

Title of Intervention: The PRO-SELF Program for Candidiasis

Intervention Strategies: Supportive Relationships, Individual Education, Environments and Policies

Purpose of the Intervention: To reduce the frequency of oral candidiasis

Population: Patients who are HIV positive and had oral candidiasis

Setting: An oral medicine referral clinic in San Francisco, CA; health care facility-based

Partners: None mentioned

Intervention Description:

- Supportive Relationships: The PRO-SELF Candidiasis program includes instruction and training on oral hygiene procedures and diet modifications aimed at reducing exogenous sugars in the mouth, as well as training in recognition of oral candidiasis. In this study, the instructor provided the PRO-SELF intervention to participants. Participants were given a recall diary to enter what they ate at meals or snacks during the previous 24 hours. They were also asked to indicate oral hygiene procedures that they performed following each meal or snack. The instructor reviewed and discussed the diary and provided individualized advice on how the participant could modify his/her eating and oral hygiene habits.
- Individual Education: Handouts with written instruction were included for each participant.
- Environments and Policies: Any oral hygiene aids needed such as toothpaste, fluoride gel, toothbrush, floss, floss aid, floss threader, interproximal and end-tuft brushes, disclosing tablets, denture cleaner and soak and mouth mirror were provided.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Instructors
- Training: Not mentioned
- Technology: The Food Processor Software
- Space: Space for oral exams
- Budget: Not mentioned
- Intervention: Toothpaste and toothbrushes, fluoride gels, floss and floss aid, floss threader, interproximal and end-tuft brushes, disclosing tablets, denture cleaner and soak, mouth mirror, written instructions, food logs
- Evaluation: Clinical examinations, logs

Evaluation:

- Design: Randomized Controlled Trial
- Methods and Measures:
 - Oral examination
 - Daily log to keep track of diet and oral hygiene practices

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: The rates of candidiasis recurrence within six months were slightly lower in the intervention group.

Maintenance: Not mentioned

Lessons Learned: Participants who benefited most from the intervention were those whose oral practices put them at high risk of candidiasis, specifically those with high sugar intake, relatively high plaque indices and moderate-to-high DMFS (decayed, missing, filled teeth) scores.

Citation(s):

Hilton, J. F., L. A. MacPhail, et al. (2004). "Self-care intervention to reduce oral candidiasis recurrences in HIV-seropositive persons: a pilot study." *Community Dent Oral Epidemiol* 32(3): 190-200.