

TRI-STATE LEARNING COLLABORATIVE ON AGING

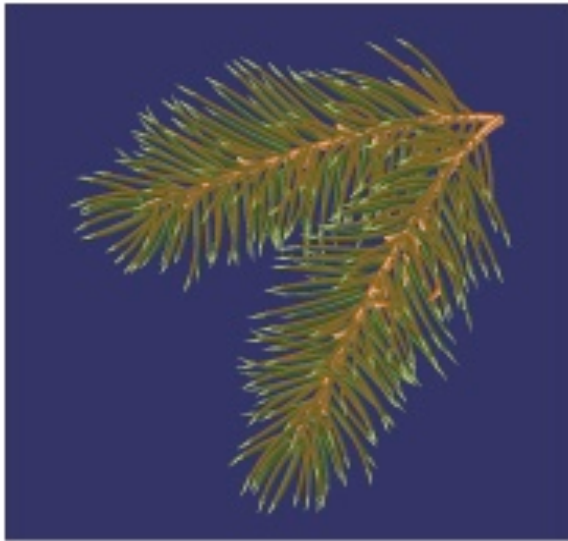
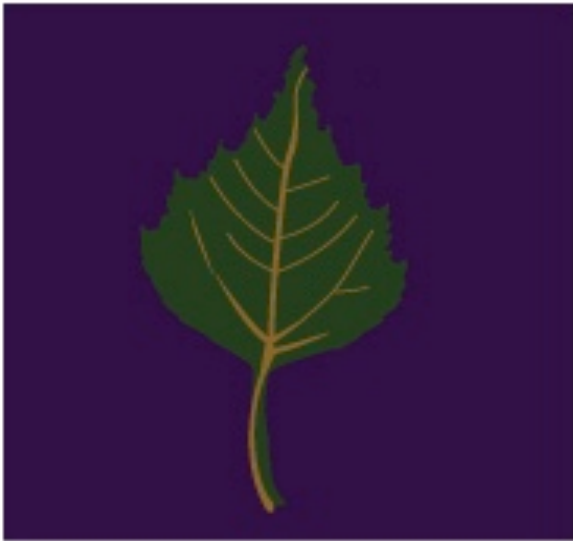
Welcome to
Today's Webinar

Oral Health:

It's not Just for Kids

Tri-State Learning Collaborative on Aging

Our mission: Increasing the collective impact of aging in place initiatives through shared learning in New Hampshire, Maine & Vermont



Thank you to our Funders!



THE BINGHAM PROGRAM

MEHAF MAINE HEALTH ACCESS FOUNDATION

eh ENDOWMENT
for Health

JOHN T. GORMAN
FOUNDATION

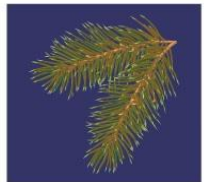
Maine
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www.agefriendly.community

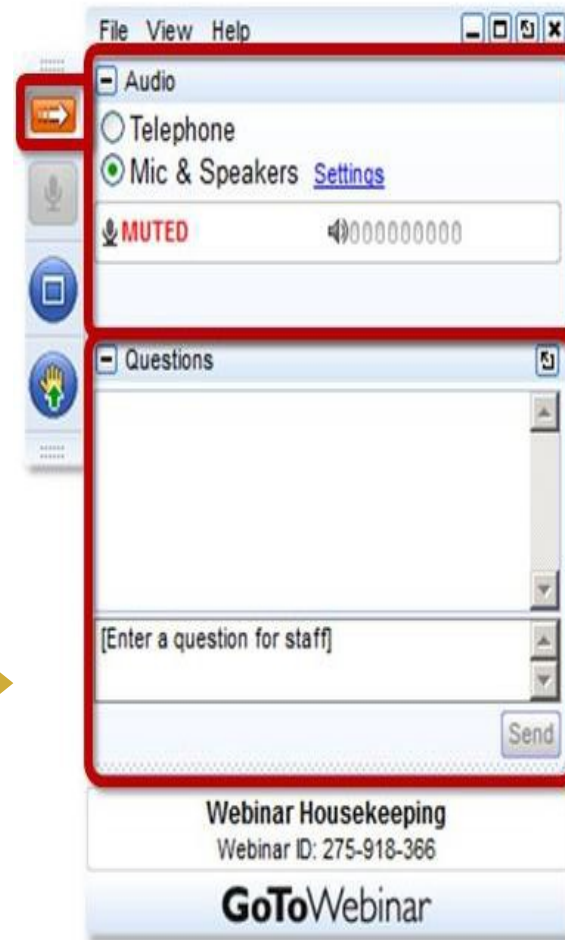
Webinar Housekeeping

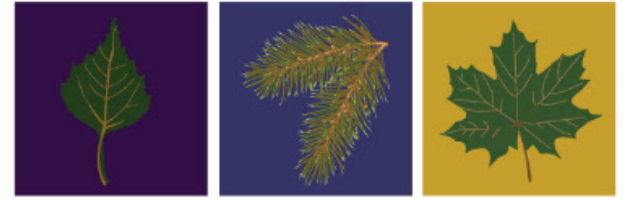
Audio issues?

Try calling in using your telephone!

To be **unmuted** click here & virtually raise your hand

Send **questions** to us by typing them in here.





TRI-STATE LEARNING COLLABORATIVE ON AGING

Today's Webinar

Oral Health:

It's not Just for Kids



TRI-STATE LEARNING COLLABORATIVE ON AGING

Introducing Today's Speakers



Gail Brown
Executive Director
NH Oral Health
Coalition



Adrienne Sass
Executive Director
Ottauquechee Health
Foundation, VT

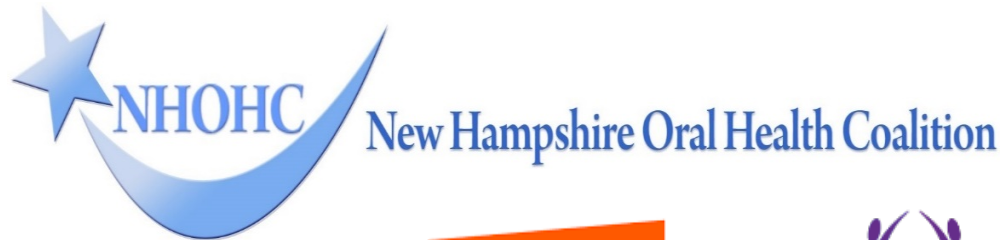


Kalie Hess
Health Equity Program
Manager
Maine Primary Care
Association

Oral Health Matters

Community-based Oral Health
Pathways-Access-Impact for Seniors

Tri-State Learning Collaborative on Aging
March 27, 2018



WHY Oral Health Matters?

- It's not just teeth!
- Mouth, tissue, bone, teeth
- Ability to be healthy and functional – eat, speak, smile, kiss

“Live, laugh, love across the lifespan”



Most Common Dental Diseases

Decay (teeth)

- Caries or cavities - decay
- Caused by streptococcus mutans bacteria – communicable
- Fed by sugar that produces acid
- Destroys the structure of the tooth

Periodontal (gum, tissue and bone)

- 30%-50% of American adults have at least mild to moderate gum disease
- Inflammation

National Institute of Health
<https://www.ncbi.nlm.nih.gov/books/NBK8259/>

Impact

Medical - Dental Condition

- Infection - decayed teeth
- Gum disease with inflammation and bleeding
- Fungal and viral infections in the mouth and head
- Pain and pain management needs
- Impact on full body and body systems

Impaired Function

- Broken, decayed teeth that result in difficulty biting, chewing and digesting
- Difficulty speaking and communicating clearly
- Difficulty concentrating and focusing

“If you’re not managing oral disease, you aren’t managing health care... or its cost.”



IT'S ALL CONNECTED

The health of the mouth influences other aspects of health—and vice versa.

THE MENTAL HEALTH — MOUTH-HEALTH CONNECTION

Any serious or chronic pain issue can hamper mental health and daily life. If there is a painful injury or illness in the mouth, it's likely to get in the way of normal functions like smiling, eating, or talking — and also take a toll on mood.¹

THE FAMILY HEALTH— MOUTH-HEALTH CONNECTION

Babies naturally pick up bacteria from their surroundings that builds the immune system. Families with healthy mouths pass on helpful bacteria to babies, but if there is untreated oral disease in the family, infants can be exposed to the germs that cause cavities.²

THE MEDICINE — MOUTH-HEALTH CONNECTION

Some medications — like decongestants, antihistamines, or painkillers— can cause a dry mouth. Because saliva protects the mouth from the harmful bacteria that cause cavities and gum disease, the dry mouth "side effect" is one way that issues in other parts of the body influence oral health.³

THE IMMUNE SYSTEM — MOUTH-HEALTH CONNECTION

Because the mouth is an important part of the immune system, a healthy mouth boosts the body's ability to protect against disease. Auto-immune diseases, like Celiac disease or lupus, can cause swelling in the mouth. In turn, inflammation can set off other health problems.⁴

THE VITAL ORGAN — MOUTH-HEALTH CONNECTION

Endocarditis, a heart infection, is often caused when bacteria from another part of the body gets into the bloodstream and spreads to the heart. It is also possible for infections in the mouth to spread to the brain. This is why gum disease is a serious infection that shouldn't be ignored.⁵

THE DIABETES — MOUTH-HEALTH CONNECTION

Diabetes can harm the mouth, and problems in the mouth make it harder to control diabetes. Uncontrolled blood sugar can cause swollen gums, which disrupts the mouth's natural defenses and makes cavities more likely. That's why oral health care is an important part of diabetes management.⁶

It's all connected!

A practical approach to health includes oral health in planning, policy, and practices.

1. American Pain Society, 2017. "Activity partners profile: Relationship with affect, daily functioning, equipment, and activities related to life goals."

2. PLoS Biology, 2015. "Mom Knows Best: The Universality of Maternal Microbial Transmission."

3. Mayo Clinic, 2016. "Oral health: A window to your overall health."

4. Harvard Medical School Healthbeat

5. Journal of the American Dental Association, 2009. "Poor oral hygiene as a risk factor for infective endocarditis."

6. American Diabetes Association, 2014. "Diabetes and Oral Health Problems."



2017. Designed by FrameWorks Institute with Oral Health 2020.

- Diabetes
- Heart disease
- Osteoporosis
- Inflammatory disease
- Sepsis - infection
- Chronic pain leading to substance use disorders
- Depression
- Aspiration pneumonia/respiratory illness
- Dry mouth
- Nutritional issues
- Speech difficulties
- Poor self-image

Considerations and Factors for Seniors

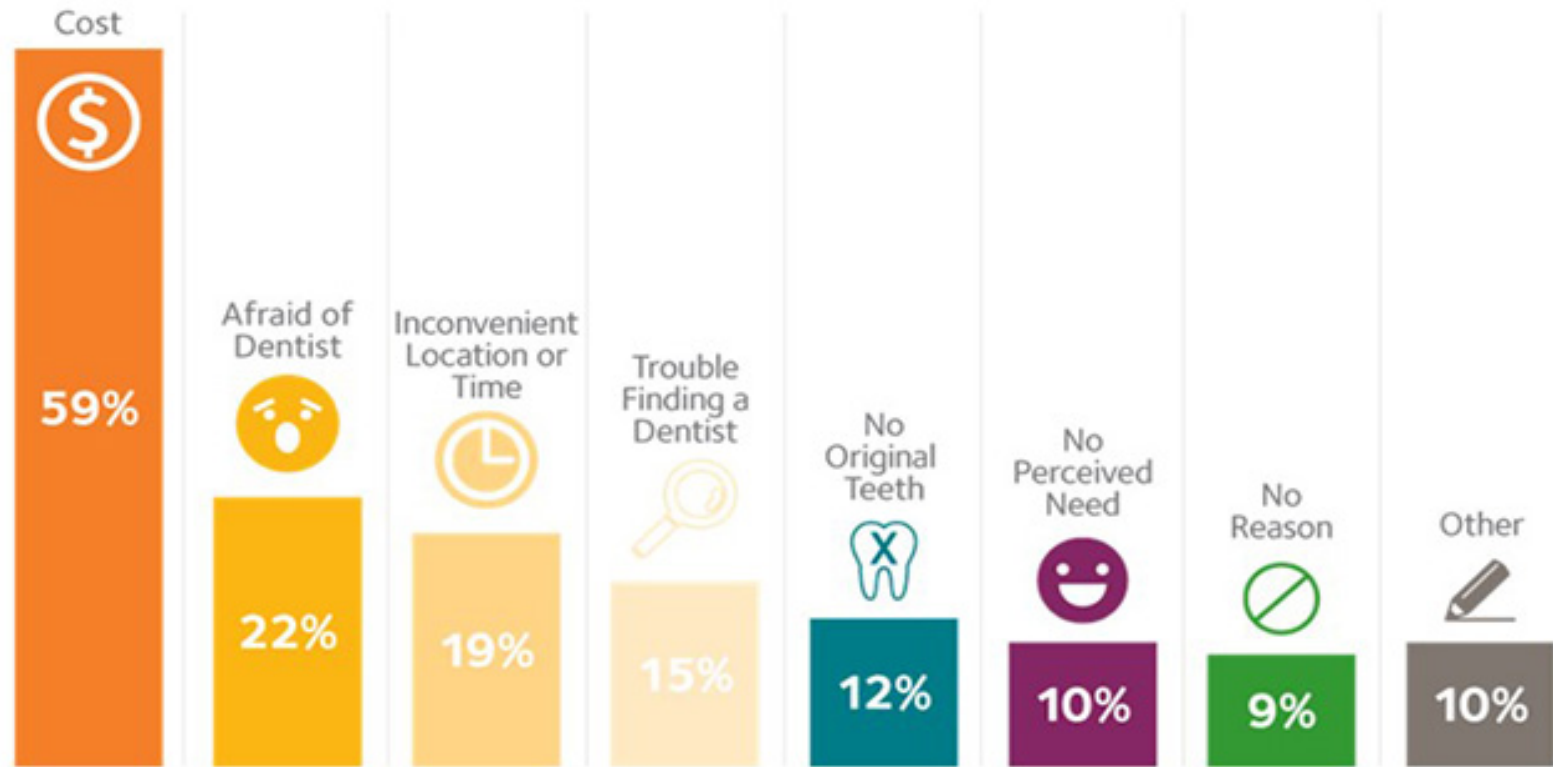
Life Transitions and Adjustments

- Maybe retired or working part-time resulting in a loss of medical and dental insurance benefits
- Fixed income while dental, medical and living costs rise
- Signing up for Medicare - no dental benefit
- Recipient of NH Medicaid has an “emergency only” dental benefit for pain, infection and extraction, no dentures provided

Social Determinants

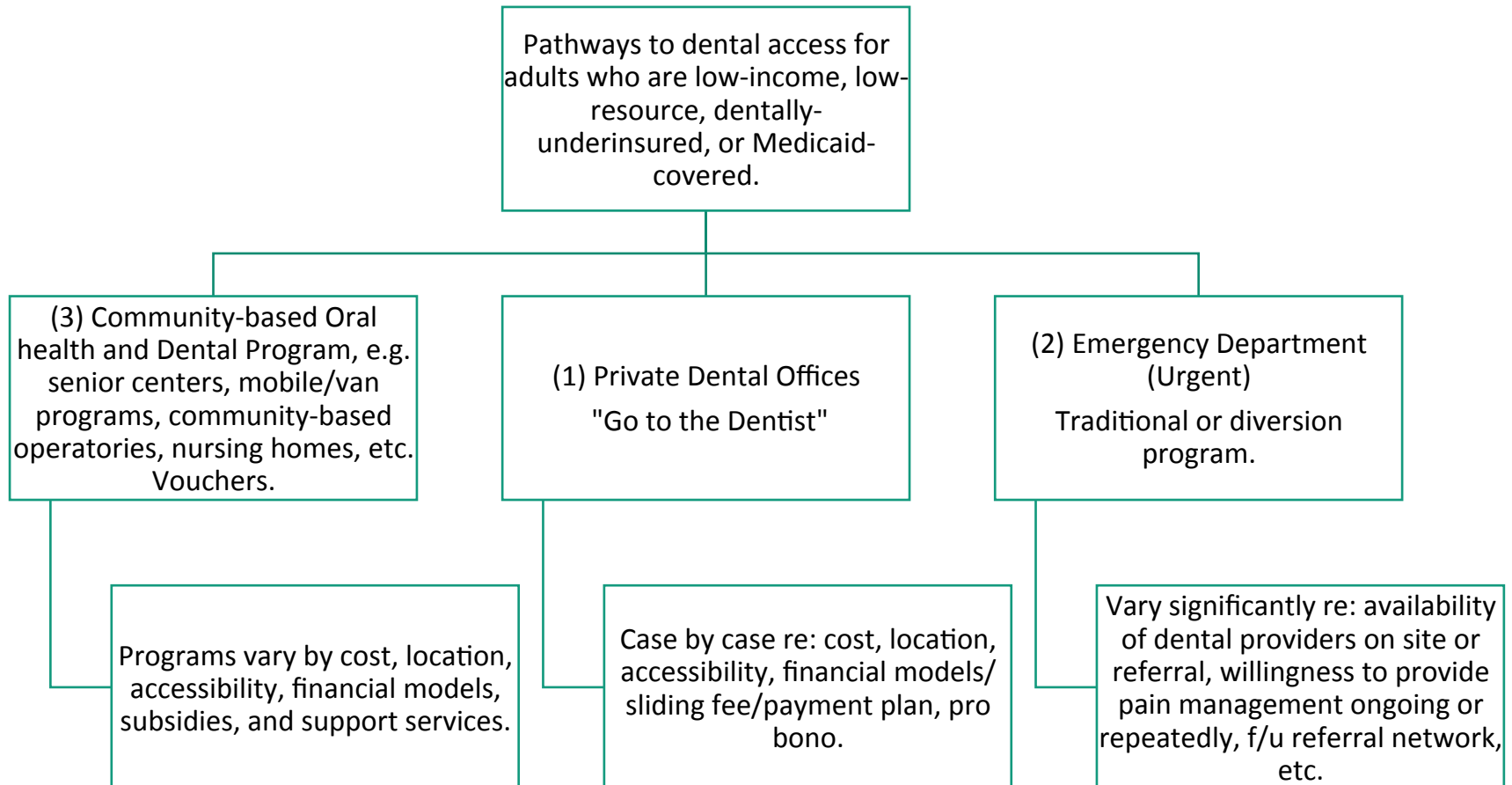
- Rural locales often have fewer dental providers and locations
- Fewer transportation options - norm is for patient to travel to dentist office
- Limited financial and benefit resources
- Increased dependence on family and social support networks
- Language and cultural considerations
- Cognitive and mobility considerations

Barriers to Going to the Dentist



<http://www.ada.org/en/education-careers/dental-student-resources/ada-success/future-of-dentistry>

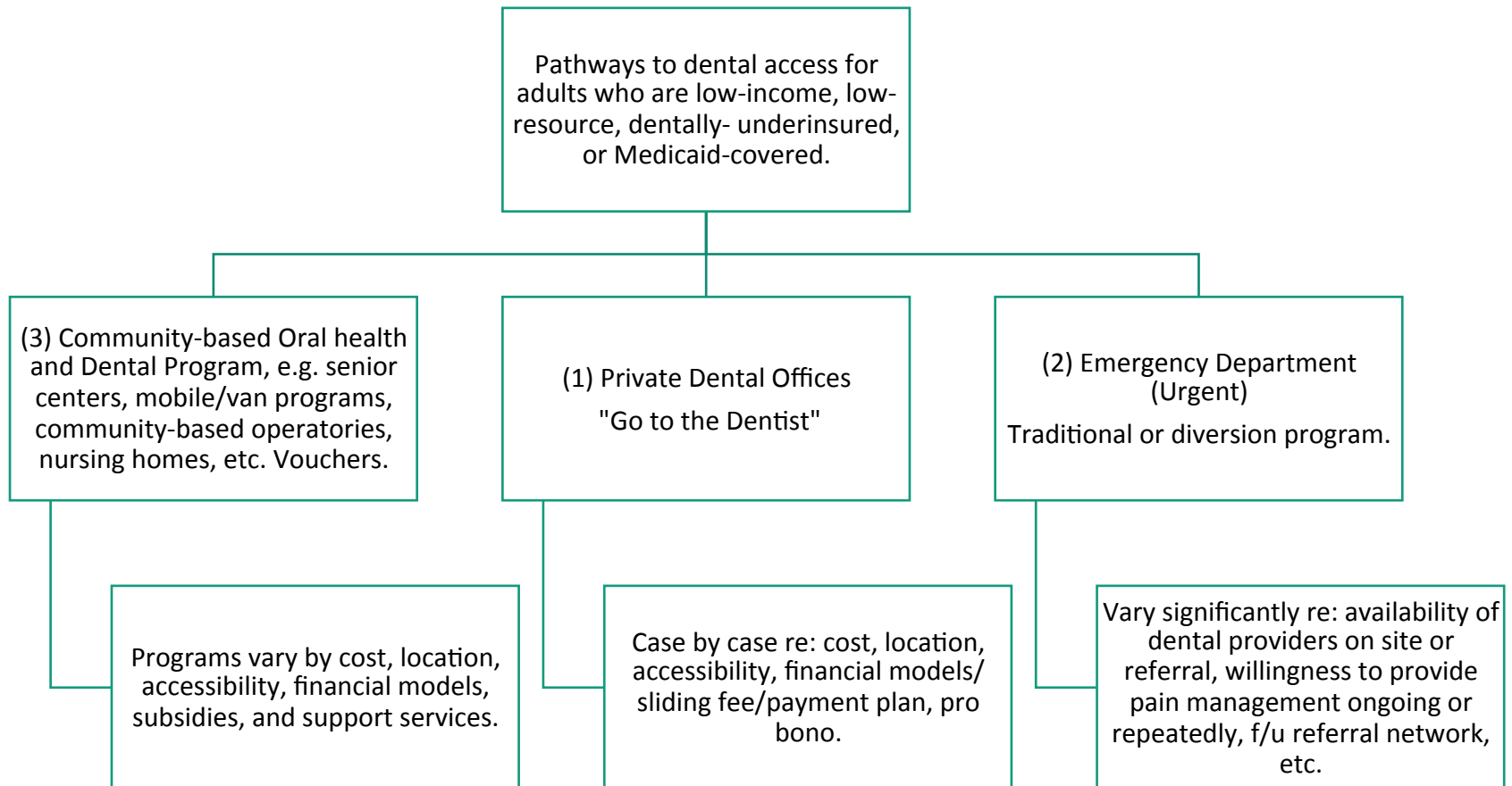
Pathways to Oral Health Access: Forks in the Road



NH Financial and Benefit Considerations

- Cash or credit payment options
- Commercial Dental insurance
 - Availability of insurers
 - Expenses including co-pays, deductibles and caps
 - Scope of coverage – what services are provided? How often? By whom?
 - Prevention v. restorative needs
- NH Medicaid
 - Children – Comprehensive
 - Adults – Limited benefit, “emergency-only” with antibiotics, pain management and extractions. No dentures.
- Medicare – Traditional
 - Traditional has no dental coverage
 - Advantage may provide a “value-added” benefit that is defined by the insurer

Pathways to Oral Health Access: Forks in the Road



Emerging Models and Key Solutions in NH for Adults - Vary by Community

Dental Operatories

- Can be stationary or mobile. Have 19+ in-state and are considered community-based, many may be linked to medical or human service providers. Dentist-centric models that allow for the provision of dental restorative programs and prevention.

Senior Centers and Institutional Care

- Includes some senior centers and nursing homes. Most programs are portable and are brought to a senior service site. Often hygienist-centric focusing on screenings, prevention, referral and the use of sealants and silver diamine fluoride.

Voucher Programs

- Approximately 6 programs available. Each is unique. May be paid fee-for-service, capped dollar amount, or by lottery.

What can we do?

Communities

- Identify your community oral health assets and include it in any community assessment
- Support implementation or maintenance of community water fluoridation
- Educate community resources such as community nurses, welfare officers, senior program managers and others on why oral health matters
- Maintain a current list of affordable, accessible, community-based oral health programs
- Advocate with your local and state government and legislators
- Consider senior transportation options
- Support development of community-based oral health services in locations that seniors frequent

Individuals and Families

- Determine any dental or oral health benefits in your current plan
- Explore affordable options for dental benefits
- Ask your medical and dental providers for any referrals for community programs or providers with low cost, pro bono, or subsidized oral health care
- Look for oral health screening and service opportunities in senior centers, malls, medical offices, and human services agencies
- Include fluoride in your toothpaste, water, and mouth rinses
- Avoid sugary drinks and fermentable carbohydrates
- Brush and floss

Applying the Data in Your Community

How might dental disease impact your community's population?

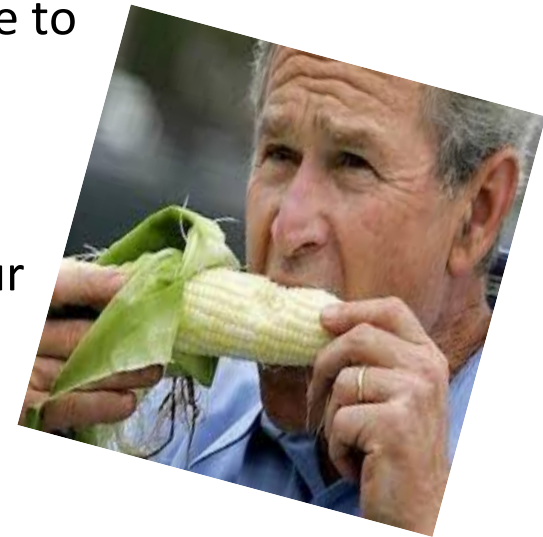
What public or private oral health resources are available to meet the demands of your community?

Which community-based oral health programs serve your adult, senior and special population clientele?

How can your network provide support services for your clientele to mitigate the consequences of the social determinants of health, such as lack of transportation, provider availability, childcare, etc.?

Find the Coalition Baseline Survey Report and GIS Map at

www.nhoralhealth.org



NH Oral Health Baseline Survey I

April 2017

www.nhoralhealth.org

Identifying Oral Health Resources and Promising Practices in Community-based, Non- traditional Settings

An inventory and examination of the state's community-based oral health programs with consideration of promising and best practice criteria for use by providers, policy-makers, program planners and consumers.



NH Oral Health Coalition Baseline Survey I Interactive GIS Map



www.nhoralhealth.org and click on the GIS Map Link

How to Contact Us

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Survey Coordinator



OUR Mission

To promote and support programs that identify and help meet the health care needs of residents of Barnard, Bridgewater, Hartland, Killington, Plymouth, Pomfret, Quechee, Reading, and Woodstock.

SMILES Program Purpose: The goal of OHF SMILES is to connect people with dental homes by creating an easily accessible, prevention based program in an effort to reduce the number of people in our community responding to and presenting with urgent oral health needs.

What is SMILES?

- Place Based Oral Health Program
- Services Provided:
 - Screening
 - Assessment
 - Tooth Brush Cleaning
 - Education
 - Fluoride Varnish
 - Care coordination and Connection
 - Grants for qualified individuals

Who can attend a SMILES Clinic?

- Anyone 18+ without at dental home
- with or without insurance
- any income level

Year	# of Individuals seen through SMILES
2017	185
2016	104
2015	34



Oral Health Initiatives and Resources in Maine

Kalie Hess

Maine Primary Care Association

khess@mepca.org



Objectives

- Help you be aware of where to access low-cost care for older adults
- Help you understand what MaineCare will pay for, how to look up a procedure, and how to begin to navigate the process
- Raise awareness of other efforts happening in the state to support older adults' oral health needs





Consumers for
**Affordable
Health Care**

*Advocating the right to quality,
affordable health care for every
person in Maine.*

CONSUMER ASSISTANCE HELPLINE

1-800-965-7476

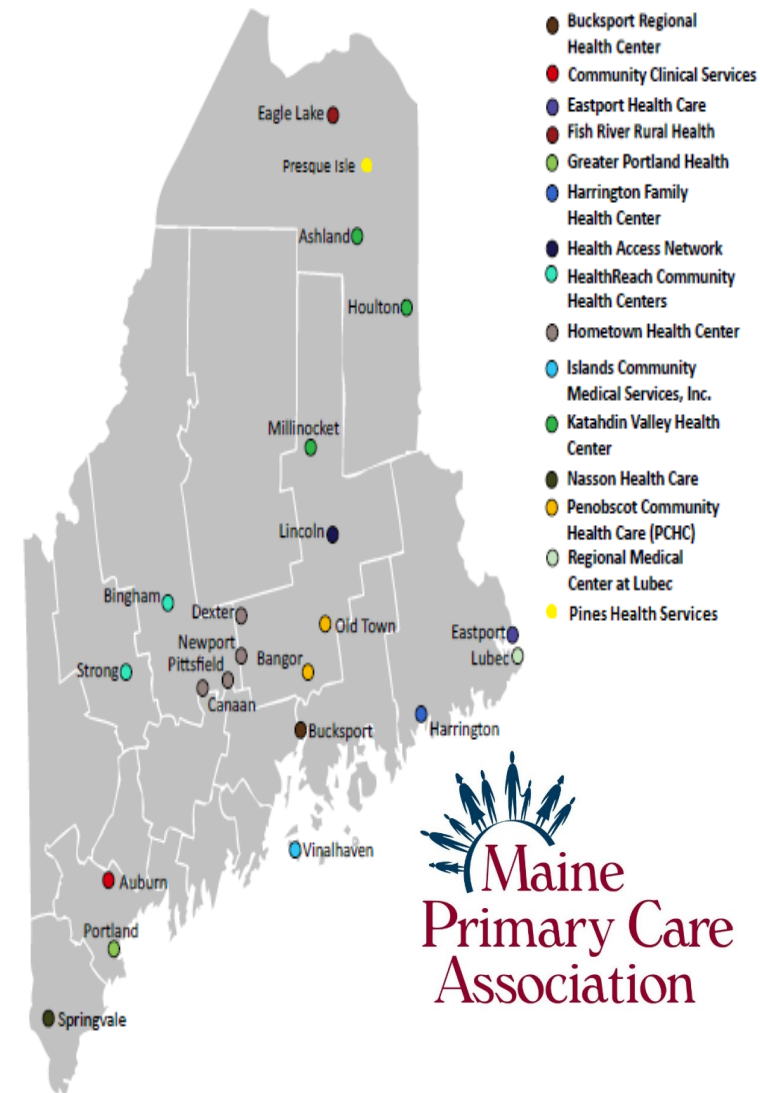
[About Us](#) [Our Services](#) [News & Updates](#) [Events](#) [Guide to Maine Health Care](#) [Connecting Kids to Coverage](#)

- Only covers “emergency” dental for [pregnant women](#), [parents](#), [disabled or elderly adults](#).
- **If you can’t get MaineCare**, or if you are an adult and need more help than what MaineCare can give you, there may be other options. Some dental clinics provide care on a “sliding-scale” basis to people with limited or no dental coverage. Click below to look through the dental clinics in your area. Sometimes these dental clinics only take patients that live in the county or region where they are located. Other rules may apply. You should call a clinic directly if you have questions about their services:
 - [Low-Cost Dental Clinics](#)
- If you don’t find what you need, or if you have questions about any of the information, please contact us.
 - You can call the [HelpLine](#) at **1-800-965-7476** (TTY: 1-877-362-9570) or [email us](#).

<http://www.mainecahc.org/>

Federally Qualified Health Centers (FQHCs)

- Find your local FQHC here:
 - <http://mepca.org/findlocalhelp>
- Features of a FQHC:
 - Sliding fee scale
 - Assistance navigating health care programs like MaineCare, Medicare, and other private insurance
 - Help with transportation to appointments
 - Connected to other community resources
 - Medical services available too – whole-person integrated health care



Community Dental

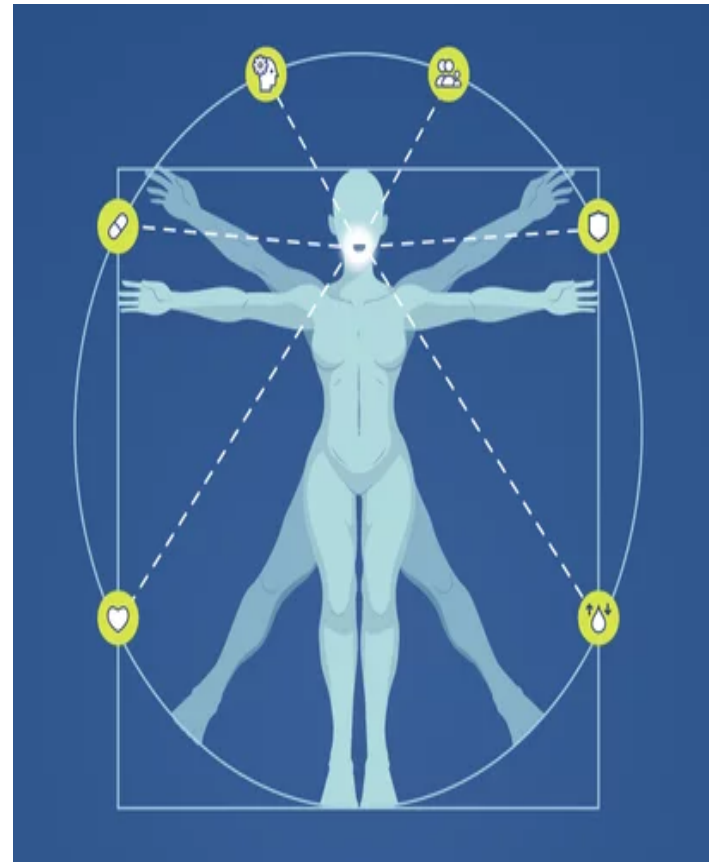


- Find your local Community Dental here:
 - <https://www.communitydentalme.org/dental-centers/>
- Features of non-profit dental centers:
 - Sliding fee scale
 - Familiarity helping patients navigate resources available to them



Other non-profit dental clinics

- Scattered all over the state – for a list by county go here:
 - <http://mainecahc.org/wp-content/uploads/Dental-Clinics.pdf>
- These all vary greatly from one another
 - Population served
 - Hours open
 - What type of fee they charge



10-144 Chapter 101
 MAINECARE BENEFITS MANUAL
 CHAPTER III

Section 25

ALLOWANCES FOR DENTAL SERVICES

Established: 6-29-79

Last Updated: 7/1/14

+

VI. PROSTHODONTICS, REMOVABLE

COMPLETE DENTURES (INCLUDING ROUTINE POST DELIVERY CARE)

Eff.
7/1/14

Proc. Code	Description	Covered Service Age/ICF-IID		Prior Authorization required		Additional Limits	Max Allow
		under age 21 & all ICF-IID residents*	age 21 & over when allowed under 25.04	under age 21 & all ICF-IID residents	age 21 & over when allowed under 25.04		
D5110	Complete Denture - Maxillary	YES	YES	YES	YES	Every 5 years, Denturists may also use this code	\$393.00
D5120	Complete Denture - Mandibular	YES	YES	YES	YES	Every 5 years, Denturists may also use this code	\$393.00
D5130	Immediate Denture - Maxillary	YES	YES	YES	YES	Every 5 years, Denturists may also use code	\$423.00
D5140	Immediate Denture - Mandibular	YES	YES	YES	YES	Every 5 years, Denturists may also use this code	\$423.00

PARTIAL DENTURES (INCLUDING ROUTINE POST-DELIVERY CARE)

Eff.
7/1/14

D5211	Maxillary Partial Denture-Resin Base (including any conventional clasps, rests and teeth)	YES	YES	YES	YES	Every 5 years. Denturists may also use this code.	\$280.00
D5212	Mandibular Partial Denture-Resin Base (including any conventional clasps, rests and teeth)	YES	YES	YES	YES	Every 5 years. Denturists may also use this code.	\$280.00

MaineCare Benefits Manual

25.04 COVERED SERVICES FOR ADULTS

Eff.
7/1/14

Adult services are intended for adult members, age twenty-one (21) or older, not residing in an ICF-IID, and include only those services that can be performed in compliance with this Subsection.

25.04-1 Adult Dental Care Covered Services

Adult dental care requirements provide for adults twenty-one (21) years of age or older limited to:

- A. Acute surgical care directly related to an accident where traumatic injury has occurred. This coverage will only be provided for the first three months after the accident;
- B. Oral surgical and related medical procedures not involving the dentition and gingiva;
- C. Extraction of teeth that are severely decayed and pose a serious threat of infection during a major surgical procedure of the cardiovascular system, the skeletal system or during radiation therapy for a malignant tumor;
- D. Treatment necessary to relieve pain, eliminate infection or prevent imminent tooth loss; and
- E. Other dental services, including full and partial dentures, medically necessary to correct or ameliorate an underlying medical condition, if the Department determines that the provision of those services will be cost-effective in comparison to the provision of other covered medical services for the treatment of that condition.

Silver Diamine Fluoride (SDF)

- Up-and-coming option for treatment of caries
- Pros and cons
- Could be an option for people who can't tolerate invasive oral surgery
- Many FQHCs and non-profit clinics are familiar with this product and technique



MOTIVATE Program

- Trains inter-professional teams in long-term care to advance their knowledge, skills and attitudes about oral health, while supporting best practices to promote evidence-based oral health care
- Setup of program:
 - four online modules
 - in-person teaching session
- For more info:
 - <https://lunderdineen.org/oral-health-motivate>



Importance of establishing local care

“The strongest predictor of receipt of dental procedures in the two years after nursing facility entry was the receipt of dental procedures in the three years before entry while community-dwelling. This underscores the importance of the senior adult establishing a source of dental care while community-dwelling.”

Kelly, Mary C., et al. “Preventive Dental Care among Medicaid-Enrolled Senior Adults: from Community to Nursing Facility Residence.” *Journal of Public Health Dentistry*, vol. 78, no. 1, Aug. 2017, pp. 86–92., doi:10.1111/jphd.12247.





Q&A with Speakers

To be **unmuted** click here & virtually raise your hand



Send **questions** to us by typing them in here.



A screenshot of the GoToWebinar interface. The window title is 'File View Help'. The 'Audio' panel is expanded, showing 'Telephone' (unselected), 'Mic & Speakers' (selected), and a 'Settings' link. Below this, there is a 'MUTED' indicator with a microphone icon and a volume slider set to 0. The 'Questions' panel is also expanded, showing a text input field with the placeholder '[Enter a question for staff]' and a 'Send' button. The bottom of the interface displays 'Webinar Housekeeping' and 'Webinar ID: 275-918-366'. The GoToWebinar logo is at the bottom. A red border highlights the audio and questions panels. A vertical toolbar on the left contains icons for microphone, video, and hand raise.

Thank You for joining us!

- Slides & evaluation will be sent out later today.
- Recorded webinar will available within 24 hours.



www.agefriendly.community
patriciafkimball@gmail.com

