School Fluoride Program Training
School Fluoride Program

Modules:
#1: Understanding the Need
#2: Choosing Tablets or Rinse
#3: Fluoride TABLET Program
#4: Fluoride RINSE Program
School Fluoride Program

Module #1: Understanding the Need
Objectives

- Trainee will understand the rationale for the fluoride program.
- Trainee will understand the proper dispensing of the fluoride tablets and/or fluoride rinse.
- The trainee will be able to train another person about concepts of the fluoride program and proper dispensing of the product.
Here we go!
The two most effective measures to prevent dental disease in a community are:

1. Community Water Fluoridation

2. School-based Dental Sealant Programs
Fluoride is a mineral that exists naturally in nearly all water supplies. Research proves that at a certain level in drinking water, fluoride prevents tooth decay. This level is called the “optimal level.”

The optimal level of fluoride is reached when a public water system either increases or lowers the level of fluoride.
The Centers for Disease Control (CDC) states:

“Frequent exposure to small amounts of fluoride each day” is the best way to reduce cavities in all ages” and recommends that “all people drink water with an optimal fluoride concentration...”
Water fluoridation remains the most **cost-effective** method of receiving fluoride and **benefits the greatest number of people**…

**Water Fluoridation:**

- Decreases cavities by a median of 29% in children ages 4 -17.

- Return on investment: $7.00 in small communities; $43 in large communities.

- Reduces Medicaid dental costs.

  (Association of State and Territorial Dental Directors, 2016)
• Too little fluoride means no protection against cavities.

• Just the right amount of fluoride protects against cavities, with no negative side effects.

• Too much fluoride can cause white spots on the teeth.

• Extremely high levels of fluoride can cause pitting of the teeth and brittle bones.*

(* There are areas in the world where the water naturally contains over 20 times the optimum level of fluoride. If that water is consumed over a lifetime, there may be negative side effects.)

National Academies of Science, P307
The School Fluoride Program provides the optimum amount of fluoride with no side effects. Negative side effects only come from the incorrect dose.
Why is the School Fluoride Program so important in Oregon?
Only 22% of Oregonians have access to fluoridated water, compared to 74% of the rest of the U.S.

Oregon currently ranks 48 out of 50 states in access to fluoridated water. Only Hawaii and New Jersey rank lower.
2017 Oregon Smile Survey Data

Cavities* among children 6-9 years old, Oregon, Smile Survey 2017

- **51%** Cavity-free
- **30%** Treated cavities
- **19%** Untreated cavities

**49%** HAD A CAVITY

**1 in 2** CHILDREN AGE 6 TO 9 YEARS OLD HAVE ALREADY HAD A CAVITY

CAVITIES ARE **100%** PREVENTABLE

* Primary and permanent teeth
Oral health status,* children 6-9 years old, Oregon, 2002 – 2017 Smile Surveys

- Had a Cavity
  - 2002: 57% (***)
  - 2007: 64% (***)
  - 2017: 52%
- Untreated Decay
  - 2002: 24%
  - 2007: 36% (**)
  - 2012: 20%
  - 2017: 19%
- Rampant Decay
  - 2002: 16%
  - 2007: 20% (**)
  - 2012: 20%
  - 2017: 14%

* Primary and permanent teeth
** Statistically significant change from previous survey
*** Methodology was different (opt-in versus passive)
Cavity rates* by geographic region, Oregon, Smile Survey 2017

* 6- to 9-year olds, primary and permanent teeth

** Statistically different from the statewide average of 49%
The State of Oregon currently provides 2 school-based oral health programs to improve children’s oral health.

- **School Fluoride Program**
  - Schools are eligible if 30% of the students are eligible for Free & Reduced Lunch (FRL)
  - Prevents 20-35% of cavities

- **School Dental Sealant Program**
  - Schools are eligible if 40% of the students are eligible for FRL
  - Prevents 60-85% of cavities
To determine which School Fluoride Program (TABLETS or RINSE) is best for your school, please go to Module #2…….

or contact:
Oral Health Unit/Oregon Health Authority
971.673.0235
oral.health@state.or.us
School Fluoride Program

Module #2: Choosing Tablets or Rinse
TABLETS or RINSE?

The Oral Health Unit can help you choose…

Please contact us at:
971-673-0235
oral.health@state.or.us
Two ways to receive fluoride:

- Ingested or “Systemic” Fluoride – child should have only one source

- Topical Fluoride – child may have multiple sources
Ingested or “Systemic*” Fluoride

- Fluoridated water
- Fluoride tablets or drops
- School Fluoride TABLET Program

*(Parents should choose one source.)
Topical* Fluoride

- Fluoride applied at the dental office
- Fluoride toothpaste
- Fluoride rinse
- School Fluoride RINSE Program

*(Child may have multiple sources.)
School Fluoride TABLET Program (Systemic)

- Research shows “strong” results
- Administered DAILY
- Recommended for children who DO NOT have fluoridated water and/or DO NOT take fluoride tablets at home
School Fluoride RINSE Program (Topical)

- Research shows “sufficient” results
- Administered ONCE A WEEK
- Beneficial for children who already have a source of ingested fluoride
Question:

*We live in an area that does NOT have fluoridated water. Which program should we choose?*

The School Fluoride TABLET Program.
Question:

Our area has fluoridated water. Which program should we choose?

The School Fluoride RINSE Program.
My child takes fluoride tablets at home. Should he stop those tablets and participate in the School Fluoride Program?

Your child would benefit more from receiving the tablets 7 days a week. But be realistic. If your child does not receive the tablets every day, the school program may be a better regimen.
Question:

Our source of water is well water. We don’t know the fluoride content. What should we do?

Everyone should know the fluoride content of their water source. Have your water tested before participating in a school program.
To properly administer the School Fluoride Program – *Protocol and Paperwork* - please go to these modules:

Module #3: Fluoride TABLET Program

or

Module #4: Fluoride RINSE Program
Module #3: Fluoride TABLET Program

- Introduction
- Getting Ready
- Administering the TABLETS
- Emergency Treatment
- Recording/Submitting Data
Fluoride TABLET Program

• Research shows “strong” anti-cavity results.

• Fluoride Tablets are given **DAILY**.

• Fluoride tablets are suitable for K-6 grade.

• Fluoride tablets are **NOT** suitable for children who:
  - Have a fluoridated water supply.
  - Have natural fluoride in well water.
  - Already take fluoride tablets at home.
To start the program...

Contact:

School Oral Health Programs Coordinator at:
971-673-0235
oral.health@state.or.us

Orders are placed in **May** for the next school year. If you have questions, please contact us.
Getting ready…

- Prepare a storage area
  
  - The school stock of tablets should be stored in a locked area.
  
  - Tablet bottle in the classroom should always be kept out of the reach of children, preferably in a locked cabinet or drawer.
Getting ready…

- Prepare the **DAILY** Fluoride Tablet Participation Record
  - Roster is necessary for program integrity and continued funding
  - Enter participants’ names in left column
  - Place dates across the top
  - Check off spaces when fluoride is administered

### DAILY Fluoride TABLET Participation Record

<table>
<thead>
<tr>
<th>Participant</th>
<th>Date of Each Dose</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
</tr>
</tbody>
</table>

(School Year: 2019-20 School: ____________________ Grade: ___________ Teacher: ___________)

(Public Health Division/Oral Health Unit: 971-673-0235)
Getting ready…

- Determine **when** to distribute tablets

*No eating or drinking for 30 minutes after fluoride, so it’s best to distribute fluoride:*

- Right **after** breakfast
- Right **after** lunch
- Right **after** a snack

Suggestion: Distribute the same time each day to establish a routine.
There are two kinds of tablets…

- Make sure you have the correct tablets for your classroom:
  - For Kinders = 1.1 mg tablets marked “Kindergarteners only”
  - For 1\textsuperscript{st} - 6\textsuperscript{th} graders = 2.21 mg tablets marked “1\textsuperscript{st} - 6\textsuperscript{th} graders”
Administering the Tablets

- Explain to the students the benefits of the fluoride and describe the protocol. For example, it is very important to have the tablets in the mouth for a full minute.
- Instruct students (all together) to place the tablet in their mouth.
- Chew for ½ minute (30 seconds).
- Swish for ½ minute (30 seconds).
- Swallow.
- Remind students not to eat or drink for 30 minutes.
- Record participation on the roster.

**NEVER double up on tablets if you miss a day.**
Helpful Suggestions

- Label sections of a container with the child’s name, so only children with permission can participate. Place a tablet in each section. Limit contact with the tablets (use gloves or shake out of the bottle).

- Glue small paper cups to heavy tag board
- Use plastic ice cube trays
- Use an egg carton
Emergency Treatment for the Overdose of Fluoride Tablets
Everyone administering the fluoride tablets should know what to do in case a child swallows more than the recommended number of fluoride tablets.
This form and explanation is in your packet and a copy should be posted in the room.
For fewer than 5 tabs per 2.2 pounds of child’s weight

- Call Poison Control (1-800-222-1222) with this info:
  - Tablet content (1.1 or 2.21mg Sodium Fluoride)
  - Number of tablets ingested, if known
  - Child’s approximate weight

- Give calcium (such as Tums) orally or milk to relieve stomach upset

- Inform parent/guardian

- Observe for several hours

- Call School Fluoride Program (971-673-0235)
For more than 5 but less than 15 tabs per 2.2 lbs of child’s weight

- Call Poison Control (1-800-222-1222) with this info:
  - Tablet content (1.1 or 2.21mg Sodium Fluoride)
  - Number of tablets ingested, if known
  - Child’s approximate weight

- Give calcium (such as Tums) orally or milk to relieve stomach upset

- Inform parent/guardian

- Call School Fluoride Program (971-673-0235)
For 15 or more tabs per 2.2 lbs of child weight

- Call Poison Control, 1-800-222-1222 to determine if child needs to be taken to emergency room.

- Inform parent/guardian

- Call School Fluoride Program (971-673-0235)
Recording and submitting data
In the Spring of every year....

The Oral Health Unit will send you an email requesting:

1. Your participation information for the current year (compile this information from your Participation Records)

2. Your fluoride order for next year.
Thank you for your attention and for your commitment to improving the health of Oregon children!
Questions?

Please contact:

Oral Health Unit
Oregon Health Authority
Phone: 971.673.0235
Fax: 971.673.0240
oral.health@state.or.us
Module #4: Fluoride RINSE Program

- Introduction
- Getting Ready
- Administering the RINSE
- Emergency Treatment
- Recording/Submitting Data
Fluoride RINSE program

- Research shows “sufficient” anti-cavity results.

- Fluoride rinse is given **ONCE A WEEK**.

- Fluoride rinse is suitable for:
  - 1st - 6th graders
  - Children who have fluoridated water, naturally-occurring fluoride in well water, or have other sources of fluoride.

- Fluoride rinse is **NOT** suitable for:
  - Kindergarteners, who tend to swallow.
To start the program...

Contact:

School Oral Health Programs Coordinator at:
971-673-0235
oral.health@state.or.us

Orders are placed in May for the next school year.
If you have questions, please contact us.
Getting ready…

- Prepare a storage area…

  - The school stock of fluoride rinse packets or individual dose cups should be stored in a locked area.

  - The dispensing jug or prefilled cups in the classroom should always be kept out of the reach of children.
Getting ready…

- Purchase disposable cups (1-3 oz) and tissues.
- Prepare the **WEEKLY** Fluoride Rinse Participation Record
  - Roster is necessary for program integrity and continued funding.
  - Enter participants’ names in left column
  - Place dates across the top
  - Check off spaces when fluoride is administered

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**WEEKLY Fluoride RINSE Participation Record**

(Public Health Division/Oral Health Unit: 971-673-0235)

<table>
<thead>
<tr>
<th>Participant</th>
<th>Date of Each Dose</th>
<th>Grade:</th>
<th>Teacher:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
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<td>4</td>
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</tr>
</tbody>
</table>
Getting ready…

- Determine **when** to administer the rinse.

  *No eating or drinking for 30 minutes after fluoride, so it’s best to rinse…*

  ➢ Right **after** breakfast  
  ➢ Right **after** lunch  
  ➢ Right **after** a snack

Suggestion: Rinse the same time each day to establish a routine.
Preparing the rinse (3-gram packets)...

- Wash your hands with soap and water.
- Rinse the jug & plunger with hot water.
- Put a little water into the bottom of the jug.
- Cut open 1 packet (3 grams per packet) of powder.
- Empty the powder into the jug.
- Shake (or swirl) well to mix.
- Fill the jug to the 1500 mL line with cold water.
- Insert plunger and tighten. Shake well until dissolved.
- Dispense one plunger-full into each cup.

NOTE: One 1500mL jug is 150 doses; Shelf life is 4 weeks.
Administering the rinse…

- Explain the benefits of the fluoride and describe the protocol. For example, it is very important to have the rinse in the mouth for a full minute and to NOT swallow.

- Instruct students (all together) to put the fluoride in their mouth.

- Swish for 1 minute (60 seconds).

- **DO NOT** swallow.

- Spit into cup, wipe lips, stuff tissue into cup.

- Discard in any waste receptacle.

- Remind students not to eat or drink for 30 minutes.

- Record participation on the roster.
Helpful Suggestions

- Have younger students practice with plain water.
- Prepare the cups the day before and have them ready in the classroom first thing in the morning (for use after breakfast).
- Prepare jug rinse or cups on a cart and wheel cart into or just outside the classroom. Plastic garbage bag is tied to cart for waste.
- Give the rinse to different grade levels on different days of the week (i.e. 2nd grade on Tuesdays, 3rd grade on Friday).
- Choose the same day of the week to rinse (e.g. Tuesday is Tooth Day).
- Have parents prepare the cups on rinse day and conduct the rinse.
Jug cleaning and storage

- Wash jugs with warm soapy water and thoroughly rinse. **NEVER** use any other cleaning solutions.

- Let jugs air dry until next use.

- Dispose of expired solution down drain with running water.
Emergency Treatment for the Overdose of Fluoride Rinse
Everyone administering the fluoride rinse should know what to do in case a child swallows more than the recommended amount.
The “Emergency Treatment” form is in your packet and a copy should be posted in the room.

Emergency Treatment for the Swallowing of Fluoride RINSE

Treatment for ingestion of one plunge of RINSE:
- DO NOTHING—One plunge of rinse contains 9.1 mg. of Fluoride and this amount is not harmful. In rare cases, the child may feel slightly nauseous. You may give a serving of milk or ice cream (calcium) to relieve nausea.

If certain that amount ingested is below the Safely Tolerated Dose (one plunge for each 4.4 lbs. of body weight), the resulting symptoms should be no more than nausea and vomiting. Treatment:
- Give milk (calcium—such as Tums) to relieve gastrointestinal tract symptoms.
- Call the Poison Control Center (1-800-222-1222).
- Observe for a few hours.
- Call the Oregon Health Authority Oral Health Unit (971-673-0235).
Treatment for ingestion of one plunge or one prefilled cup of RINSE:

DO NOTHING - One plunge or cup of rinse contains 9.1 mg. of fluoride and this amount is not harmful. In rare cases, the child may feel slightly nauseous. You may give a serving of milk or ice cream (calcium) to relieve nausea.
If certain the amount is below Safely Tolerated Dose - one plunge per 4.4 lbs of child’s weight (i.e. below 13 plunges for a 60 lb child):

- Give milk (calcium) to relieve stomach symptoms
- Call Poison Control Center (1-800-222-1222)
- Observe for a few hours
- Call School Fluoride Program (971-673-0235)
If uncertain of amount or if amount was more than one plunge per 4.4 lbs. of body weight:

- Call Poison Control Center (1-800-222-1222)
- Induce vomiting immediately
- Give large volumes of milk
- Call School Fluoride Program (971-673-0235)
Recording and submitting data
In the Spring of every year....

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