

Title of Intervention: An Adolescent School-based Oral Health Program

Intervention Strategies: Group Education, Environments and Policies

Purpose of the Intervention: To improve adolescent oral health using a comprehensive school-based sealant and fluoride mouth rinsing program

Population: Children aged 12 to 13 years

Setting: Five secondary schools in two non-fluoridated regions of Victoria, Australia; school-based

Partners: Local community health center, schools, Domiciliary Unit of the Royal Melbourne Dental Hospital, dentists

Intervention Description:

- Group Education: An annual oral hygiene education session was held.
- Environments and Policies: Weekly fluoride mouth rinse (FMR) was provided. Annual placement, replacement or repair of pit and fissure sealants on all appropriate first and second molar teeth was done.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Dentists, local community health center staff, research staff
- Training: Not mentioned
- Technology: Not mentioned
- Space: Space for oral hygiene education session
- Budget: Not mentioned
- Intervention: Mouth rinse with neutral sodium fluoride, pit and fissure sealants, portable dental equipment, education materials
- Evaluation: Portable dental chair, school table, clinical examination materials, sickle and probe, mouth mirror with a fiber optic light, written summaries

Evaluation:

- Design: Randomized Controlled Trial
- Methods and Measures:
 - A clinical examination using a sickle probe and mouth mirror with fiber optic to assess DMFS (decayed-missing-filling scores) scores.

Outcomes:

- Short Term Impact: Not measured
- Long Term Impact: Participants in the intervention group who completed the intervention program had fewer decayed, missing or filled tooth surfaces than the control group.

Maintenance: Not mentioned

Lessons Learned: A comprehensive preventive dental program introduced into adolescent populations at high risk of developing dental caries can result in significant improvements in their dental health.

Citation(s):

Morgan MV, Campain AC, Adams GG, Crowley SJ, Wright FA. The efficacy and effectiveness of a primary preventive dental programme in non-fluoridated areas of Victoria, Australia. Community Dent Health. Dec 1998;15(4):263-271.