

Title of Intervention: Educational Oral Health Sessions for Individuals with Orthodontic Appliances

Intervention Strategies: Campaigns and Promotions, Individual Education, Supportive Relationships

Purpose of the Intervention: To teach oral hygiene to patients wearing fixed orthodontic appliances

Population: Patients who had been fitted with a fixed appliance

Setting: An orthodontic practice; health care facility-based

Partners: None mentioned

Intervention Description: Participants received written, video or oral instructions

- Campaigns and Promotions: Some participants were given "Brace Yourself," a specially made film to take home. The film included in the introduction shots of a theme park ride, rather like the "train tracks" analogy applied to fixed appliances. Special effects and musical backing were also used to improve the presentation. The script was based upon information included on the written information sheets: possible problems in the early stages, appliance care and diet, plaque disclosure and cleaning, routine dental care and emergency resolution.
- Individual Education: Some participants were given written instruction sheets about oral hygiene for individuals with braces.
- Supportive Relationships: Some participants were seen on one occasion by a dental hygienist who gave oral health advice according to the written instructions. The visit was timed to last 30 minutes.

Theory: Not mentioned

Resources Required:

- Staff/Volunteers: Dental hygienists
- Training: Not mentioned
- Technology: Audiovisual production equipment
- Space: Space for individual education sessions
- Budget: Not mentioned
- Intervention: Brace Yourself video, written information sheets
- Evaluation: Printed questionnaires, disclosing solution, spring-loaded periodontal probe

Evaluation:

- Design: Group randomized experiment
- Methods and Measures:
 - Oral examinations to score plaque and gingival index
 - Questionnaires to assess knowledge regarding diet and oral health care

Outcomes:

- Short Term Impact: In the video and instructional counseling groups, knowledge scores improved.
- Long Term Impact: Total plaque scores decreased in both the videotape group and the instructional counseling group. Gingival index scores decreased in both the video and instructional counseling groups.

Maintenance: Not mentioned

Lessons Learned: Although much less costly than one-to-one instruction at each visit, the time and expense of making a suitable video film should not be under-estimated. In a television age, anything less than a slick and sophisticated production is unlikely to hold the attention of young people, even for a relatively short time.

Citation(s):

Lees A, Rock WP. A comparison between written, verbal, and videotape oral hygiene instruction for patients with fixed appliances. J Orthod. Dec 2000;27(4):323-328.