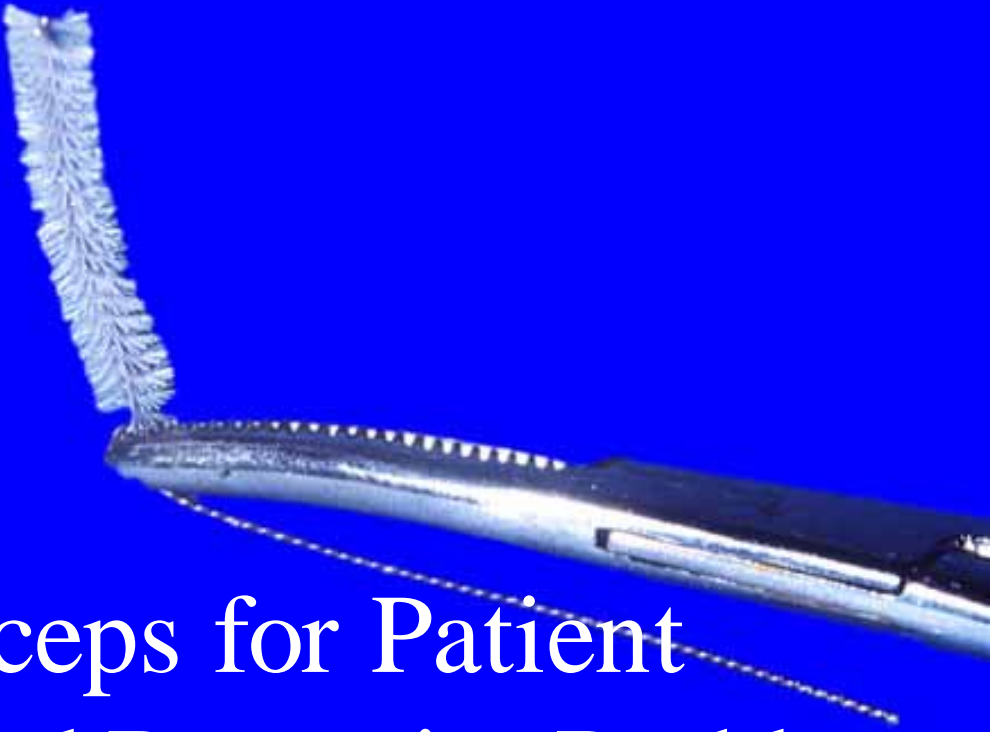


Choose the Right Size to fit Each Space



Brush 10 Times in Each Gap



A pair of artery forceps with a brush attachment. The brush is a long, cylindrical, white, bristled object attached to the tip of the forceps. The forceps are silver and have a serrated edge. The background is a solid blue color.

Use
Artery Forceps for Patient
with Manual Dexterity Problems

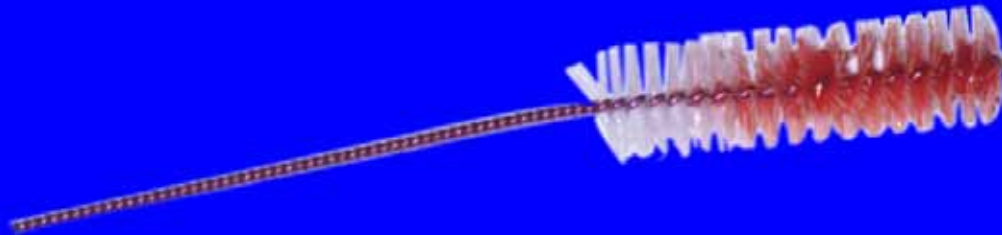


The Sight of Blood
is
a Power Motivator

Have Patients monitor
the Gum Health



Have them look
for Signs of Blood



Have them look
for Signs of Blood



Have them look
for Signs of Blood



Demonstrate Brushing



Have the Patient Brush



Brush at the Gum Line



Brush at 45 Degrees



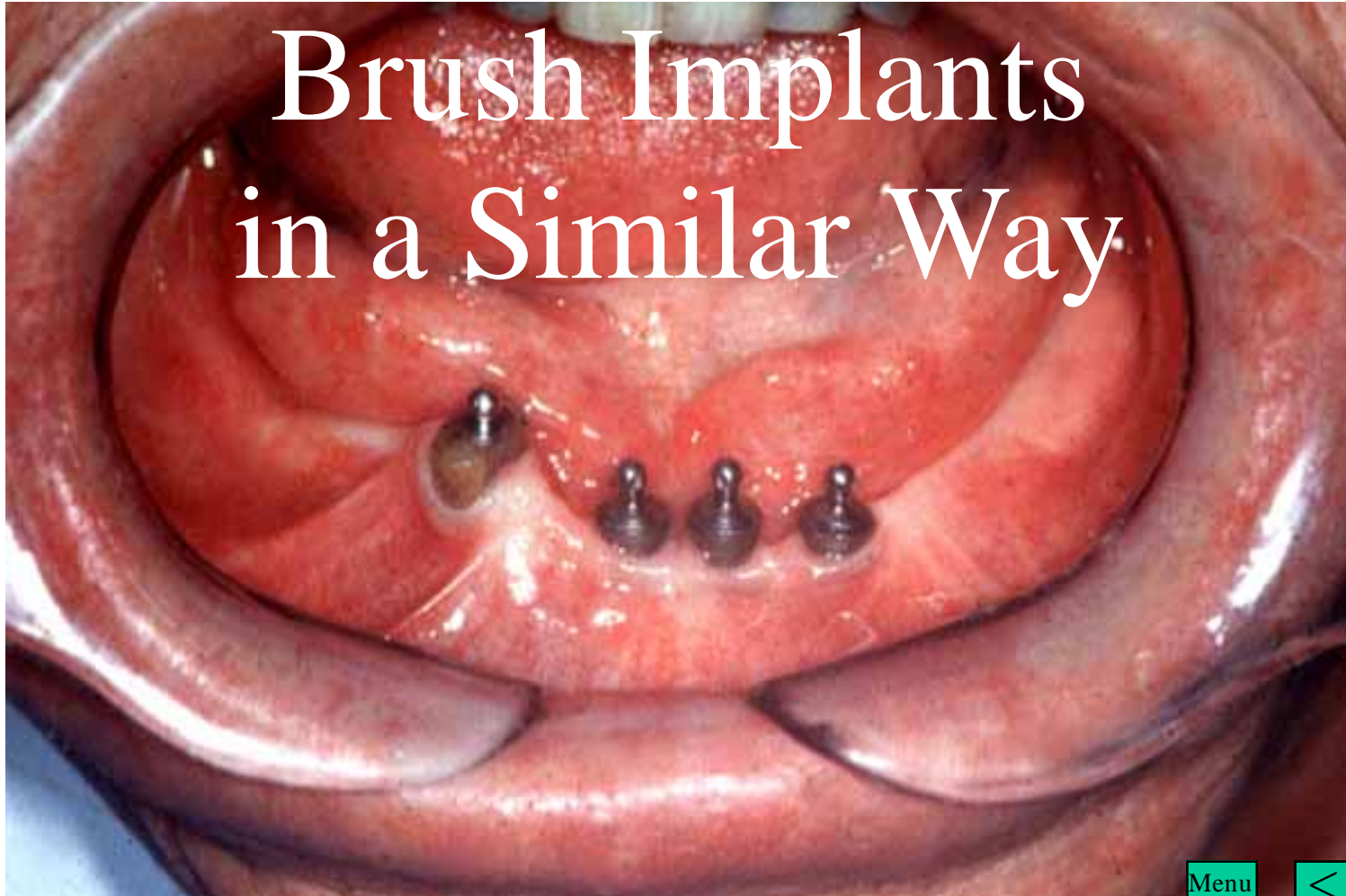
Down into
the Gingival Sulcus



Brush 10 Times
on Each Two Teeth



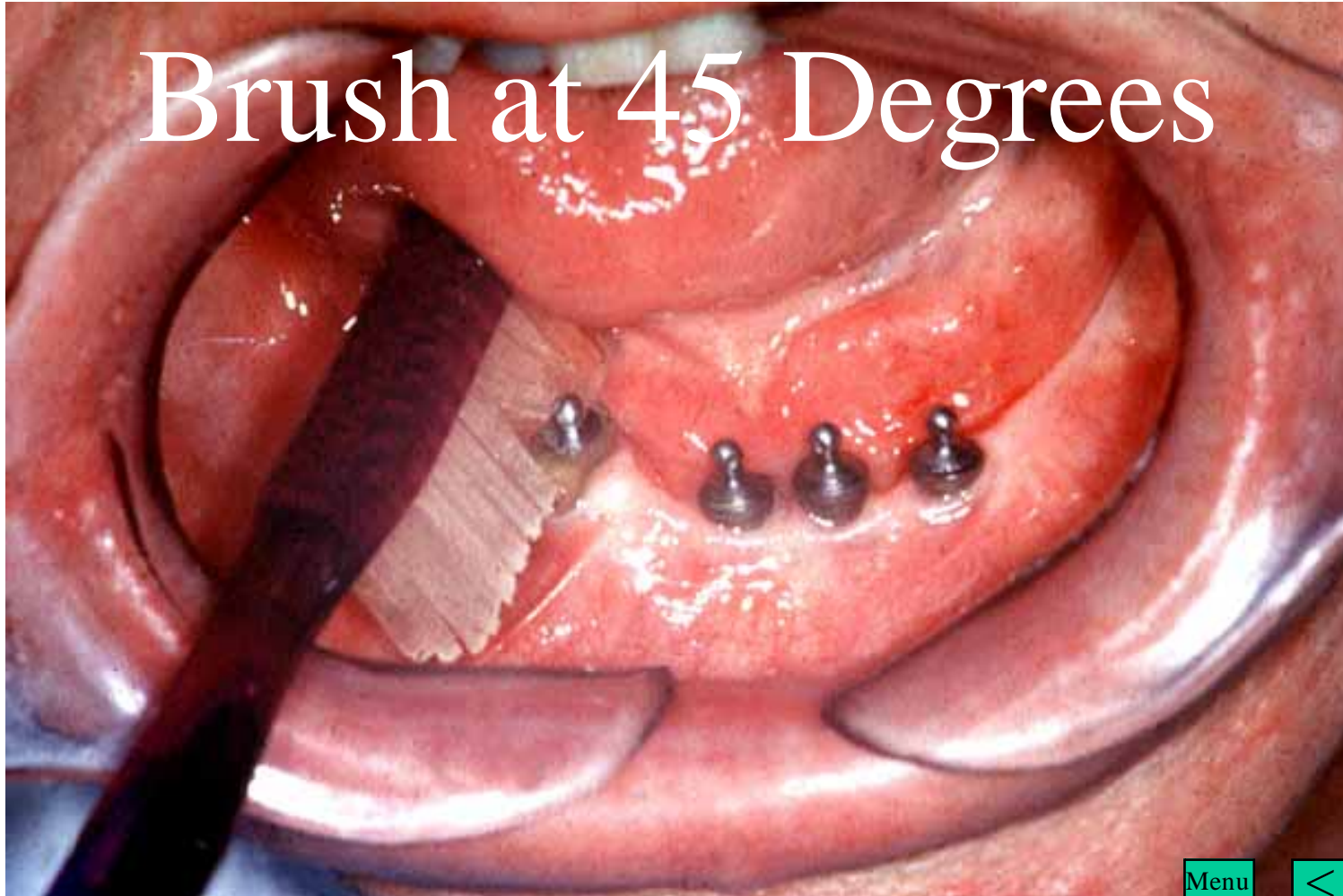
Brush Implants in a Similar Way



Menu



Brush at 45 Degrees



Down into the Gingival Sulcus



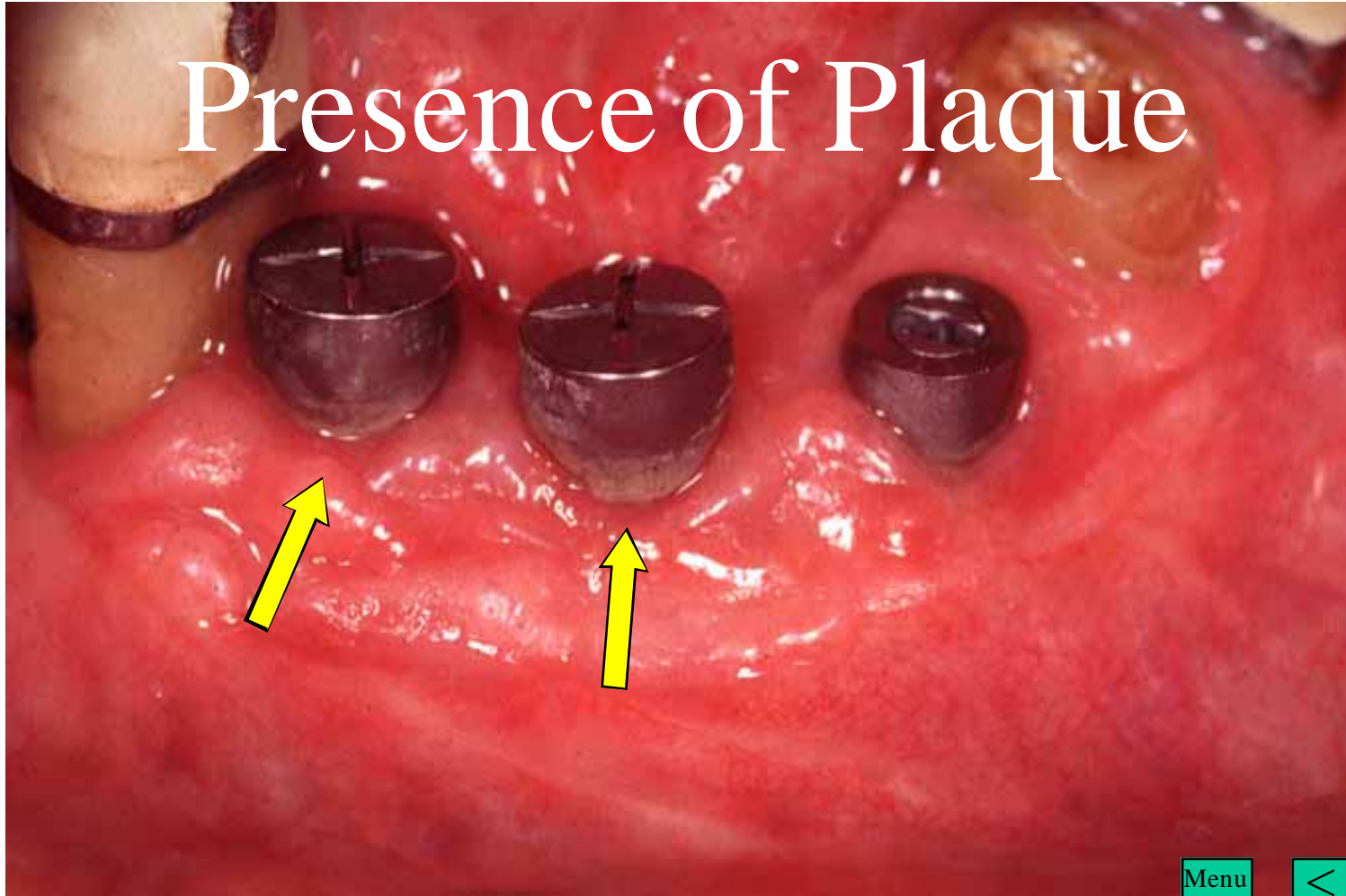
10 Times
on Each Surface

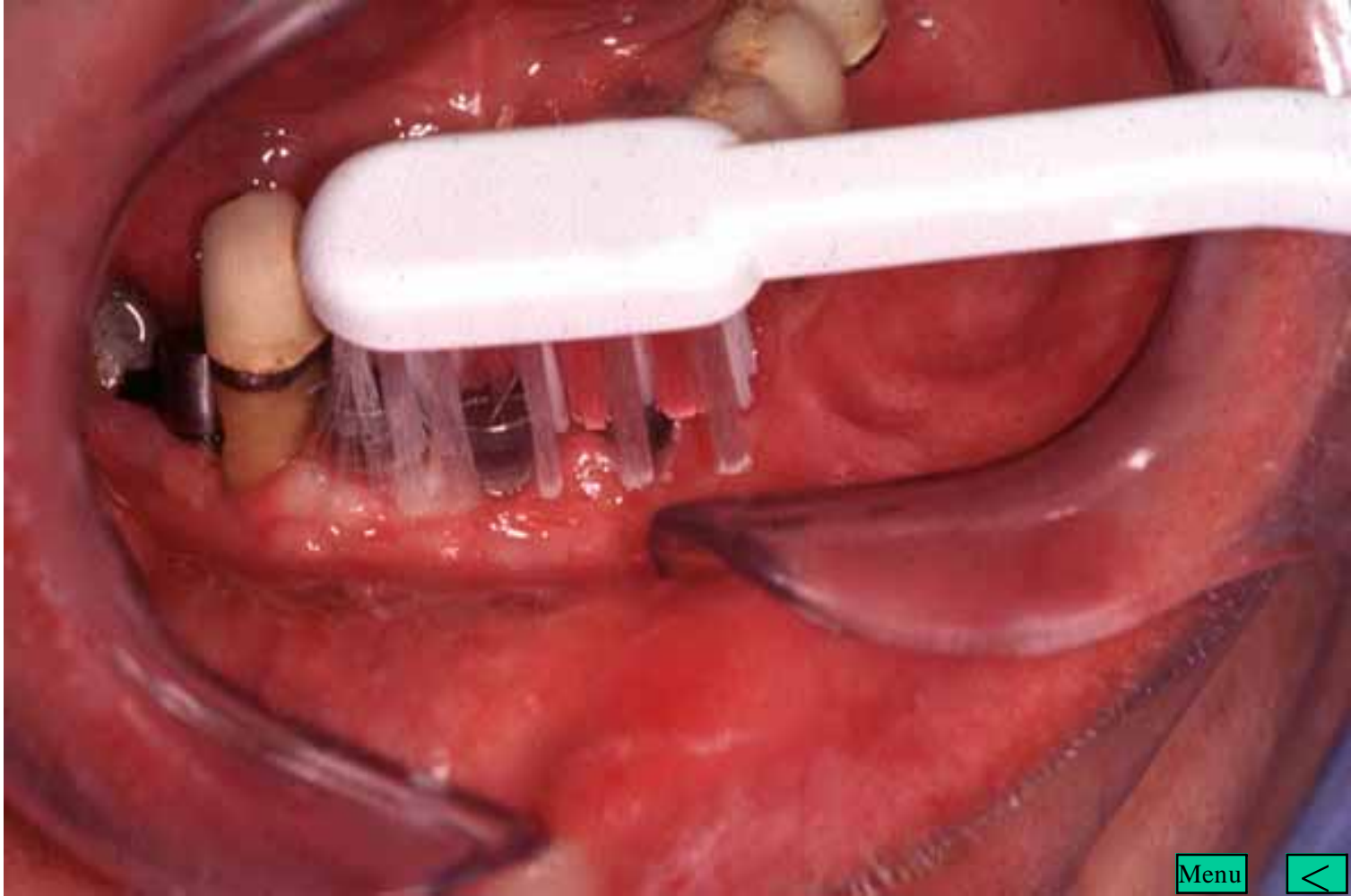


Menu



Presence of Plaque





Menu



Principles of Motivation

- Start with Yourself
- Know the Techniques shown in this Presentation
- Use Them on Yourself

Principles of Motivation

- Be Plaque Free Yourself
- It is difficult to motivate Others to do Something You are not doing Yourself

Principles of Motivation

- Start with Easy Patients
- Have the Necessary Items for Plaque Control available to give to Patients

Principles of Motivation

- Show Patients Their Problems
- Don't Tell Them
- Do not be Judgemental
- Do not say Something is “Bad”

Principles of Motivation

- Use Normal Everyday Language with Patients
- Do not use Dental Language with Patients

Menu



Principles of Motivation

- Say What might happen if a Problem is not corrected
- Only Patients can solve their Gum Problems
- Other People can only help them solve Their Own Problems

Principles of Motivation

- Patients are more likely to be motivated if They think You like Them
- Patients are more likely to be motivated if They think Your Staff like You

Principles of Motivation

- Be Patient with the Patients
- Be Patient with Yourself
- The Pyramids were not built in One Day
- Habits take Time to develop

Principles of Motivation

- If You are Stressed You will not be a Good Motivator
- If the Patients are Stressed They are less likely to be motivated

Principles of Motivation

- There are no Bad Students
- There are only Bad Teachers

Gum Health Programmes

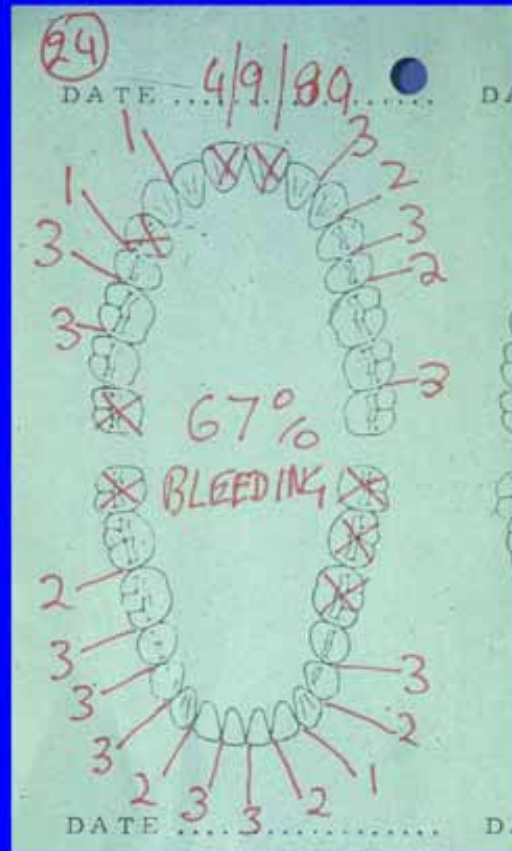
- Vary with the Needs of Each Patient
- Patients vary in Their Speed of learning Good Plaque Control

A Typical Programme

First Visit

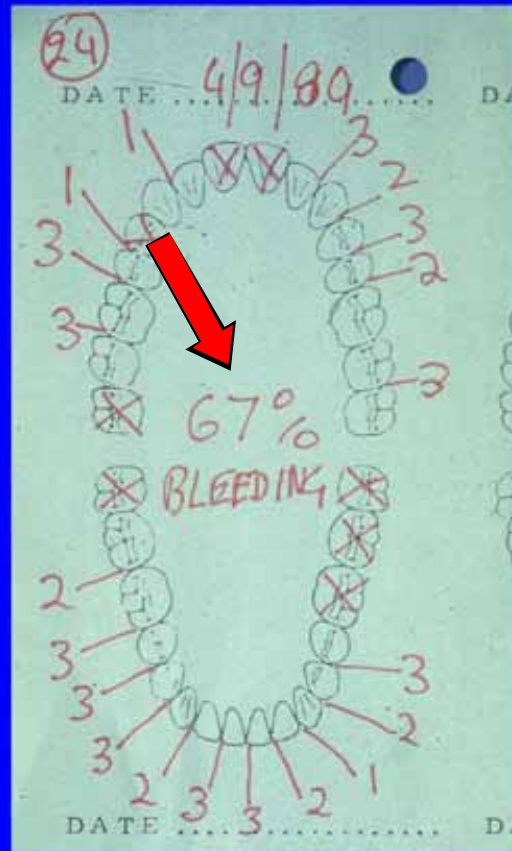
- Find out the Patient's understanding of their Own Gum Condition
- Perform a Bleeding Index with the Patient Watching

A Case Example



September
1989

The
Initial
Score



September
1989

First Visit

- Give Toothpicking Instruction
- Show the Patient the Bleeding Index Score Sheet
- Explain the Index
- Give the Patient 3 Packets of Toothpicks

A Principle

Only institute One Behaviour
Change at a Time

Toothpicking Instruction

- Do not have the Patient hold a Hand Mirror
- Patients need to feel what they are doing
- Not watch What They are doing

Toothpicking Instruction

- The Instructor holds the Toothpick
- Demonstrates on the Patient
- Puts the Toothpick correctly in the Patient's Dominant Hand
- The Patient toothpicks all the Spaces between their Teeth

If a Patient says
“ Shall I toothpick
All My Teeth”

Say

“Only the Ones
you want to keep”

Second Visit about 1 week later

- Ask the Patient how they are getting on
- Ask if They have Noticed any Change in Bleeding
- Have them Toothpick between all their Teeth

Second Visit about 1 week later

- Occasionally Patients may experience difficulty
- in pushing the toothpick through between the Lower Front Teeth
- Only on These Rare Occasions, perform Minimum Scaling

The Objective
is to have the Patient
take responsibility
for Their Own Gum
Condition

Doing more than this
Minimum Cleaning
for Patients
Risks taking away
Responsibility
from the Patient

Second Visit about 1 week later

- Check Toothpicking
- Teach Toothbrushing
- Give the Toothbrush to the Patient to take Home

Third Visit about 2 weeks later

- Check Toothpicking
- Check Toothbrushing
- Give the Toothbrush to the Patient to take Home

Fourth Visit 3-4 weeks later

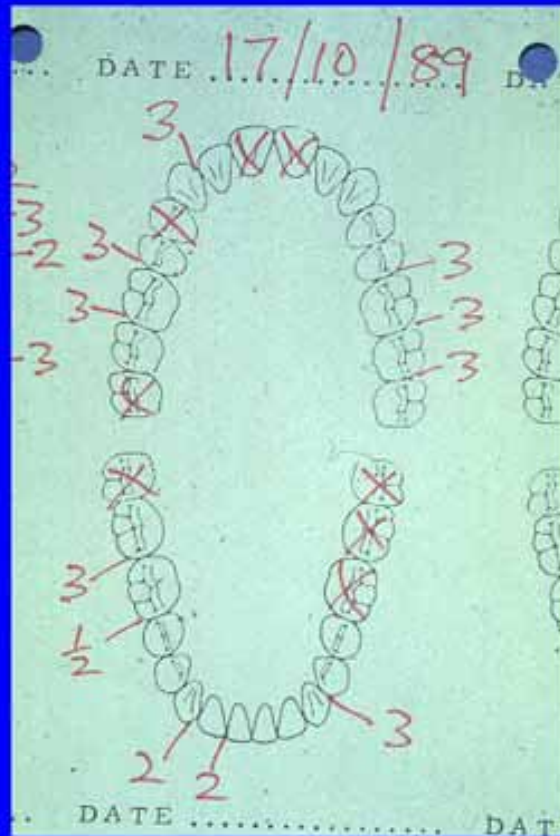
- Check Toothpicking
- Check Toothbrushing
- Introduce One Size of Interdental Brushes if appropriate
- Introduce Another Size if appropriate at a Later Visit

Follow-up Visits

Depend on the Patient's Progress

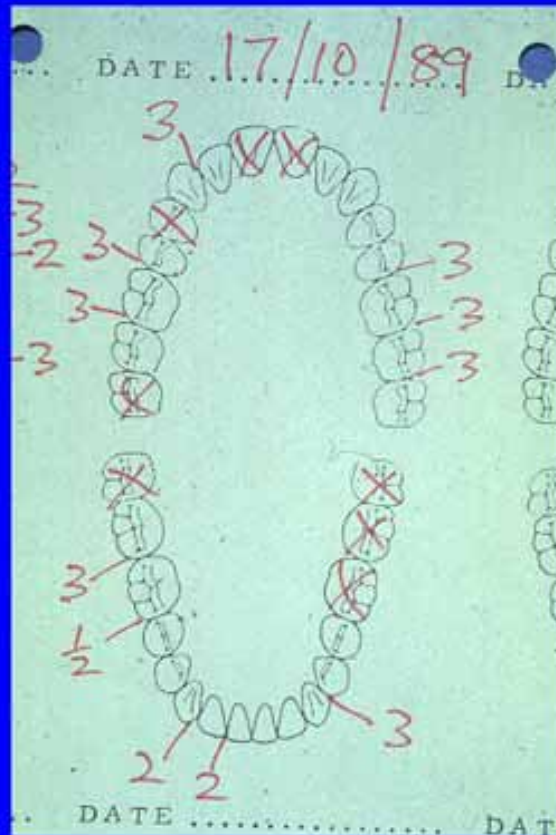
Follow-up Gum Check Evaluation

- Several Months Later Perform another Bleeding Index
- Check Plaque Control Techniques as appropriate
- Arrange a Scale and Polish



1 1/2
Months
Later

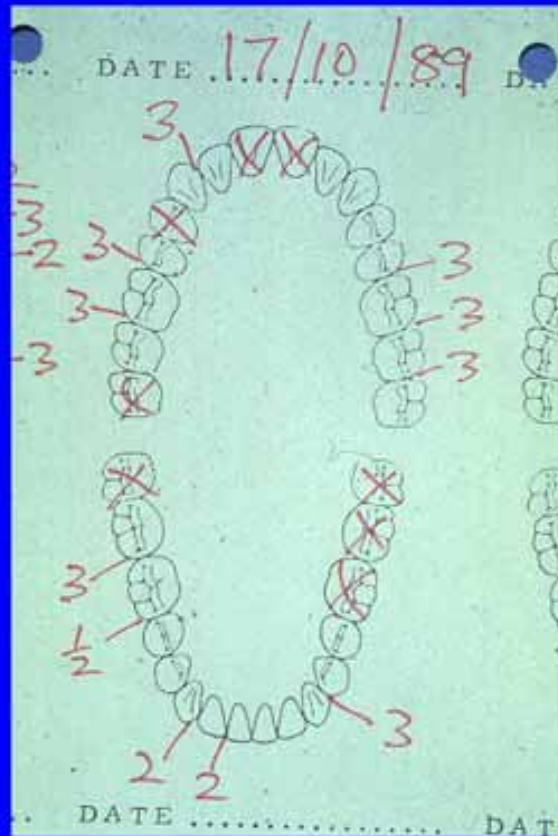
Add Total Bleeding Scores



Menu



Add
Total
Bleeding
Scores
28



Menu



Bleeding Index Score Sheet

Number of Teeth present

24

	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
32	3	5	7	10	11	15	16	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	9
31	3	4	6	9	11	14	16	18	23	28	32	37	43	46	51	56	60	65	70	74	80	84	88	9
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Menu <

Bleeding Index Score

Total Bleeding Score

28

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Menu



Bleeding Index Score Sheet

Total Bleeding Score

28

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Menu



Bleeding Index Score Sheet

Total Bleeding Score

28

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24	2	3	5	7	9	11	12	14	18	22	26	30	34	38	41	45	49	52	57	60	64	67	70	7

Menu



Bleeding Index Score Sheet

Total Bleeding Score

28

	3	5	7	10	12	15	17	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	100
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Menu <

Bleeding Index Score Sheet

Bleeding Index Calculation

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Menu <

Bleeding Index Score Sheet

Bleeding Index Calculation

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Menu <

Bleeding Index Score Sheet

Bleeding Index Calculation

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Menu <

Bleeding Index Score Sheet

Bleeding Index Calculation



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Menu



Bleeding Index Score Sheet

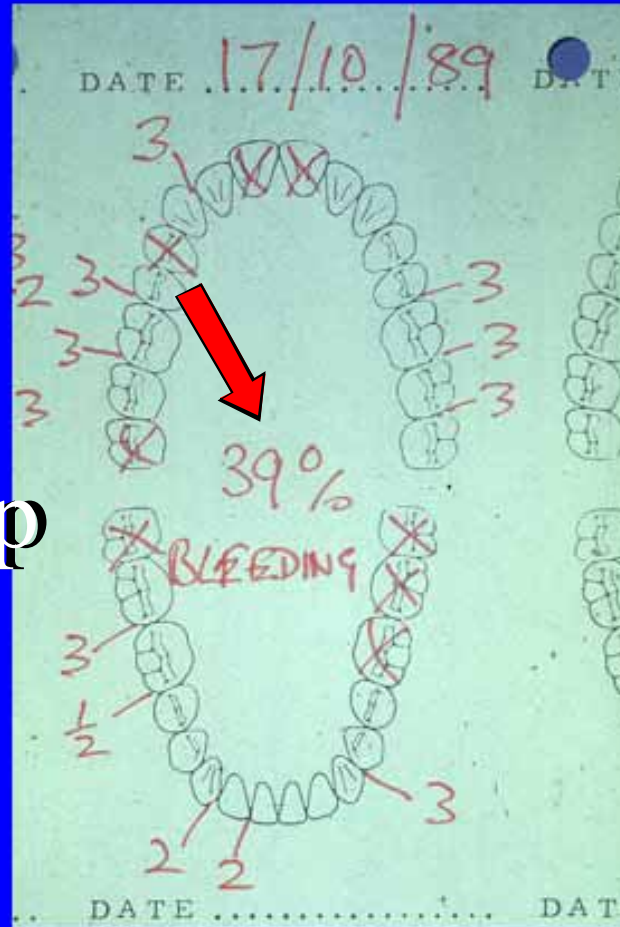
Bleeding Index Calculation 39%



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Menu <

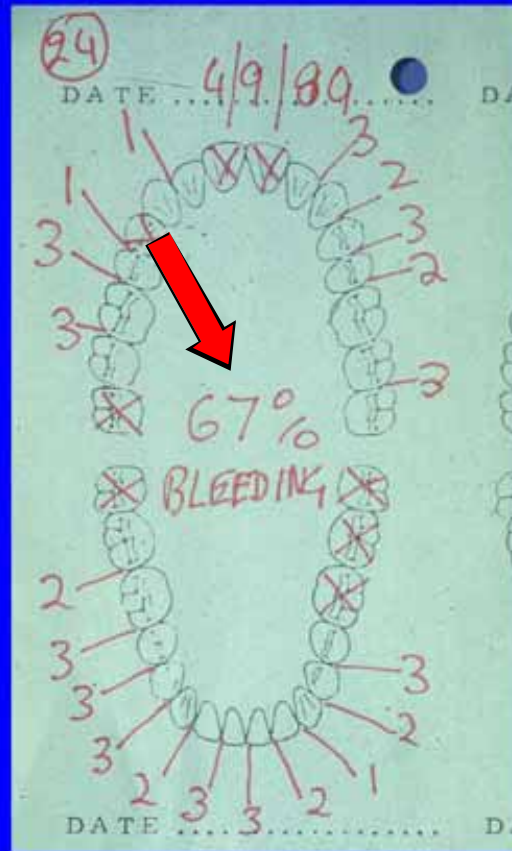
**First
Follow-up
Score**



Menu



The
Initial
Score



September
1989

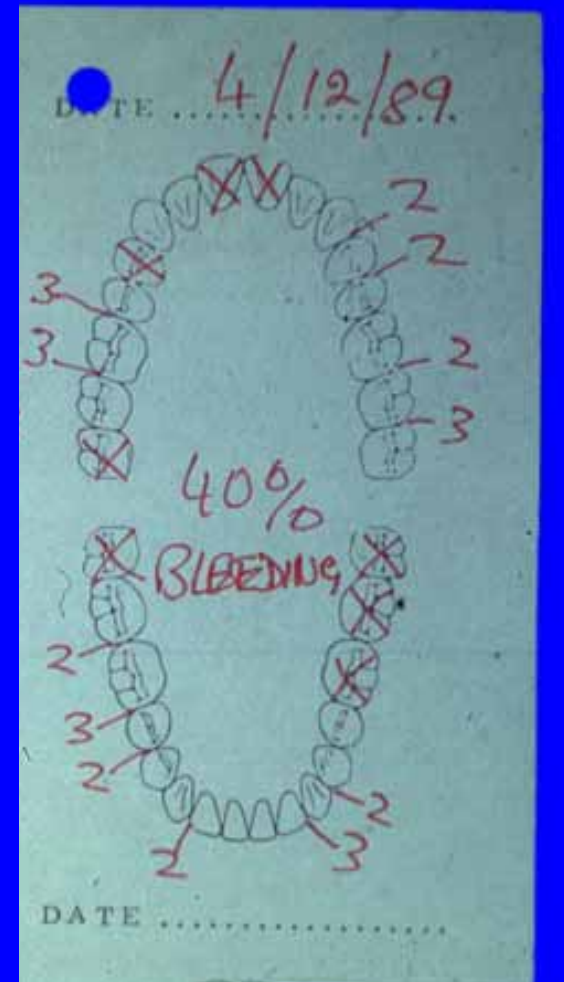
Subsequent Treatment

- Assess the Necessity of Surgical Treatment

Possible Future Treatment

- Periodic Plaque Control Instruction
- Scale and Curettage under Local Anaesthetic
- Possible Advanced Surgical Techniques

2 1/2 Months
Later
No Improvement
The Patient had
Problems at Work



Some
Improvement

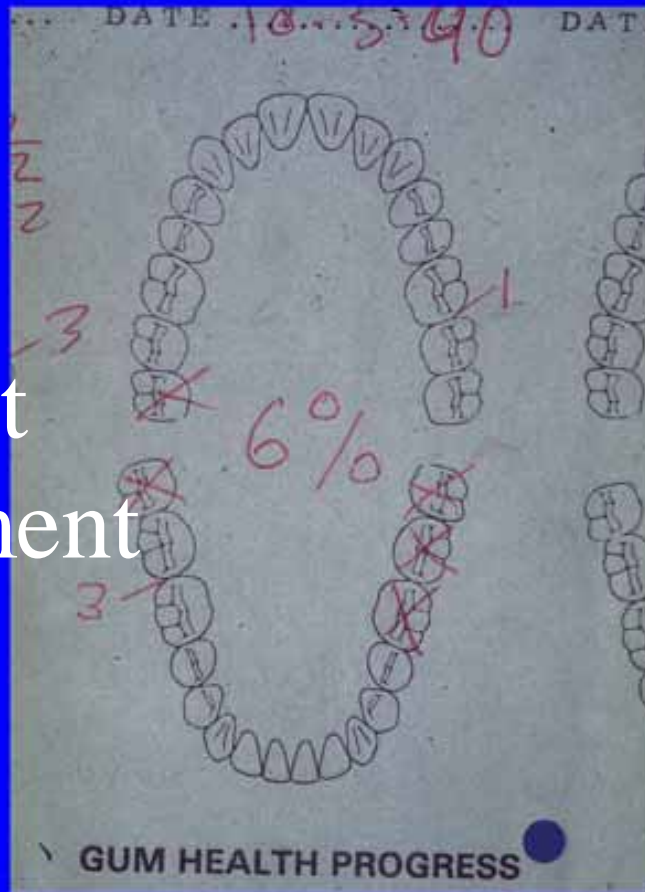


4 1/2
Months
Later

Menu



A Great
Improvement

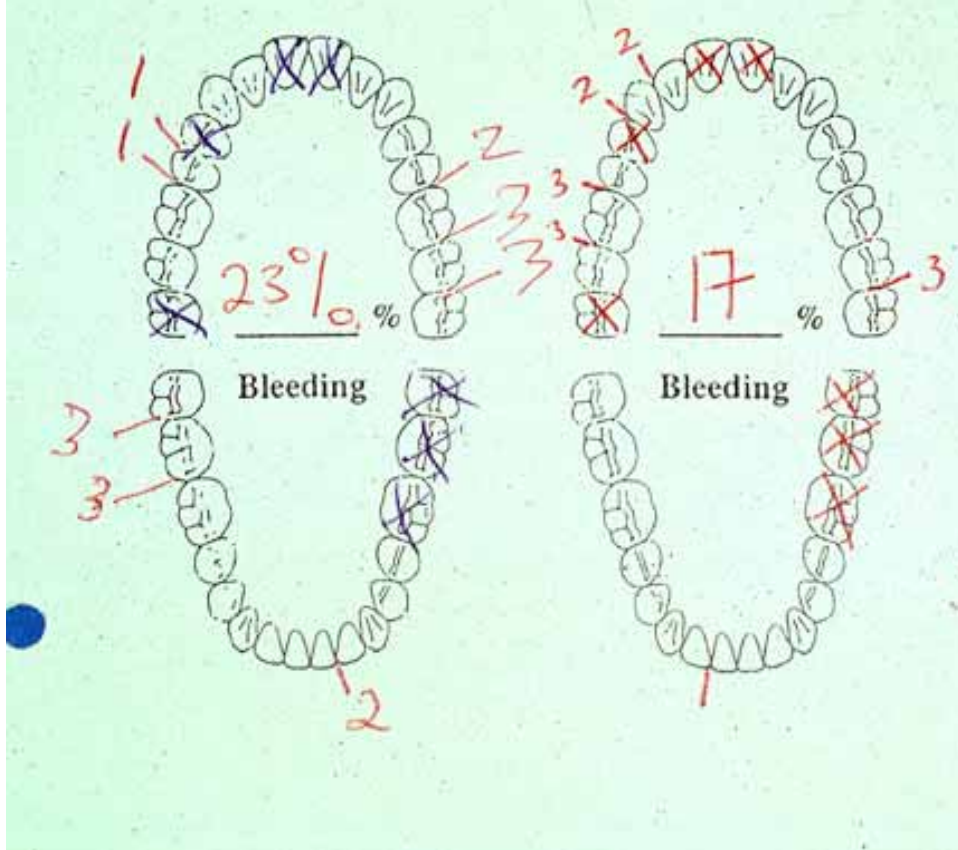


8
Months
Later

Menu

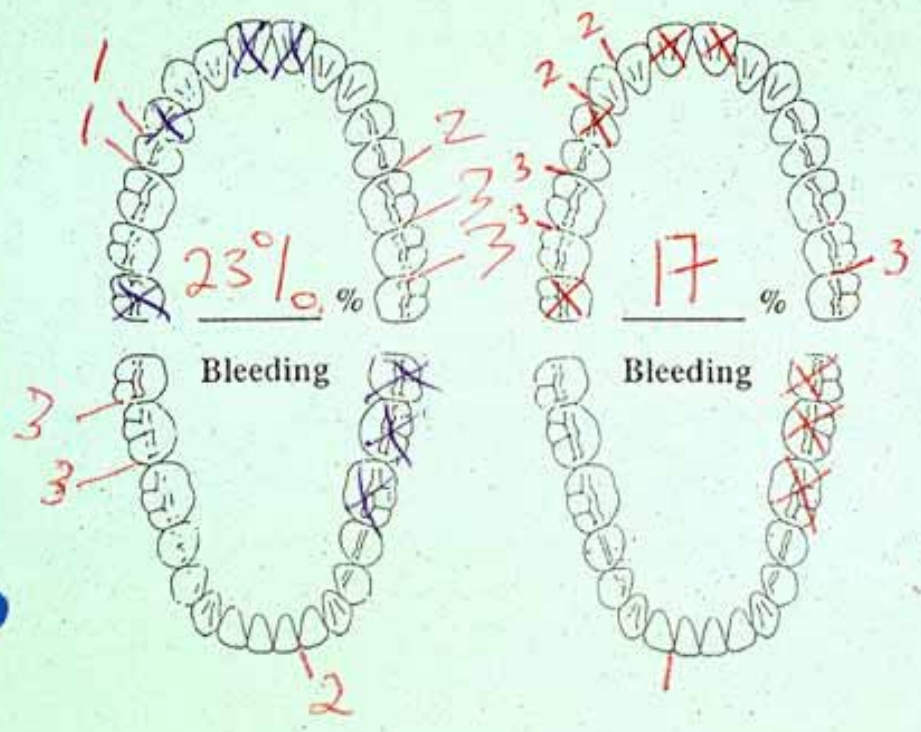


Number of Teeth 25 Name Joy [unclear]
DATE 29/4/97 DATE 24/6/97



7 1/2 Years
Later

Number of Teeth 25 Name Joy
DATE 29/4/97 DATE 24/6/97

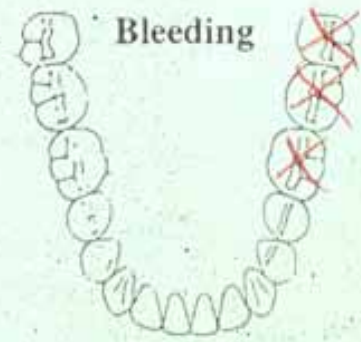
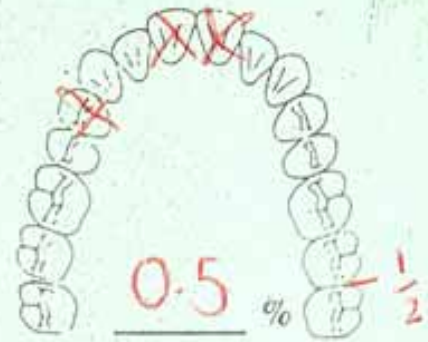


Some
Relapse then
Some
Improvement

Gum Health Progress

Number of Teeth 25

DATE 17/9/97

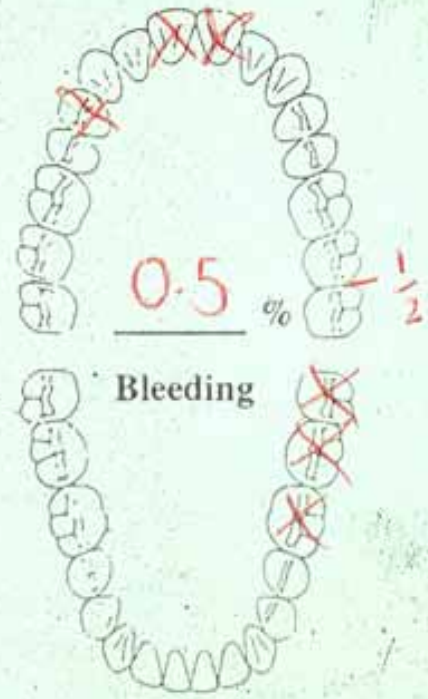


8 Years
Later

Gum Health Progress

Number of Teeth 25

DATE 17/9/97



Eventually
a Great
Improvement

Another Case

Menu



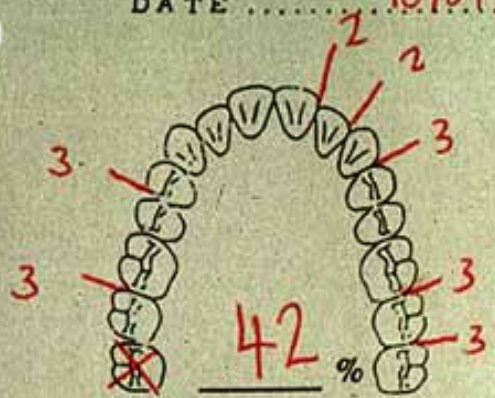
Gum Health Progress

Number of Teeth 31

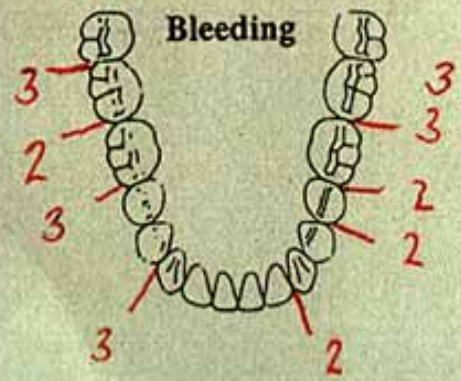
Name MR. S WARRICK

DATE

10/8/95



Bleeding



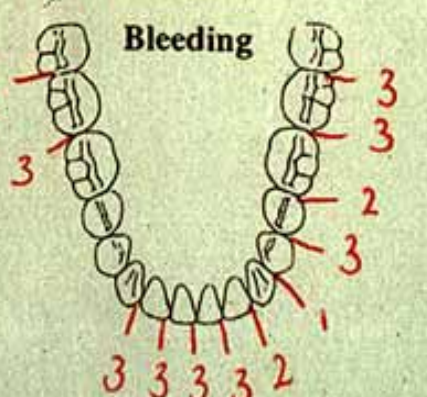
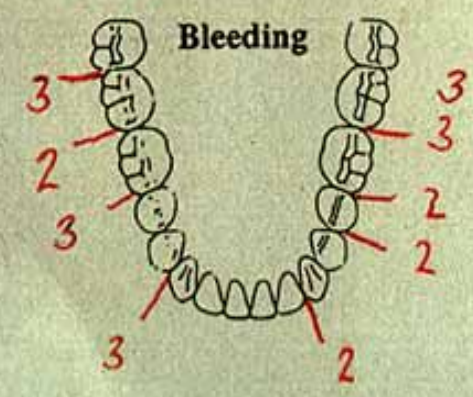
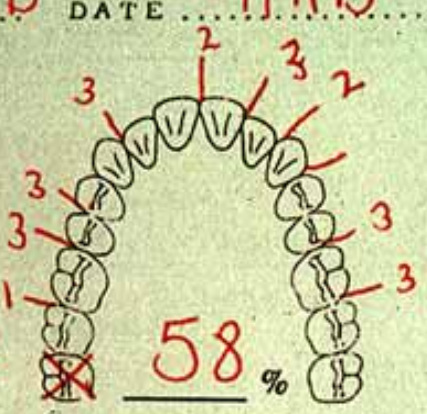
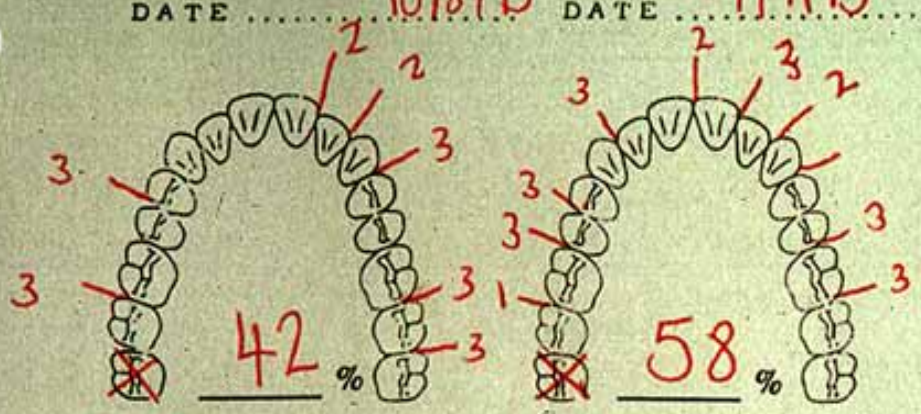
Gum Health Progress

Number of Teeth 31

Name MR S WARRICK

DATE 10/8/95

DATE 7/9/95



One day
Later

This Patient took
1 $\frac{3}{4}$ Years
to become motivated

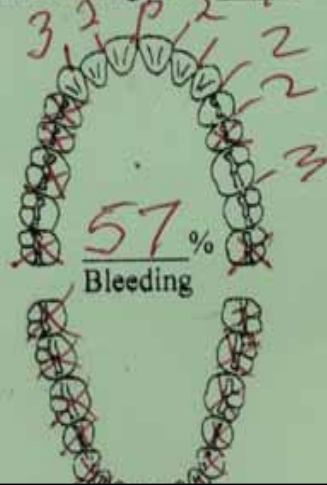
Name Teel Barber

Gum Health Progress Sheet

Date 5/12/06

Number of Teeth 10

Total Bleeding Score 17



Name Teel Barber

Gum Health Progress Sheet

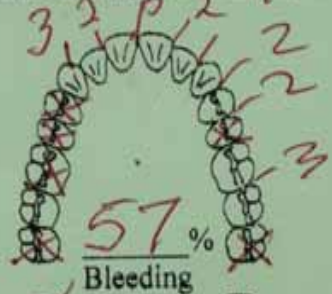
Date 5/12/06

Date 6.12/06

Number of Teeth 10

Number of Teeth 10 (B)

Total Bleeding Score 17



One day
Later

Name Teel Barber

Gum Health Progress Sheet

Date 5/12/06

Date 6.12/06

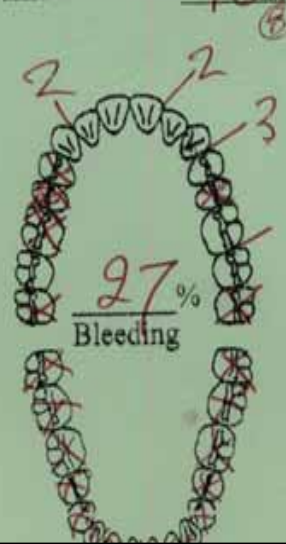
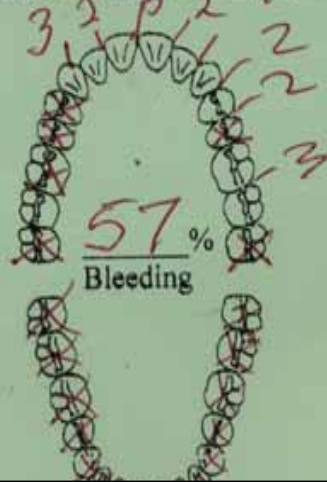
Date 11/12/06

Number of Teeth 10

Number of Teeth 10 ⁽⁸⁾

Number of Teeth 10 ⁽⁹⁾

Total Bleeding Score 17



Five
Days
Later

Within Five Weeks

Name Ted Barber

Gum Health Progress Sheet

Date 5/12/06

Date 6.12/06

Date 11/12/06

Date 11/1/07

Number of Teeth 10

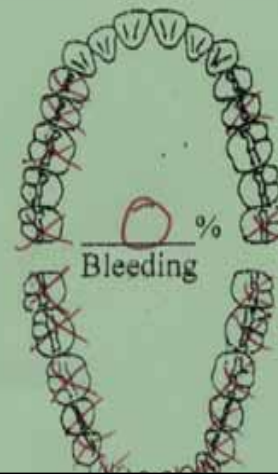
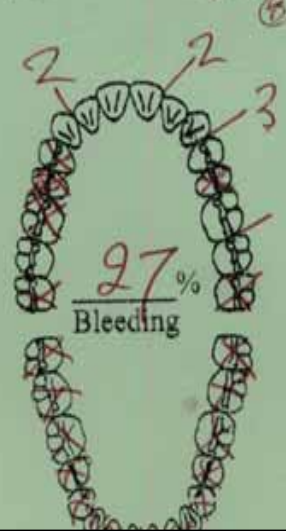
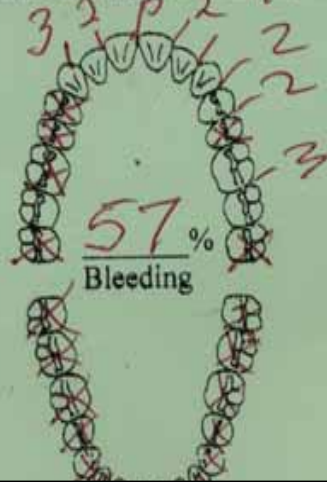
Number of Teeth 10 ⁽⁸⁾

Number of Teeth 10 ⁽⁹⁾

Number of Teeth 10

Total Bleeding Score 17

Total Bleeding Score

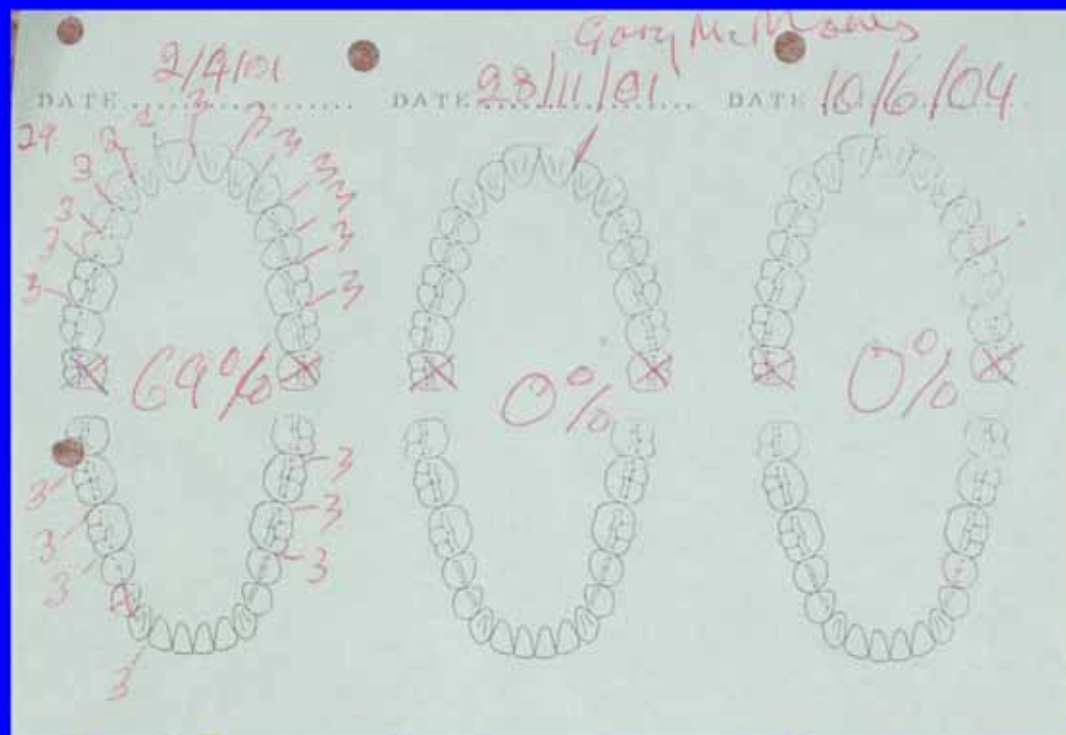


Without Any Dental
Intervention

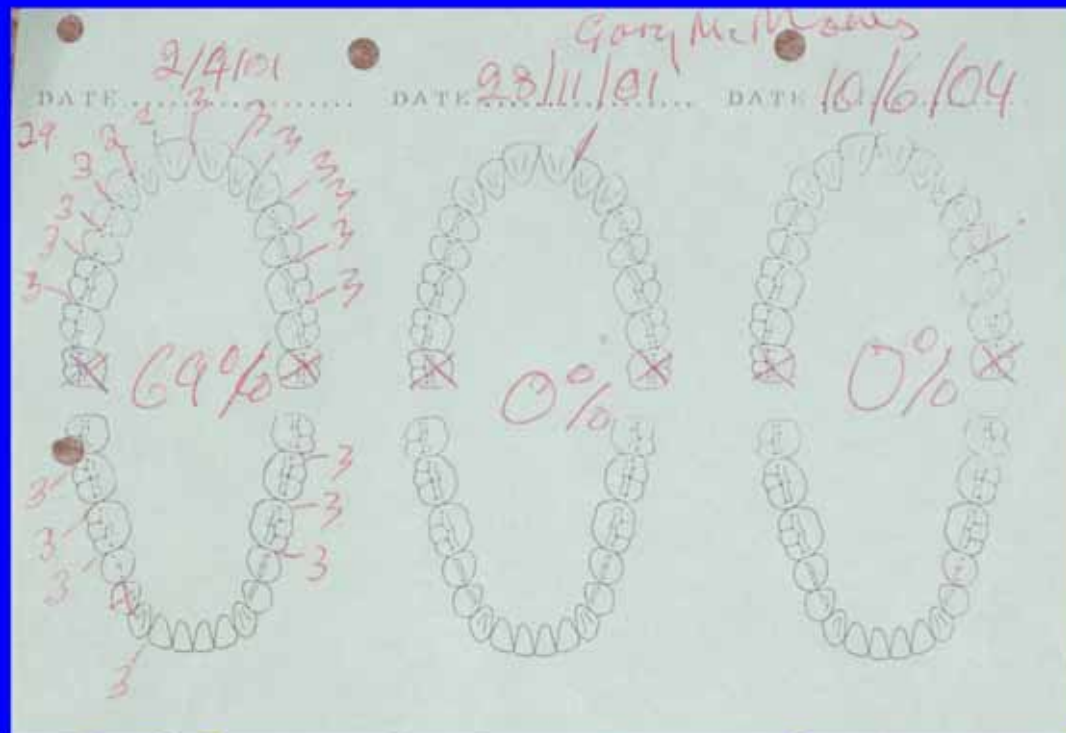
The Patient's Own Plaque
Control

reduced his Bleeding Index
from 57% to 0%

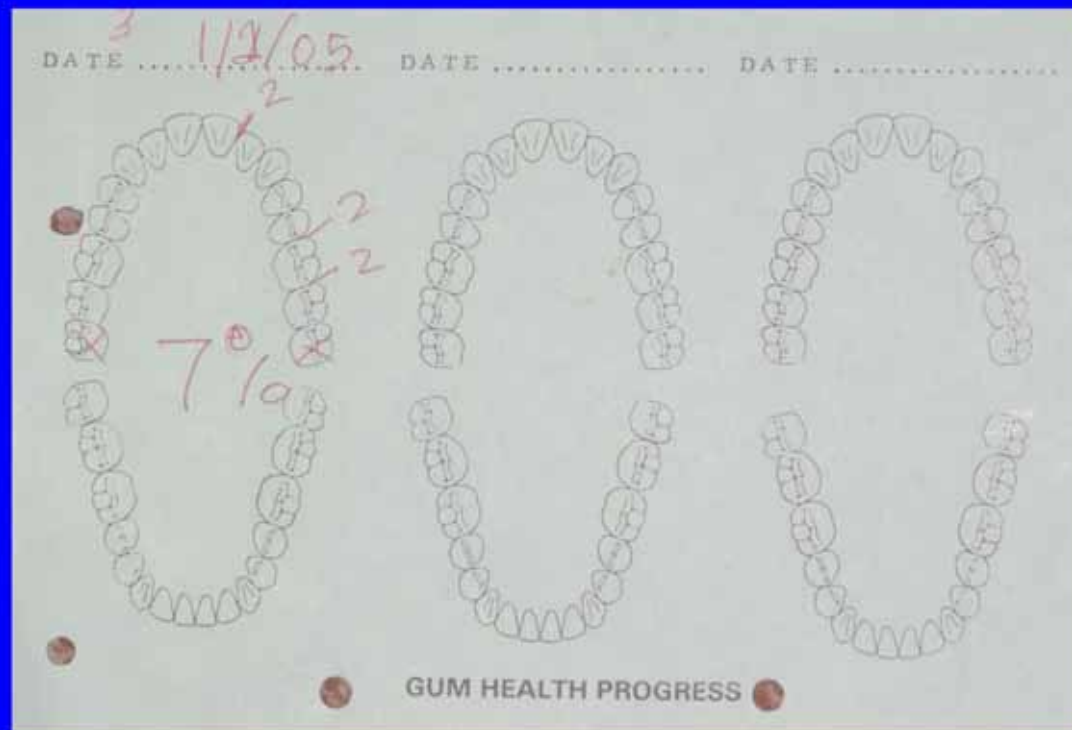
Another Case



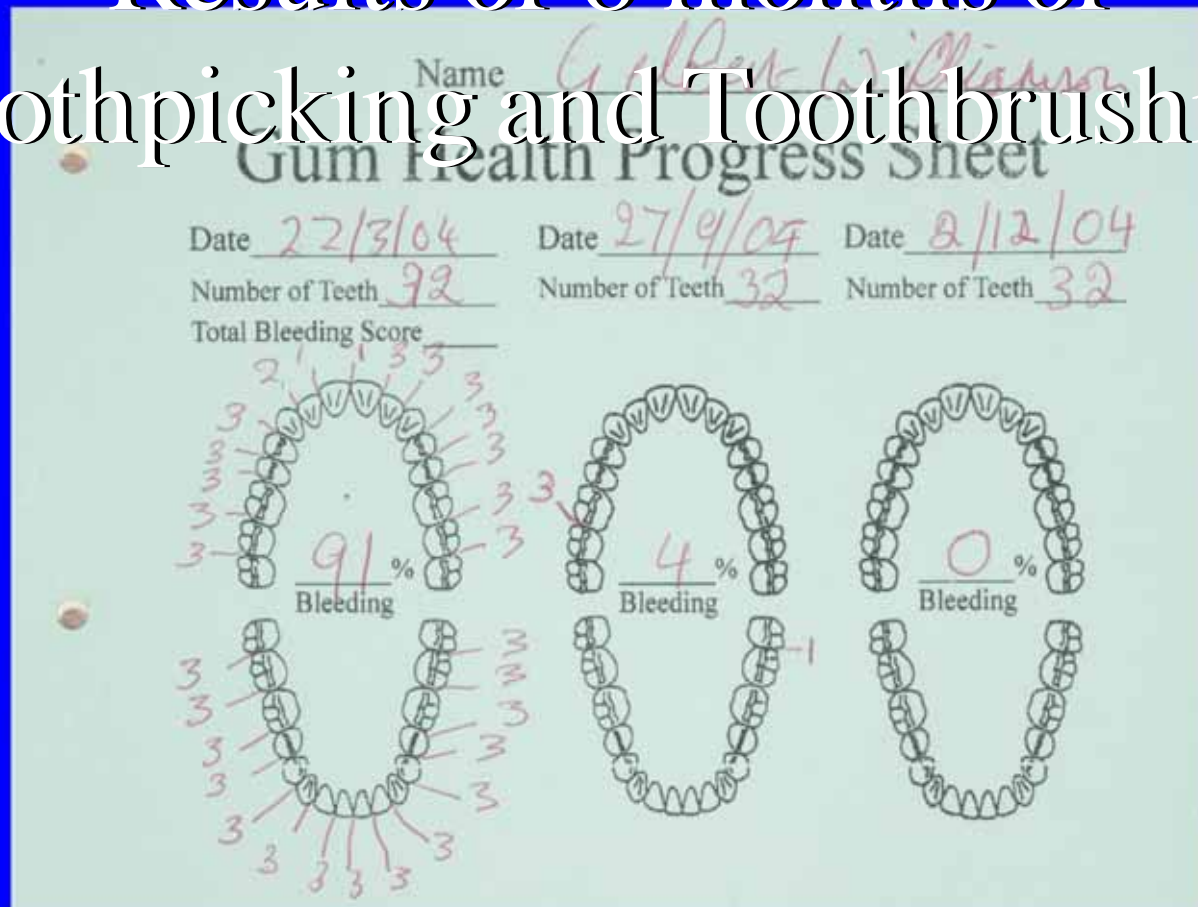
Toothpicking, Toothbrushing and Interdental Brushes only



Slight Relapse 7 months Later



Results of 8 months of Toothpicking and Toothbrushing



Sugar Control

Menu





White Sugar Brown Sugar

Menu





Both cause Tooth Decay

Menu





Using Sugar Yourself

Menu





Will not make for a Good Motivator

Menu





to help Patients stop causing Decay

Menu



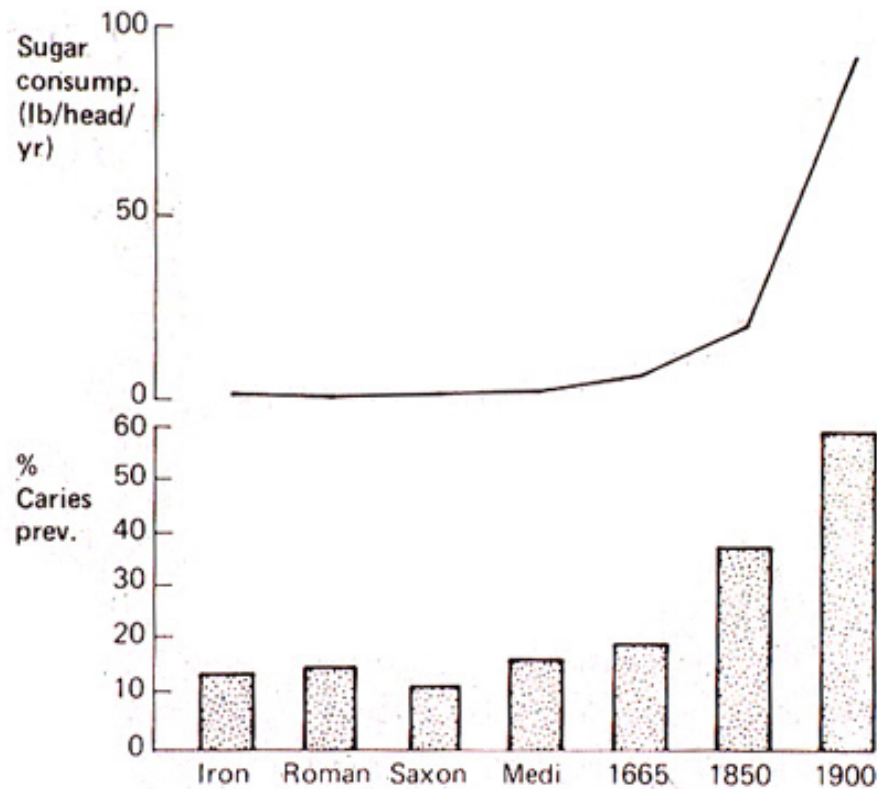
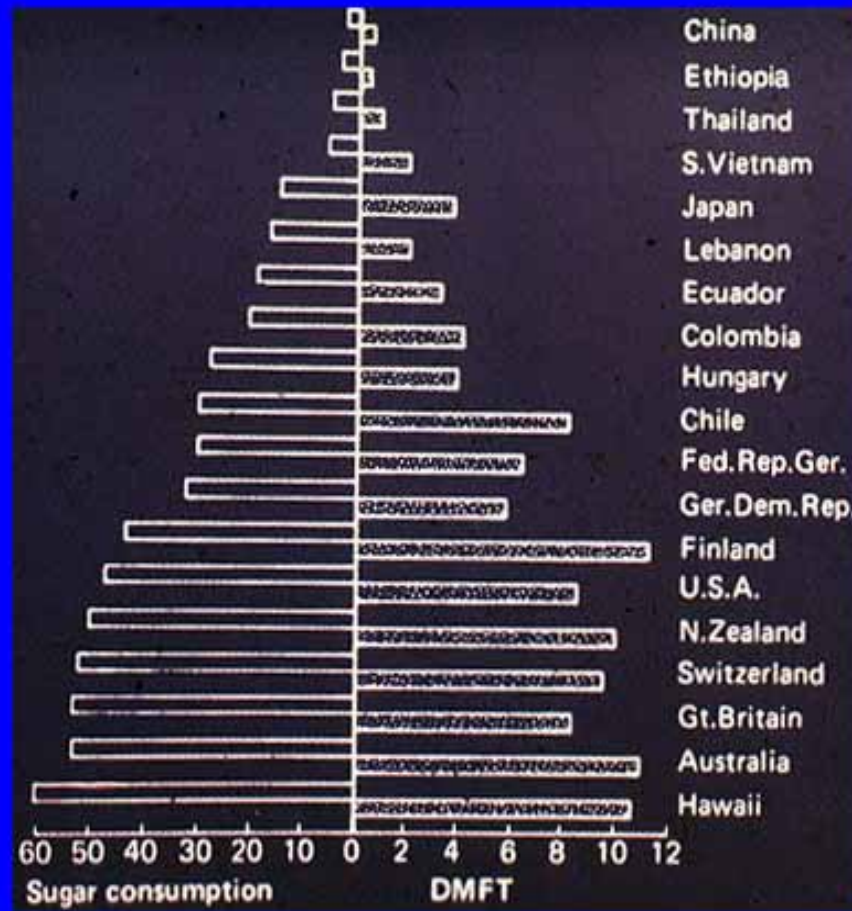


Fig. 2.4. Per cent caries prevalence related to mean sugar consumption in British populations from the Iron Age to modern times. (After Moore and Corbett (1978), with permission of Professor W.J. Moore.)



Menu



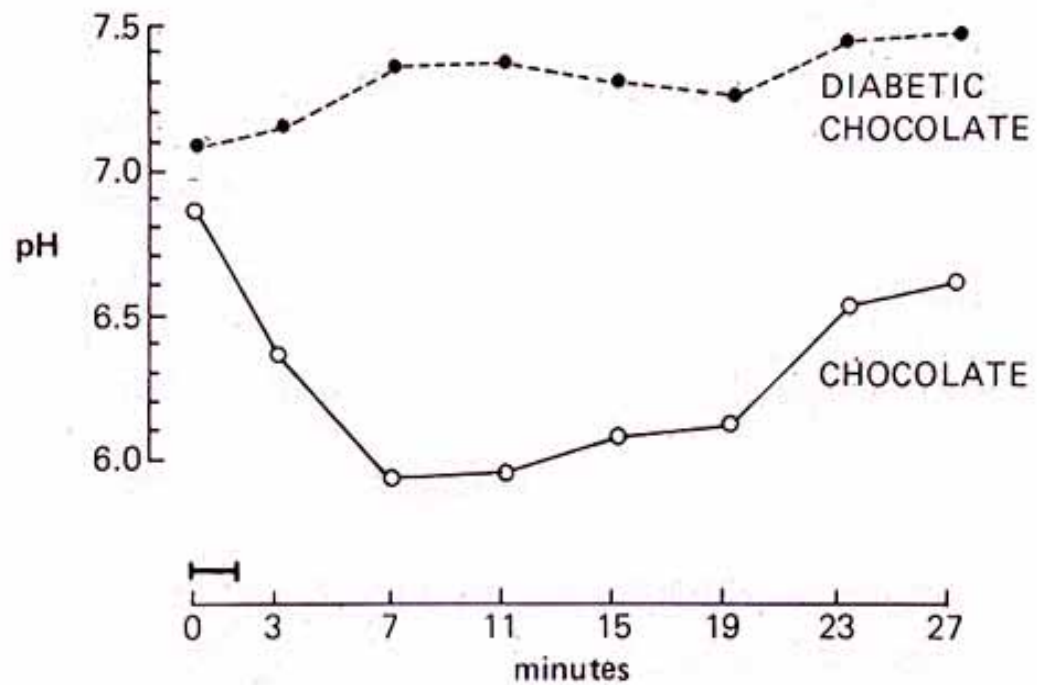


Fig. 2.25. Stephan curves produced by dark ('plain') chocolate (containing sugar) and 'diabetic' chocolate (containing sorbitol).

Fig. 2.25. Stephan curves produced by dark ('plain') chocolate (containing sugar) and 'diabetic' chocolate (containing sorbitol).

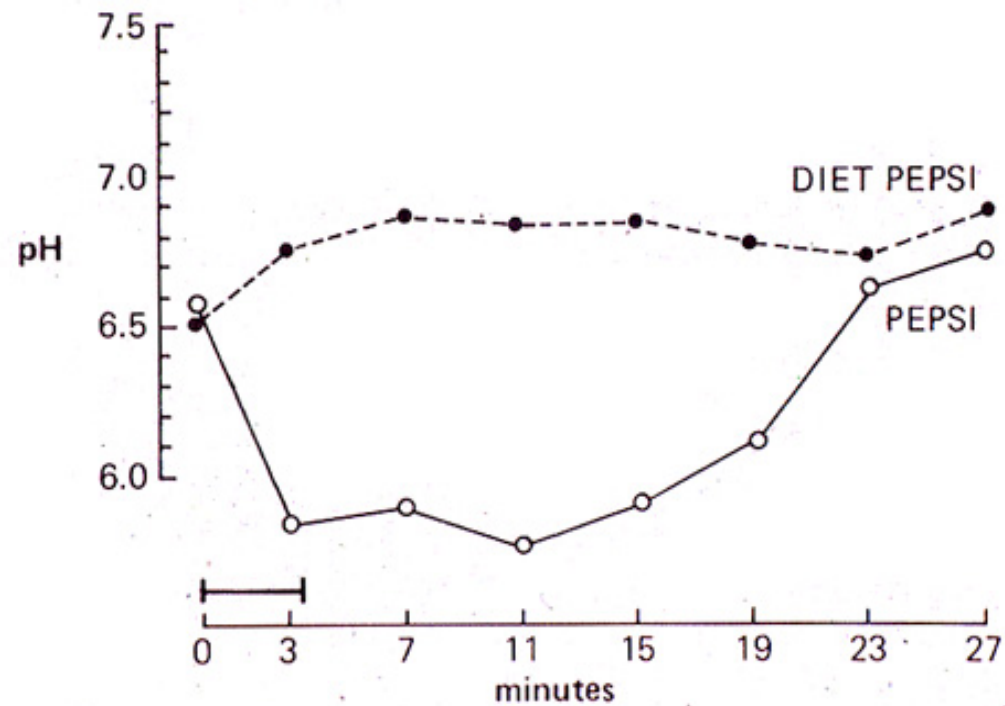


Fig. 2:26. Stephan curves produced by Pepsi Cola (sugar-containing) and Diet Pepsi (sugarless).

Menu



Have Plaque Control Products available



Menu



Have Plaque Control Products Visible





The End