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AND SIMON H. FELTON

Basic Guide to
**ORAL HEALTH
EDUCATION AND
PROMOTION**

THIRD EDITION



with website



WILEY Blackwell

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Third Edition

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Dedication

Love your patients and they will do anything that you ask.

Ann Felton (1942-2007)

Ann Felton made patients smile and their smiles brighter. Ann was a dental hygienist, tutor, mentor, and writer; a wife to David, and a mother to Sarah and Simon. She also ran her own oral health education course for dental nurses who she referred to as 'the darlings of dentistry'.

Ann wrote the first edition of this book in difficult circumstances, yet retained her love of the subject and her wonderful sense of humour throughout. This third edition is dedicated to Ann's life and work.



Foreword

This third edition of the *Basic Guide to Oral Health Education and Promotion* will be welcomed by dental care professionals (DCPs).

The first edition (2008) was a collaboration between two very experienced oral health educators and dental hygienists, Ann Felton and Alison Chapman, and editor Simon Felton who (together with practice manager Elizabeth Hill), ran a very successful oral health education course for over 10 years. A revised second edition was updated by Alison and Simon (both now e-learning course consultants), and published in 2014. It was dedicated to the life and work of Ann who sadly died in 2007 following a brave struggle with breast cancer.

There are very few books published in the UK that have been created by DCPs for DCPs, and this book is a perfect model, having been written with the experience and insight that comes from a lifetime of tutoring on the subject and working closely with other professionals and patients. This has given the authors a comprehensive understanding of the needs of students and practitioners in delivering oral health education and promotion.

Healthcare professionals have long been aware of the need to regularly update their knowledge and skills in this era of fundamental change and development. Accordingly, the authors have comprehensively reviewed and updated this edition, encompassing the many changes that have been brought about in dentistry, through advances in scientific research, technology, products, and policy.

The book takes the reader on a carefully thought-out journey, beginning with the underpinning knowledge that is

vital to students and newcomers to oral health education, and is a welcome revision aid for all the dental team. Each chapter has been reviewed and updated. For example, [Chapter 4](#) includes the BSP 2017 Classification of Periodontal Diseases, and [Chapter 6](#) the Basic Erosive Wear Examination (BEWE). Clear and concise information is provided throughout the book, with relevant learning outcomes listed at the beginning of each chapter.

All health professionals involved in oral health education and promotion are aware that having access to evidence-based information is essential, however in addition to knowledge of the subject, oral health educators must be able to motivate and inspire. This leads to the question, *'Who or what, motivates the motivators?'*

The ability to enthuse and inspire is one of the skills that an oral health educator should have. One cannot fail to recognise the enthusiasm that the authors have for the subject as it is deeply embedded in the script, and that makes this an essential text for those who are delivering oral health education as well as those who aspire to it. The saying, *'enthusiasm cannot be taught as it has to be caught,'* is very relevant to oral health education and promotion, and readers will not only gain the knowledge they need to be effective educators, but also the inspiration and enthusiasm to deliver it.

Rosemarie Khan OBE

OBE, M.Ed., BA, Dip. DH, Dip. DHE, FAETC

Preface

Oral health is central to our general wellbeing. The health of the body begins with the oral cavity, since all our daily nutrients, beneficial or otherwise, pass through it.

Knowledge in the field of oral health changes rapidly, with developments in scientific research, products and technology, and policy. Patients therefore need trained oral health educators (OHEs) and promoters who have the latest knowledge in the field to help prevent and control dental conditions and diseases. It is also vital that dental care professionals (DCPs) and health professionals consistently promote the same messages to avoid confusion, and ultimately improve and maintain oral health within the population.

This book covers the theoretical and practical aspects of oral health education and promotion and is the course companion for UK dental nurses studying oral health education. It is also aimed at dental hygienists, therapists, and dentists who regularly promote and practise oral health education and require up-to-date, evidence-based knowledge. Other professionals, such as health visitors, nurses, dieticians, midwives, and teachers will also find the book invaluable.

Each chapter deals with various aspects of oral health in logical order, and includes *learning outcomes*, detailing what the reader (particularly students) should have learned by the end of each chapter.

After reading this book, the reader should be able to:

- Confidently educate patients about diseases and conditions that affect the oral cavity; their prevention,

treatment, and management.

- Plan and undertake a lesson on an oral health topic to an individual and a group.
- Provide a very brief intervention on smoking and alcohol, and signpost patients towards specialist support.
- Give basic advice on diet, nutrition, and exercise.
- Set up a preventive dental unit and an exhibition on an oral health topic.
- Be aware of the wider context of oral and health education and promotion in society.
- Use knowledge gained to help pass a qualification in oral health education.

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