



FIRST VISIT, FIRST TOOTH

NEW CONTINUING EDUCATION RESOURCE

A new First Visit, First Tooth continuing education course is now available. As an invaluable resource for those who are committed to seeing children reach their full potential, this half-day course gives participants hands-on training on ways to prevent or decrease the burden of illness associated with early childhood caries (ECC).

WHY IS THE TREATMENT OF EARLY CHILDHOOD CARIES IMPORTANT?

The Canadian Dental Association (CDA) supports first visit within the first year (or first tooth eruption) as a dental best practice to help reduce early childhood caries ECC.

A child's first visit by age one is critical for the early diagnosis and prevention of dental decay, to educate parents and caregivers about dietary habits, instil daily oral hygiene, establish a dental home and stress the importance of regular professional dental care.

Obtaining and maintaining good health in childhood is an important investment in a healthy population for the future.

The consequences of untreated ECC can be dire. Pain, difficulty eating and sleeping, speech difficulties and poor self-esteem may occur. Untreated ECC can affect growth and the ability to concentrate and function.

According to a report from the Canadian Institute for Health Information (CIHI), hospital outpatient dental surgery for ECC constituted 31% of all day surgery for children age 1 to 4, making it the leading cause of day surgery for children in this age group.

The quality of life of our youngest and often most vulnerable members of society can be seriously compromised and yet ECC is totally preventable.



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WHAT CAN PARTICIPANTS EXPECT FROM THE FIRST VISIT, FIRST TOOTH CONTINUING EDUCATION RESOURCE?

Within two to three hours, participants who complete the course will be able to:

- Define ECC and understand the epidemiology;
- Describe how ECC affects the normal growth and development, health and behaviour of children;
- Describe the pathophysiology of ECC and recognize the clinical appearance of early carious lesions (white spots), late stage disease cavitated lesions and the sequelae of late stage disease;
- Use a risk assessment tool to evaluate the risk of ECC in comorbid and typically developing children;
- Provide comfort in examining an infant and toddler;
- Initiate and provide key preventive strategies to prevent ECC through motivational interviewing;
- Provide anticipatory guidance on an age base;
- Access web-based learning resources on infant oral health;
- Have knowledge of common infant and toddler oral health conditions;
- Understand the impact trained physicians and other primary health care providers can have;
- Partner with trained physicians and other primary care providers;
- Provide therapeutic restorative based strategies to treat ECC when necessary.

WHAT IS INCLUDED IN THE RESOURCE?

Meant to be delivered within two to three hours, the interactive slide deck incorporates both knowledge transfer and experiential learning. It can be modified to suit the presenter's own material, presentation style, and geographic realities.

The resource kit includes:

- Toddler-sized doll for active sim lab demonstrations
- Toothbrushes
- Fluoridated toothpaste
- Mirror
- Pen light
- Fluoride varnish
- Reporting form
- Certificates of achievement
- Poster
- Packing list
- Shipping return label with return instructions

WHO CAN USE IT?

The First Visit, First Tooth continuing education kit can be delivered by dentists and pediatric dentists to other dentists, specialists, other oral health care providers, pediatricians, family physicians, nurse practitioners, nurses, and public health officials.

HOW CAN THE RESOURCE KIT BE ORDERED?

Order the First Visit, First Tooth continuing education kit by emailing FirstVisitFirstTooth@cda-adc.ca.



This resource has been developed by Dr. Ross Anderson, Chief of Dentistry, IWK Health Centre and Head, Division of Paediatric Dentistry, Dalhousie University.