The translation of Dental leaflets to enable brief interventions in Oral Health across the language barrier…..

Background- This initiative aims to highlight the need for a multi-sectorial and multi-faceted approach to Oral Health to help achieve sustainable improvements in health. Ireland is fast becoming an intercultural society, migration of continental Europeans, Africans and Asians, coming to Ireland for work or study reasons, as well as the numbers of refugees and asylum seekers are the main reasons for the increase in ethnic and cultural groups in Irish society. However many incoming ethnic groups are faced with ongoing challenges for reasons such as literacy levels, racism, education, poor health or poverty. In 2022, 751,507 people resident in Ireland spoke a language other than English at home. Immigration has increased by 85% compared to 2021.

The primary objective of this programme is to provide service users and providers with translatable dental literature leaflets to address the key dental messages necessary for optimum dental care and to support dental needs of people from diverse cultural and ethnic backgrounds. This programme in conjunction with trainee GP’S and Public Health Nurses begins by emphasising oral health promotion in the broader context of general health promotion and in adhering to the underlying principles of the Ottowa Charter. Utilizing translated evidence based leaflets to inform service users of Key Oral Hygiene messages is paramount whilst visiting PHN’S or GP’S at developmental check up’s, to prevent medical complications secondary to oral disease. The key Oral health messages being delivered in translated leaflets are the importance of taking charge of your Oral health and the need to eat a balanced low sugar diet alongside practicing good oral hygiene routine and visiting the dentist regularly. The common risk factor for oral disease and general disease is highlighted within our translated dental leaflets and the need to incorporate oral health as a topic into general health prevention and promotion.

Aim This programme aims to increase awareness of dental health by the translation of dental leaflets to ensure brief interventions in Oral Health across the language barriers. Research finds that brief interventions by health professions can result in lifestyle changes. The MECC guidelines are designed to provide health professionals with the knowledge and skills needed to raise topic such as healthy eating as part of routine care.

Objectives

1. To identify opportunities for promoting oral health with the aid of translated leaflets within the professional roles of PHN and GP training.
2. To raise awareness of oral health as an issue that can impact our general health at PHN’S visits and GP visits.
3. To explore any barriers to delivering oral health care at an organisational level.

Methods -Training session with trainee GP’S and Public Health Nurses.

Attend GP training session

Deliver leaflets to our GP clinic in HSE Summerhill Primary Care Centre.

Materials- Leaflets were colourful and attractive. The leaflets were designed with particular emphasis on creating interest amongst the service users. These leaflets have information related to proper tooth brushing technique and frequency; introduced the regular use of dental floss; emphasised the regular dental visits as well as dental plaque and the implications of not removing it. The leaflets also contained nutritional guidelines to minimising caries risk and the vital role of fluoride in the control of dental caries

Getting the template to HSE print order

Evaluation On leaflet usage

The number of leaflets ordered

The number of leaflets used

Qualitative Questionnaire to determine how useful translated leaflet was for PHN’S and GP’S (Service Providers) and service users.

The leaflet content met with the following criteria;

* To deliver a clear and concise message on service provision
* To identify how the service is delivered
* Provide information on where the services are available
* Act as a health promotion aid to the promotion of key oral health messages

Educational instructional leaflets can be assessed to determine if they are appropriate tools for improving oral health and for the retention of knowledge and oral hygiene practices.

Results Traditional educational leaflets are an effective tool in the improvement of both oral health knowledge and skill.

Discussion and conclusion Addressing the issue of oral health amongst training GP’S and public health nurses is getting the key oral health messages across to a particular sub group of the population.

In doing so in a multi- disciplinary, multi-sectorial way and by encompassing the elements of the Ottowa Charter for health promotion helps ensure these translated leaflets will reduce some inequalities in oral and general health amongst socially disadvantaged groups faced with language barriers.

Acknowledgements

Costs

Leaflet- Snack Right Smile Bright - Quantity 2500 copies/213Euro

Booklet- Leaflet- Looking After Your Child’s Teeth m088/05 Quantity 500 copies/ 374 Euro