FLUORIDE VARNISH IN MEDICAL OFFICES: TOOTH OR CONSEQUENCES

Steven H. Chapman M.D.
Why Kids?

“It Is Easier To Build Strong Children Than It Is to Fix Broken Men”

--Frederick Douglas
Blue-Collar Votes Courted by Romney and Santorum

By JIM RUTENBERG and JEFF ZELENY

Mitt Romney and Rick Santorum made their final appeals to voters in Ohio before that state and nine others go to the polls on Super Tuesday.

By CATHARINE SAINT LOUIS

A Mouthful of Cavities at an Early Age

Dentists nationwide are seeing more preschoolers at all income levels with 6 to 10 cavities or more, like Devon Koester, age 2 1/2, who had cavities in 11 teeth.

Digital Records May Not Cut Health Costs

By STEVE LOHR
Silos and Oral Health
Medical Home Principles

- Access
- Continuity
- Comprehensive
- Quality
- Compassionate
- Patient and Family Centered
Frequent Visits

- 11 Visits in First Two Years of Life
  - Nutrition/Growth/Development
  - Prevention
  - Oral Health Counseling
Preventive Care Coverage

- All Insurers, Private and Public, MUST cover USPSTF and Bright Futures recommended preventive services without any patient cost-sharing.
Figure 1

Cost barriers to use of preventive services for women and men

<table>
<thead>
<tr>
<th></th>
<th>Women</th>
<th>Men</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>All</td>
<td>All</td>
</tr>
<tr>
<td>Share of women and men reporting they put off or postponed</td>
<td>20%</td>
<td>16%</td>
</tr>
<tr>
<td>preventive services in past year due to cost</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Women</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Insured</td>
<td>13%</td>
<td>9%</td>
</tr>
<tr>
<td>Uninsured</td>
<td>52%*</td>
<td>42%*</td>
</tr>
<tr>
<td>Less than 200% FPL</td>
<td>35%*</td>
<td>31%*</td>
</tr>
<tr>
<td>200% FPL or greater</td>
<td>13%</td>
<td>11%</td>
</tr>
</tbody>
</table>

NOTE: Among women and men ages 18-64. Federal Poverty Level (FPL) was $19,530 for a family of three in 2013. * Indicates a statistically significant difference from Insured and 200% FPL or greater, p<.05.
SOURCE: Kaiser Family Foundation, 2013 Kaiser Women’s Health Survey.
<table>
<thead>
<tr>
<th>Population</th>
<th>Recommendation</th>
<th>Grade</th>
</tr>
</thead>
<tbody>
<tr>
<td>Children From Birth Through Age 5 Years</td>
<td>The USPSTF recommends that primary care clinicians prescribe oral fluoride supplementation starting at age 6 months for children whose water supply is deficient in fluoride.</td>
<td>B</td>
</tr>
<tr>
<td>Children From Birth Through Age 5 Years</td>
<td>The USPSTF recommends that primary care clinicians apply fluoride varnish to the primary teeth of all infants and children starting at the age of primary tooth eruption.</td>
<td>B</td>
</tr>
<tr>
<td>Children From Birth Through Age 5 Years</td>
<td>The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of routine screening examinations for dental caries performed by primary care clinicians in children from birth to age 5 years.</td>
<td>I</td>
</tr>
</tbody>
</table>
New in 2015: CPT Code 99188

- Covers application of Fluoride Varnish in Medical Offices
- Old Code: D1206
  - Dental Code
Caries Risk Assessment, particular focus on first two years of life

Fluoride Varnish to at-risk children since 2011

Routinely offered at 18 and 24 month visits

Referral to Dental Home
Early Childhood Caries
Early Childhood Caries

Why This Topic?

- **Prevalence:**
  - 30-50% of low income children
  - As high as 70% in Native American populations
  - 80% of decay occurs in 20% of children

- **Most common chronic disease in children**
  - 5 times more common than asthma
  - 7 times more common than hay fever
  - 51 Million School Hours Lost/Year
Early Childhood Caries

Why This Topic?

- Most Common Disease of Childhood
  - 8% of 1-yr-olds
  - 22% of 2-yr-olds
  - 35% of 3-yr-olds
- 1 in 5 2nd graders have current or past rampant decay
- Significant adult complications
More than 50% Sugar

Cliffy the Clown 1953
Smaxey the Seal 1957
Quick Draw McGraw 1961
The Smackin’ Bandit 1965
The Smackin’ Brothers 1966
Indian Chief 1970
Dig’em Frog 1972
Love Smack’s
Wally the Bear 1986
Dig’em Frog (redux) 1990
Knee To Knee Exam

1: Child is held facing caregiver in a straddle position

2: Child leans back onto examiner while caregiver holds child’s hands

3: Provider performs exam while caregiver holds child’s hands and legs
White Spots: First Sign of Caries
Fluoride Varnish

Safe
OK for infants/toddlers
Easy to use
Effective
Now Reimbursed in Medical Settings
US Children With a Dental Visit
By Income
What About NH, Baby?
Ambulatory Care Sensitive ED Visits For Dental Care

New Hampshire


Visits: 10,000, 12,000, 14,000, 16,000, 18,000
New Hampshire 2015

- 9 out of 155 Medical Settings Apply Varnish
- “Lack of Awareness” #1 Reason cited.
Integrate Early Oral Health Care

- Risk Assessment
- Systemic Fluoride
- Fluoride Varnish routinely offered at 18 and 24 months -- can give at other visits
- Referral to Dental Home
- WORK FLOW IMPORTANT!!
From Silos to Medical Neighborhood

- Break down?
- Communicate and Integrate!
- AND improve access to preventive measures that work!