

# Oral Hygiene Protocol

Strathcona Orthodontics

2007

# Excellent Oral Hygiene-Value 5



## Indicators:

- No plaque or food on the teeth.
- Gum tissue is healthy, pink in color.
- No blunting of interdental papilla.

# Good Oral Hygiene-Value 4



## **Indicators:**

No visible signs of plaque on the teeth on clinical examination. Gum tissue is pink in color, but may have specific areas which are slightly red in shade indicating previous plaque accumulation.

# Fair Oral Hygiene-Value 3



## **Indicators:**

Food and/or plaque is trapped around some of the brackets, and has accumulated along the gingival third of the crown.

Gum tissue is inflamed and red, interproximal blunting is evident.

Gum tissue starting to bleed when brushed or flossed.



# Poor Oral Hygiene: Value 2



## **Indicators:**

Food and/or plaque is covering the teeth and brackets, covering up to 2/3 of the tooth surface. Calculus deposits may or may not be present.

Gum tissue is inflamed and red, upon contact tissue bleeds easily. Decalcification markings may be evident.

# Very Poor Oral Hygiene-Value 1



## **Indicators:**

Food and/or plaque is surrounding the teeth and brackets, covering most if not all of the bracket and tooth.

Calculus deposits are present.

Gum tissue is extremely swollen and red throughout the mouth, and bleeds easily. Gum tissue recession is evident.

Decalcification is evident.

# Consequences of poor oral hygiene





# Consequences of poor oral hygiene








Patient did not complete treatment due to compliance and oral hygiene issues.












## Training on Hygiene








- Must occur at 2 levels
  - In OFFICE
  - At HOME
    - Patient Directed
    - Parent Directed

VERY POOR	NEEDS IMPROVEMENT	AVERAGE	GOOD	EXCELLENT
 <p data-bbox="415 477 905 516">Courtesy of Bill Thomas 2006</p>			 <p data-bbox="1318 477 1860 516">Courtesy of Duncan Brown 2005</p>	
1	2	3	4	5
<ul style="list-style-type: none"> <li>■ Decalcification</li> <li>■ Caries</li> <li>■ Bleeding</li> <li>■ Edematous tissues</li> <li>■ Chronic inflammation</li> <li>■ “old” plaque generalized</li> </ul>	<ul style="list-style-type: none"> <li>■ Initial decalcification</li> <li>■ Generalized hyperplasia</li> <li>■ “loose” plaque</li> </ul>	<ul style="list-style-type: none"> <li>■ Generalized marginal gingivitis</li> <li>■ Localized edema</li> </ul>	<ul style="list-style-type: none"> <li>■ Localized marginal gingivitis</li> <li>■ Hypertrophy as a result of tooth movement</li> </ul>	<ul style="list-style-type: none"> <li>■ Beautifully maintained</li> </ul>

## Exercise

VERY POOR	NEEDS IMPROVEMENT	AVERAGE	GOOD	EXCELLENT
				
Courtesy of Bill Thomas 2006		Courtesy of Duncan Brown 2005		
1	2	3	4	5
				
<ul style="list-style-type: none"> <li>■ Refer for Hygiene</li> <li>■ Letter to Patient/DDS</li> <li>■ Discontinue Treatment</li> </ul>	<ul style="list-style-type: none"> <li>■ Refer for Hygiene</li> <li>■ Letters to Patient/DDS</li> <li>■ Flouride rinses</li> <li>■ Needs Improvement for 2 visits consider discontinuing treatment</li> </ul>	<ul style="list-style-type: none"> <li>■ Future Rewards</li> <li>■ "Once you score 5 for 2 visits, we'll give you Crest Whitestrips at completion"</li> <li>■ Average for 2 visits send to hygenist</li> </ul>	<ul style="list-style-type: none"> <li>■ Give Rewards</li> <li>■ Crest Whitestrips after the tissue settle down</li> </ul>	<ul style="list-style-type: none"> <li>■ Give Big Rewards</li> <li>■ Crest Whitestrips post treatment</li> </ul>

## Possible OFFICE Actions

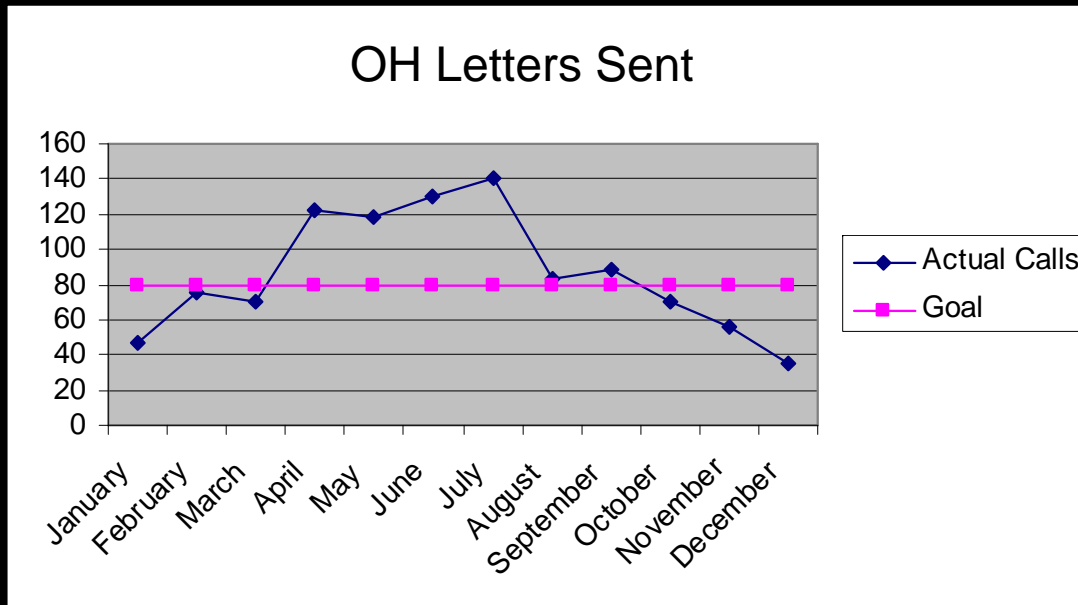
VERY POOR	NEEDS IMPROVEMENT	AVERAGE	GOOD	EXCELLENT
				
Courtesy of Bill Thomas 2006		Courtesy of Duncan Brown 2005		
1	2	3	4	5
 				
<ul style="list-style-type: none"> <li>■ Make an appointment with the DDS</li> <li>■ Make appointment with Office</li> <li>■ “Consider stopping treatment until you can keep them clean”</li> </ul>	<ul style="list-style-type: none"> <li>■ Make an appointment with the DDS</li> <li>■ Brush for them</li> <li>■ Flouride rinses</li> <li>■ “We need more work here, but I’ll bet you could get a 3 or 4”</li> </ul>	<ul style="list-style-type: none"> <li>■ Future Rewards</li> <li>■ “Once you score 5 for 2 visits, we’ll go to the movies”</li> </ul>	<ul style="list-style-type: none"> <li>■ Give Rewards</li> <li>■ “Hey you could be a 5”</li> </ul>	<ul style="list-style-type: none"> <li>■ Give Big Rewards</li> <li>■ “Great job, I am proud of you.”</li> </ul>
<h1 style="color: green;">HOME Actions</h1>				



- An Integrated Approach to Hygiene:
  - Practice activities are characterized by processes that are repeatable and regularly evaluated for change in collaboration with others effected
  - Performance improvements in hygiene are sought and achieved through analysis, innovation and sharing
  - Office systems and measures track hygiene progress on key strategies and operational goals

Adapted from Sigma Six Health Care Criteria - 2006

We are used to measuring practice aspects but not generally related to quality of care!



## LEAD Indicators

- Measurement application
  - Indicates if process improvements are
    - occurring
    - effective
    - desired

Ron Roncone – JSOP 2003

Discipline 3

Keep a Compelling  
Scoreboard

# Does this systems approach work?

## Context

- 62 % report inadequate hygiene
  - >50% of orthodontists reported NO improvement with more OHI
  - Only 1/6 of patients taking more OHI showed improvement in plaque removal
- 
- 42 % prescribed FI rinses in problem cases, but few knew if they were used or not

Derkes et al – AJO 2007

## • Exercise

- Last 21 full treatment cases from my practice on deband day
- Assign a hygiene value bases on subjective guidelines that “lay” people can understand
- Make your own judgement