

School Oral Health

Introduction:

Education and DHHS statutes provide for the assessment and offering of oral health programs to school administrative units. The SAU's have the opportunity to take part in a grant program designed to increase the awareness of oral health. Information in this section includes how to contact with the Maine School Oral Health Program, grant opportunities ,educational resources, and screening tools.

History

Since the enactment of the 1979 Dental Health Education Act, **Title 22, Secs. 2121-2124** (<http://www.maine.gov/sos/cec/rules/10/chaps10.htm>), the Maine DHHS has sponsored oral health programs in Maine schools. School administrative units, individual schools, private schools and agencies working on behalf of schools may apply for the grants, on a competitive basis, to meet the costs of dental health education.

Oral Health Programs include:

- oral health education,
- Assessments and screenings
- fluoride mouth rinse, and dental sealants.

Oral Health Education

Oral health education as a specific, identified subject is not mandated by state law or regulation. It is however, an appropriate part of school instruction and may be included locally as a component of the required comprehensive school health education curriculum. Resources and materials are available through the Oral Health Program. School health coordinators can assist school nurses with oral health education resources in the district.

Oral Assessments and Screenings

Rules outlining the guidelines for routine oral assessments and screenings guidelines have not been adopted to date.

Oral health assessments are conducted as part of the Maine Integrated Youth Health Survey (MIYHS) every two years (odd years). School districts are chosen randomly to participate in the survey. School nurses may be asked to provide a screening of students in one or two grades, depending on the structure of the survey during that cycle. Training and support is available to the districts that agree to take part.

Fluoride Mouth Rinse and Dental Sealants

School oral health programs for fluoride mouth rinse and dental sealants are administered by local program directors who may be the school nurse, an administrator, school health coordinator, dentist or dental hygienist. Fluoride may be provided in the school setting with parental/guardian consent. See sample screening forms attached. For information on dental sealants contact the Maine Oral Health Program at 287-3121.

Technical assistance is available to help plan programs, conduct dental screenings, and obtain funding for school oral health programs. Contact 287-3121 for more information.

STATUTES

DEPARTMENT OF EDUCATION (TITLE 20-A)

Oral Health Assessments: TITLE 20-A SEC. 6454

§ 6454 The commissioner shall cooperate with the commissioner of Human Services in implementing a grant program developed in accordance with Title 22, Sec. 2128 to increase the provision of oral health assessment for children entering elementary school. A child whose parent objects in writing to an oral health assessment on religious grounds may not be assessed.

DEPARTMENT OF HEALTH AND HUMAN SERVICES STATUTE (TITLE 22) SCHOOL DENTAL HEALTH EDUCATION: Title 22, Secs. 2121-2124

§2121. Short title

This chapter may be cited as the 1979 Dental Health Education Act.

§2121. Definitions

For the purposes of this chapter, unless the context otherwise indicates, dental health education shall mean the provision of printed curricula, audiovisual aids, toothbrushes, floss, disclosing tablets, topical and systemic fluorides and necessary permanent equipment to maintain oral hygiene.

§2123. Administration

The Department of Human Services shall provide to any public school system or private educational system financial reimbursement for the costs of providing dental health education to children.

§2124. Rules and regulations

The department (of Human Services) shall promulgate rules and regulations outlining procedures for prior approval before materials in the definition of dental health education are purchased. The department may also promulgate rules and regulations to further define terms in this chapter.* (Oral Health Program policies include guidance on use of grant funds. These are found in the school oral health program manual.)

§2128. Grant program to promote oral health assessments and care for children.

The commissioner, in consultation with the Commissioner of education, shall administer a grant program to promote oral health assessments of children entering elementary school and facilitate the provision of care for those students identified as in need of dental services.

* No rules have been adopted.

Role of the Elementary School Nurse:

1 Provide information and resources on dental health education to students, staff and parents.

2 Provide oral health screenings in accordance with grant requirements or part of the MIYHS, if not completed by an outside agency and after training from Maine School Oral Health Program

3 Participate in the Maine Integrated Youth Health Survey Screening (MIYHS) (if randomly selected or are part of the Healthy Maine Partnership)

4 Report results to the Maine Oral Health Program and Department of Education (www.surveymaine.net)

Role of the Oral Health Program Director (i.e. school nurse, administrator, school health coordinator, dentist or dental hygienist)

- 1. Provide fluoride rinses if conducted in the district in collaboration with Maine Oral Health Program.**
- 2. Provide training to staff on safe handling of fluoride rinse**
- 3. Review staff with emergency response to accidental ingestion of fluoride**
- 4. Coordinate sealant program administration in school setting**
- 5. Promote oral health education throughout their school district**

FLUORIDE IN THE SCHOOL SETTING

Policy Statement on Self-Applied Fluorides in Elementary School Settings

The Maine DHHS, Maine CDC, School Oral Health Program, is committed to improving the oral health of Maine children. In an effort to assure this improvement, the School Oral Health Program strongly endorses the voluntary use of a weekly 0.2% fluoride mouth rinse for eligible Maine school children in grades kindergarten through six, according to guidelines established by the American Dental Association, the National Institute of Dental Research, the Centers for Disease Control & Prevention, and the Maine Department of Health and Human Services.

A weekly 0.2% fluoride mouth rinse is recommended for children in schools in **non-fluoridated communities**. Even if the school has fluoridated city water, if the majority of homes have well-water, then fluoride rinse would be of value. Fluoride mouth rinse programs in fluoridated communities are safe. However, the benefits of these programs for participating children need to be evaluated based on the unique situation of each school. Criteria for evaluation include socioeconomic factors, dental decay rates and access to preventive dental services.

How to conduct self-applied fluoride rinse in school

Written parental permission is a requirement for participation. Each school must keep participation records. All teachers and appropriate staff receive training in the safe storage, handling, and administration of fluoride and in emergency (contingency) procedures. Self applied fluorides are safe and effective in reducing the incidence of dental caries when used according to accepted methods, and supervised adequately. The Oral Health Program will assist public and private elementary schools in Maine in establishing and maintaining local school dental health education programs that include a voluntary self-applied fluoride component. For further information, contact the School Oral Health Program at (207) 287-3121.

FLUORIDE ADMINISTRATION PROTOCOL

School Fluoride Mouth Rinse

- 1 Once a week administer one premixed individual 5ml. (10mg.) cup to each participating kindergarten child.
- 2 The kindergarten will rinse with this solution for thirty seconds.
- 3 Once a week distribute one premixed individual 10ml. (20mg.) cup to each participating child grades one through sixth.
- 4 Each child will rinse with the solution for one minute, once a week.
- 5 The solution should be dribbled back into the cup and disposed of properly.
- 6 **The solution should not be swallowed.**
- 7 The child should not eat or drink for thirty minutes afterwards to receive optimal benefits.

Storage

Fluoride, like many substances, should only be taken in recommended amounts. To assure optimum safe handling and dispensing of fluoride, the following is recommended:

- Store all fluoride materials in clearly labeled containers.
- Store fluoride in locked compartments away from food service areas and away from children.
- Store premixed individual vials in a locked area.

It is unlikely that over-consumption of fluoride rinse will take place at your school. There has not been any such incident reported in Maine school dental programs that have followed procedures for program administration recommended by the Division of Community and Family Health, Oral Health Program. However, the following instructions are provided to guide you in the unlikely event that such an incident should occur.

PLEASE POST THE FOLLOWING INSTRUCTIONS IN AN APPROPRIATE AREA IN YOUR SCHOOL THAT IS ACCESSIBLE TO THOSE CONCERNED

PLEASE POST PLEASE POST PLEASE POST

Safety Procedures for School Fluoride Mouth rinse and Tablet Programs
IF A STUDENT IS SUSPECTED OF SWALLOWING AT ONE TIME,
MORE THAN THE RECOMMENDED DAILY DOSE:

1. Try to determine if possible, the type (*see below) and amount of fluoride ingested, the child's approximate weight, and the length of time since ingestion You should have an MSDS
2. CALL: NEW ENGLAND POISON CONTROL CENTER - 1-800-581-2581. Follow instructions from Poison Control Center
3. IF THE NEW ENGLAND POISON CONTROL CENTER IS NOT AVAILABLE BY PHONE,

PROCEED AS FOLLOWS:

- 1 Administer 1 Glass of Milk. DO NOT INDUCE VOMITING.
- 2 If milk or other dairy products are unavailable or if the child is lactose intolerant, administer antacids or a glass of water.
- 3 Contact parents and take child to indicated source of health care.
- 4 If parents can't be reached, contact physician of record directions. If unable to contact physician, call 911.
4. In every case, NOTIFY YOUR LOCAL DENTAL PROGRAM DIRECTOR.
(School Oral Health Program Director) (287-3121)
The local program director will notify the Maine DHHS, Maine CDC, School Oral Health Program (207) 287-3121.

Note: Accidental ingestion of fluoride by children usually does not present a serious risk if the amount of fluoride ingested is less than 5 mg./Kg of body weight. If there is a problem with toxicity, it usually would be apparent within one hour. The symptoms are an upset stomach, nausea, vomiting, diarrhea, and abdominal cramps. Due to rapid onset of symptoms, please call Maine Poison Control Center as soon as possible.

***Type of fluoride used exclusively in school programs:**

- Rinse: 10 ml cup contains - 9 mg of fluoride, 20 mg sodium fluoride
5 ml cup contains - 4.5 mg of fluoride, 10 mg sodium fluoride
Recommended daily dose: Rinse: one cup once a week

SAMPLE FORMS AND RESOURCES

ORAL SCREENING FORMS

Parental letter for child screening [ParentScreenLet.doc](#)

Parental letter for child screening [ParentScreenLet.pdf](#)

Maine Oral Health Screening Form [ScrnFm-OHNA.doc](#)

Maine Oral Health Screening Form [ScrnFm-OHNA.pdf](#)

Maine Oral Health Screening Results [ScrnFm-SodaPilot.doc](#)

Maine Oral Health Screening Results [ScrnFm-SodaPilot.pdf](#)

Screening Results to Parents [ScrnResultsNotice.doc](#)

Screening Results to Parents [ScrnResultsNotice.pdf](#)

The following resources are available from the Maine Oral Health Program:

Please contact the Maine Oral health Program for more information on these resources.

- 1 School Oral Health Program Manual
- 2 School Based Dental Sealant Manual
- 3 Educational Topics and resources
- 4 Portable dental equipment available to loan

References:

Oral Health Resources - <http://www.maine.gov/dhhs/bohdcfh/odh/index.shtml>

Oral Health Grant Program - <http://www.maine.gov/dhhs/bohdcfh/odh/sohp.shtml>

National organization for sealant/varnish materials – [http:// www.oralhealthamerica.org](http://www.oralhealthamerica.org)

Children’s Dental Health Project – [http:// www.cdhp.org](http://www.cdhp.org)

American Dental Hygiene Association – <http://www.adha.org>

American Dental Association – <http://www.ada.org>

National CDC Resource – [http:// www.cdc.gov/oralhealth/index](http://www.cdc.gov/oralhealth/index)

National Maternal & Child Oral Health Resource Center- <http://www.mchoralhealth.org/>

FOR MORE INFORMATION CONTACT:

School Oral Health Program

Department of Health and Human Services, Maine Center for Disease Control

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(207) 287 □ 3121

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