

Title of Intervention: A Web-based Oral Health Intervention

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To improve tooth brushing practices

Population: The general public

Setting: Japan; home-based, worksite-based

Partners: Graduate School of Dentistry, Osaka University

Intervention Description:

- Individual Education: An internet-based system provided personalized oral self-care messages based on dental records. Materials for oral self-care were tailored to each individual. Text files, image files, and video files were used. The image files showed tooth alignment and indicated locations where patients should exercise greater caution. The video showed toothbrush use in areas that are difficult to clean. Users had a login ID and password and could access oral health records on the web without restrictions in location or time.
- Supportive Relationships: Two months after the participant first used the website, the dental hygienists provided each participant with telephone counseling. The website also provided follow-up messages.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Dental hygienists
- Training: Not mentioned
- Technology: Web server, computers, digital video camera, statistical software
- Space: Not mentioned
- Budget: Not mentioned
- Intervention: Web server, internet access, computers, access to dental records, digital video camera
- Evaluation: Clinical assessment

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Periodontal health assessments

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Significant improvements were seen in periodontal destruction, plaque accumulation, gingival inflammation and oral hygiene for the intervention group.

Maintenance: Not mentioned

Lessons Learned: The results indicate that the implementation of a web-based approach affords the possibility of remote instruction and produces benefit.

Citation(s):

Ojima M, Hanioka T, Kuboniwa M, Nagata H, Shizukuishi S. Development of Web-based intervention system for periodontal health: a pilot study in the workplace. *Med Inform Internet Med.* Dec 2003;28(4):291-298.