Anticipatory Guidance

February 2, 2005

Joseph McManus, DMD,MS,MHA,MBA

“Using Anticipatory Guidance To Provide Early Dental Intervention”
by
Arthur Nowak, , DMD, MA
Paul Casamassimo, DMD,MS
in
JADA, Vol. 126, August 1995

Classic Preventive Dentistry for Children

- Reduce caries and periodontal disease.
- Driven by the infectious disease model proposed by Keyes.
  - Tri-factorial model
    - 1. Agent (bacteria)
    - 2. Host (tooth)
    - 3. Substrate (carbohydrate)

POINTS OF VIEW

- The Old Paradigm
  - A child's first visit occurs at age 3.
- The New Paradigm
  - The child's first visit will occur no later than her first birthday.

THE 80/20 RULE

- Caries among U. S. children seem to be concentrated in about 20-25 percent of the child population.
- 20 percent of your patients will cause 80 percent of the problems in your practice and in your professional life.

FACTS

- There are limitations in the infectious-disease model in comprehensive preventive oral care for children.
- There is a need for dentists to examine children for oral conditions other than caries and periodontal disease.
- There is an evolving role of the dentist acting as an early interventionist.
Anticipatory Guidance provides a framework for prevention that goes beyond caries to address all aspects of children’s oral health!

THE MEDICAL APPROACH

WHAT’S UP DOC??

CHILDREN ARE NOT BORN WITH A SET OF INSTRUCTIONS WRITTEN ON THEIR CHEST

PARENT’S ARE USUALLY CLUELESS

MOM & DAD THIS IS WHAT'S UP

- In pediatric health care anticipatory guidance is the process of providing practical health information to parents in anticipation of significant, physical, emotional and psychological milestone.
- Alerting them to impending change.
- Teaching them their role in maximizing their children’s development.

PARENT’S ARE USUALLY CLULESS

- Child’s Developmental Age Range
- Milestones
- Content Area
  - Oral Development
  - Fluoride
  - Oral Hygiene/Health
  - Habits
  - Nutrition and Diet
  - Injury Prevention
  - Dentist’s Actions
### 6-12 months

- **Oral Development**
  - Review pattern of eruption
  - Review teething facts
- **Fluoride**
  - Assess fluoride status
  - Determine supplements if needed
- **Oral Hygiene/Health**
  - Review oral hygiene techniques with care giver
  - Plan for next visit based on risk assessment
- **Habits**
  - Review pacifier use
  - Discuss thumb-sucking’s effects on the mouth
  - Discuss breastfeeding’s effects on the mouth
- **Nutrition and Diet**
  - Encourage weaning at the appropriate time
  - Discuss the role of sugar in dental caries initiation
- **Injury Prevention**
  - Review what to do if patient has traumatic injury
  - Provide emergency number

### 12-24 months

- **Oral Development**
  - Discuss importance of space maintenance
  - Discussing Bruxing
- **Fluoride**
  - Reassess fluoride status
  - Discuss toxicity and how to manage accidental ingestion
- **Oral Hygiene/Health**
  - Review home oral care procedures and compliance
  - Plan for next visit based on risk assessment
- **Habits**
  - Review non-nutritive sucking
- **Nutrition and Diet**
  - Discuss carbohydrates and their role in plaque development
  - Discuss the frequency of carbohydrate intake as caries factor
- **Injury Prevention**
  - Discuss electric cord safety, child proofing the house and use of car seats
  - Develop plans for oral trauma management for preschool and child care

### 2-6 years

- **Oral Development**
  - Review patterns of eruption. Point out permanent molar anatomy
  - Describe healthy periodontal tissue
- **Fluoride**
  - Reassess fluoride status
- **Oral Hygiene/Health**
  - Review home oral care procedures and compliance
  - Discuss dental sealants and describe dental radiographs
  - Plan for next visit based on risk assessment
- **Habits**
  - If child is still sucking the thumb, discuss how to help him D/C habit
- **Nutrition and Diet**
  - Review diet outside the home and its caries potential
  - Discourage the use of food as a behavioral tool
- **Injury Prevention**
  - Encourage the use of helmets, mouth guards, and car seats
  - Develop plans for oral trauma management.
Available Literature

- American Academy of Pediatrics
- American Academy of Pediatric Dentistry
- American Dental Association