

Title of Intervention: An Oral Health Primary Prevention Program

Intervention Strategies: Individual Education, Supportive Relationships

Purpose of the Intervention: To improve the oral health of children beginning at birth

Population: Pregnant women and children

Setting: The Medical University of Hannover in Hannover, Germany; health care facility-based

Partners: The Department of Conservative Dentistry and Periodontology

Intervention Description:

- Individual Education: During pregnancy, participants received individual, preventive self-care instructions on oral hygiene during a routine professional cleaning. The pregnant women were also taught about infection, oral diseases and the means of transmission to children. After their children were born (from 0 to 3 years), mothers were taught how to establish good oral habits and health dietary habits.
- Supportive Relationships: Pregnant mothers received dietary counseling during a routine professional cleaning. After the child turned four years old, the mothers received additional dietary counseling.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Oral health care providers
- Training: Not mentioned
- Technology: Not mentioned
- Space: Private space for individual consultations
- Budget: Not mentioned
- Intervention: Education materials
- Evaluation: Tools for clinical assessment

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Dental and periodontal examinations to assess levels of *S. mutans* bacteria

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: All mothers in the intervention group showed a significant improvement in oral health and a reduction of *S. mutans* colonization.

Maintenance: Not mentioned

Lessons Learned: These results showed that pre and postnatal primary preventive measures may significantly improve the oral health of mothers and their children.

Citation(s):

Gunay H, Dmoch-Bockhorn K, Gunay Y, Geurtsen W. Effect on caries experience of a long-term preventive program for mothers and children starting during pregnancy. *Clin Oral Investig.* Sep 1998;2(3):137-142.