

Title of Intervention: Self-performed Oral Health Preventive Programs

Intervention Strategies: Group Education, Individual Education, Supportive Relationships

Purpose of the Intervention: To control plaque and prevent gingival inflammation

Population: Sixth grade children in a private school

Setting: Sao Paulo, Brazil; school-based

Partners: None mentioned

Intervention Description: The children were divided into three groups: Comprehensive, Standard and Control.

- Group Education: In the comprehensive program, small groups of children met to learn about the development and prevention of oral diseases. The children also received training in self-diagnosis and oral hygiene. The children and their parents attended a one-hour information session about oral health. The standard group received conventional oral hygiene training only.
- Individual Education: In the comprehensive program, the children received individualized oral hygiene training according to their specific needs. Children were taught to identify dental plaque using a disclosing solution and mouth mirror.
- Supportive Relationships: In the comprehensive program, oral hygiene procedures were practiced under supervision. Efforts were praised and negative criticism was kept to a minimum. Parents were encouraged to assist children in achieving effective oral hygiene at home.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Teachers
- Training: Not mentioned
- Technology: Not mentioned
- Space: Meeting room for group education and trainings
- Budget: Not mentioned
- Intervention: Educational materials, disclosing solution, mouth mirrors
- Evaluation: Oral examination supplies

Evaluation:

- Design: Randomized controlled trial
- Methods and Measures:
 - Oral examination using plaque disclosing solution to measure the amount of plaque

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Children in the comprehensive program had significantly less plaque and gingival bleeding than the control group. There was no significant difference between the control group and the standard group.

Maintenance: Ten-minute recall visits were organized monthly for the first four months, then three times a year to provide continued feedback and to detect any difficulties in achieving effective plaque control.

Lessons Learned: Not mentioned

Citation(s):

Albandar JM, Buischi YA, Mayer MP, Axelsson P. Long-term effect of two preventive programs on the incidence of plaque and gingivitis in adolescents. J Periodontol. Jun 1994;65(6):605-610.