School Oral Health

Introduction:

Education and DHHS statutes provide for the assessment and offering of oral health programs to school administrative units. The SAU’s have the opportunity to take part in a grant program designed to increase the awareness of oral health. Information in this section includes how to contact with the Maine School Oral Health Program, grant opportunities, educational resources, and screening tools.

History

Since the enactment of the 1979 Dental Health Education Act, Title 22, Secs. 2121–2124 (http://www.maine.gov/sos/cec/rules/10/chaps10.htm), the Maine DHHS has sponsored oral health programs in Maine schools. School administrative units, individual schools, private schools and agencies working on behalf of schools may apply for the grants, on a competitive basis, to meet the costs of dental health education.

Oral Health Programs include:
- Oral health education,
- Assessments and screenings
- Fluoride mouth rinse, and dental sealants.

Oral Health Education

Oral health education as a specific, identified subject is not mandated by state law or regulation. It is however, an appropriate part of school instruction and may be included locally as a component of the required comprehensive school health education curriculum. Resources and materials are available through the Oral Health Program. School health coordinators can assist school nurses with oral health education resources in the district.

Oral Assessments and Screenings

Rules outlining the guidelines for routine oral assessments and screenings guidelines have not been adopted to date. Oral health assessments are conducted as part of the Maine Integrated Youth Health Survey (MIYHS) every two years (odd years). School districts are chosen randomly to participate in the survey. School nurses may be asked to provide a screening of students in one or two grades, depending on the structure of the survey during that cycle. Training and support is available to the districts that agree to take part.

Fluoride Mouth Rinse and Dental Sealants

School oral health programs for fluoride mouth rinse and dental sealants are administered by local program directors who may be the school nurse, an administrator, school health coordinator, dentist or dental hygienist. Fluoride may be provided in the school setting with parental/guardian consent. See sample screening forms attached. For information on dental sealants contact the Maine Oral Health Program at 287-3121.

Technical assistance is available to help plan programs, conduct dental screenings, and obtain funding for school oral health programs. Contact 287-3121 for more information.
STATUTES

DEPARTMENT OF EDUCATION (TITLE 20-A)

Oral Health Assessments: TITLE 20-A SEC. 6454
§ 6454 The commissioner shall cooperate with the commissioner of Human Services in implementing a grant program developed in accordance with Title 22,Sec.2128 to increase the provision of oral health assessment for children entering elementary school. A child whose parent objects in writing to an oral health assessment on religious grounds may not be assessed.

DEPARTMENT OF HEALTH AND HUMAN SERVICES STATUTE (TITLE 22)
SCHOOL DENTAL HEALTH EDUCATION: Title 22, Secs. 2121–2124
§2121. Short title
This chapter may be cited as the 1979 Dental Health Education Act.
§2121. Definitions
For the purposes of this chapter, unless the context otherwise indicates, dental health education shall mean the provision of printed curricula, audiovisual aids, toothbrushes, floss, disclosing tablets, topical and systemic fluorides and necessary permanent equipment to maintain oral hygiene.
§2123. Administration
The Department of Human Services shall provide to any public school system or private educational system financial reimbursement for the costs of providing dental health education to children.
§2124. Rules and regulations
The department (of Human Services) shall promulgate rules and regulations outlining procedures for prior approval before materials in the definition of dental health education are purchased. The department may also promulgate rules and regulations to further define terms in this chapter.* (Oral Health Program policies include guidance on use of grant funds. These are found in the school oral health program manual.)
§2128. Grant program to promote oral health assessments and care for children.
The commissioner, in consultation with the Commissioner of education, shall administer a grant program to promote oral health assessments of children entering elementary school and facilitate the provision of care for those students identified as in need of dental services.
* No rules have been adopted.

Role of the Elementary School Nurse:

1 Provide information and resources on dental health education to students, staff and parents.
2 Provide oral health screenings in accordance with grant requirements or part of the MIYHS, if not completed by an outside agency and after training from Maine School Oral Health Program
3 Participate in the Maine Integrated Youth Health Survey Screening (MIYHS) (if randomly selected or are part of the Healthy Maine Partnership)
4 Report results to the Maine Oral Health Program and Department of Education (www.surveymaine.net)

Role of the Oral Health Program Director (i.e. school nurse, administrator, school health coordinator, dentist or dental hygienist)

1. Provide fluoride rinses if conducted in the district in collaboration with Maine Oral Health Program.
2. Provide training to staff on safe handling of fluoride rinse
3. Review staff with emergency response to accidental ingestion of fluoride
4. Coordinate sealant program administration in school setting
5. Promote oral health education throughout their school district

FLUORIDE IN THE SCHOOL SETTING

Policy Statement on Self-Applied Fluorides in Elementary School Settings
The Maine DHHS, Maine CDC, School Oral Health Program, is committed to improving the oral health of Maine children. In an effort to assure this improvement, the School Oral Health Program strongly endorses the voluntary use of a weekly 0.2% fluoride mouth rinse for eligible Maine school children in grades kindergarten through six, according to guidelines established by the American Dental Association, the National Institute of Dental Research, the Centers for Disease Control & Prevention, and the Maine Department of Health and Human Services.

A weekly 0.2% fluoride mouth rinse is recommended for children in schools in non-fluoridated communities. Even if the school has fluoridated city water, if the majority of homes have well-water, then fluoride rinse would be of value. Fluoride mouth rinse programs in fluoridated communities are safe. However, the benefits of these programs for participating children need to be evaluated based on the unique situation of each school. Criteria for evaluation include socioeconomic factors, dental decay rates and access to preventive dental services.

How to conduct self-applied fluoride rinse in school
Written parental permission is a requirement for participation. Each school must keep participation records. All teachers and appropriate staff receive training in the safe storage, handling, and administration of fluoride and in emergency (contingency) procedures. Self-applied fluorides are safe and effective in reducing the incidence of dental caries when used according to accepted methods, and supervised adequately. The Oral Health Program will assist public and private elementary schools in Maine in establishing and maintaining local school dental health education programs that include a voluntary self-applied fluoride component. For further information, contact the School Oral Health Program at (207) 287-3121.
氟化物管理协议

学校氟化物漱口
1. 每周一次，向每个参与的幼儿园儿童分发一个5ml的含氟溶液（10mg）。
2. 幼儿园儿童将用30秒时间漱口含氟溶液。
3. 每周向一至六年级的每个参与儿童分发一个10ml的含氟溶液（20mg）。
4. 每个儿童将用1分钟时间漱口含氟溶液。
5. 含氟溶液应被滴回杯子中并妥善处理。
6. 含氟溶液不得被吞咽。
7. 儿童应在漱口后30分钟内禁食或禁饮。

存储
氟化物，如许多物质一样，应只在推荐的剂量下被使用。为了确保含氟物的正确处理和分配，应采取以下措施：
- 将所有含氟物质放在清晰标示的容器中。
- 将含氟物存储在锁闭的区域，远离食物服务区域和儿童。
- 将含氟的预混合个体制剂存储在锁闭的区域。

由于在遵循州立学校口腔健康计划的程序指南下，没有发生过含氟溶液过量情况，因此未发现有须遵循的特定指导。然而，下列说明提供给您在任何含氟溶液过量情况下所需的指导。
PLEASE POST THE FOLLOWING INSTRUCTIONS IN AN APPROPRIATE AREA IN YOUR SCHOOL THAT IS ACCESSIBLE TO THOSE CONCERNED

PLEASE POST PLEASE POST PLEASE POST PLEASE POST

Safety Procedures for School Fluoride Mouth rinse and Tablet Programs
IF A STUDENT IS SUSPECTED OF SWALLOWING AT ONE TIME, MORE THAN THE RECOMMENDED DAILY DOSE:
1. Try to determine if possible, the type (*see below) and amount of fluoride ingested, the child's approximate weight, and the length of time since ingestion. You should have an MSDS.
2. CALL: NEW ENGLAND POISON CONTROL CENTER - 1-800-581-2581. Follow instructions from Poison Control Center.
3. IF THE NEW ENGLAND POISON CONTROL CENTER IS NOT AVAILABLE BY PHONE,
   PROCEED AS FOLLOWS:
   1. Administer 1 Glass of Milk. DO NOT INDUCE VOMITING.
   2. If milk or other dairy products are unavailable or if the child is lactose intolerant, administer antacids or a glass of water.
   3. Contact parents and take child to indicated source of health care.
   4. If parents cannot be reached, contact physician of record’s directions. If unable to contact physician, call 911.
   4. In every case, NOTIFY YOUR LOCAL DENTAL PROGRAM DIRECTOR. (School Oral Health Program Director) (287-3121)

The local program director will notify the Maine DHHS, Maine CDC, School Oral Health Program (207) 287-3121.

Note: Accidental ingestion of fluoride by children usually does not present a serious risk if the amount of fluoride ingested is less than 5 mg./Kg of body weight. If there is a problem with toxicity, it usually would be apparent within one hour. The symptoms are an upset stomach, nausea, vomiting, diarrhea, and abdominal cramps. Due to rapid onset of symptoms, please call Maine Poison Control Center as soon as possible.

*Type of fluoride used exclusively in school programs:
Rinse: 10 ml cup contains - 9 mg of fluoride, 20 mg sodium fluoride
5 ml cup contains - 4.5 mg of fluoride, 10 mg sodium fluoride
Recommended daily dose: Rinse: one cup once a week
SAMPLE FORMS AND RESOURCES

ORAL SCREENING FORMS
Parental letter for child screening ParentScreenLet.doc
Parental letter for child screening ParentScreenLet.pdf
Maine Oral Health Screening Form ScrnFm-OHNA.doc
Maine Oral Health Screening Form ScrnFm-OHNA.pdf
Maine Oral Health Screening Results ScrnFm-SodaPilot.doc
Maine Oral Health Screening Results ScrnFm-SodaPilot.pdf
Screening Results to Parents ScrnResultsNotice.doc
Screening Results to Parents ScrnResultsNotice.pdf

The following resources are available from the Maine Oral Health Program:
Please contact the Maine Oral health Program for more information on these resources.
1 School Oral Health Program Manual
2 School Based Dental Sealant Manual
3 Educational Topics and resources
4 Portable dental equipment available to loan

References:

National organization for sealant/varnish materials – http://www.oralhealthamerica.org
Children’s Dental Health Project – http://www.cdhp.org
American Dental Hygiene Association – http://www.adha.org
American Dental Association – http://www.ada.org
National CDC Resource – http://www.cdc.gov/oralhealth/index

FOR MORE INFORMATION CONTACT:

School Oral Health Program
Department of Health and Human Services, Maine Center for Disease Control
11 State House Station, Augusta, ME 04333-0011
(207) 287-3121
E-mail: Nicole. Breton@maine.gov (Public Health Educator)
E-mail: Judith.Feinstein@maine.gov (Oral Health Program Director)