

Title of Intervention: A Worksite-based Oral Health Intervention for Shipyard Workers

Intervention Strategies: Group Education, Individual Education, Supportive Relationships

Purpose of the Intervention: To help employees improve their oral health

Population: Shipyard workers

Setting: Nagasaki Prefecture, a large-scale Japanese ship manufacturing business; worksite-based

Partners: None mentioned

Intervention Description:

- Group Education: Self-care for oral hygiene was emphasized with the support of dental professionals. A dentist organized orientation sessions to provide information about the epidemiology and cause of dental diseases, as well as prevention of such diseases.
- Individual Education: Each participant received tailored information on oral hygiene and prevention of oral disease on a face-to-face basis. They also received personal instruction sessions and an information sheet containing specific advice based on assessment of their own clinical status. Instructions were given in toothbrushing, the use of dental floss and the use of an interdental brush. Fluoride use was also recommended. Participants were able to view oral bacteria under a microscope.
- Supportive relationships: Group counseling sessions were held under the direction of a dentist and dental hygienist.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Dentist, dental hygienists
- Training: Not mentioned
- Technology: Microscope
- Space: Meeting rooms
- Budget: Not mentioned
- Intervention: Education materials, microscope, slides of oral bacteria
- Evaluation: Clinical assessment

Evaluation:

- Design: Pre- and post-test
- Methods and Measures:
 - Clinical examination to measure periodontal disease

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: The rate of teeth with pockets 4-5 mm deep or deeper was decreased. The rate of teeth with no sign of periodontal disease was increased.

Maintenance: Each participant was asked to visit the dental room once every six months for a dental examination which included evaluation of oral health status and further instruction on oral hygiene and oral disease prevention. Following each recall visit, a group discussion session was held.

Lessons Learned: Not mentioned

Citation(s):

Ide R, Mizoue T, Tsukiyama Y, Ikeda M, Yoshimura T. Evaluation of oral health promotion in the workplace: the effects on dental care costs and frequency of dental visits. Community Dent Oral Epidemiol. Jun 2001;29(3):213-219.