

Title of Intervention: A School-based Tooth Brushing Education Intervention

Intervention Strategies: Group Education, Individual Education

Purpose of the Intervention: To improve tooth brushing habits in children

Population: Children between the ages of 3-6

Setting: A private nursery school in Brazil; school-based

Partners: None mentioned

Intervention Description: Participants received one of three methods of oral hygiene instruction and reinforcement.

- Group Education: In the audiovisual method, models and slide projection with age-appropriate motivation was used. In the modeling method, the dentist demonstrated tooth brushing technique using a child as a model.
- Individual Education: In the individual instruction method, each child received individual instructions on tooth brushing.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Dentist, instructors
- Training: Not mentioned
- Technology: Audiovisual equipment
- Space: Space for group education sessions
- Budget: Not mentioned
- Intervention: Audiovisual equipment, models, slide projection
- Evaluation: Not mentioned

Evaluation:

- Design: Quasi-experimental
- Methods and Measures:
 - Oral examination to assess participants' plaque index

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: The total plaque index decreased in both the modeling and the audiovisual groups. The modeling method had greater plaque reduction than the audiovisual method.

Maintenance: Not mentioned

Lessons Learned: It is necessary to find which method of oral hygiene instruction is more adequate for each child considering his or her age. Individual instruction is both inexpensive and easily taught.

Citation(s):

Leal SC, Bezerra AC, de Toledo OA. Effectiveness of teaching methods for toothbrushing in preschool children. Braz Dent J. 2002;13(2):133-136.