



**Brian Sandoval**  
*Governor*



**Richard Whitley**  
*Director*

State of Nevada  
Department of Health and Human Services

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# Health Services for Rural Nevada

Division of Public and Behavioral Health

Dr. Antonina Capurro  
State Dental Health Officer  
Oral Health Program  
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# Health Services for Rural Nevada

Dr. Joseph Iser  
Chief Health Officer  
Southern Nevada Health District



# What is the Oral Health Status in these Counties?

## **Children attending Head Start**

**43% in rural counties had untreated decay**

vs. 32% in Washoe and 28% in Clark Counties (2007 DPBH OHP)

## **Third grade children**

**24% in rural counties had untreated decay**

vs. 25% in Washoe and 30% in Clark Counties (2009 DPBH OHP)

## **Adults across Nevada**

**Almost 40% did NOT visit a dentist in the last year** (BRFSS 2016)

## **Older Adults-Assisted Living Facilities**

**36% in rural counties had untreated decay**

vs. 35% in Washoe and 17% in Clark Counties (2005 DPBH OHP)

# Why Esmerelda, Lincoln, Nye, and White Pine Counties?

- 11 – 17% of each county's population are in poverty (2014)
- 11 – 17% in each county are without health insurance (2014)
- 30-65% of the total student population in each county qualify for free and reduced lunch (2015)

# What Provider Resources Are Available ?

## Esmerelda, Lincoln, Nye, and White Pine Counties

**Average number of dentists per 100,000 population – U.S.**

61

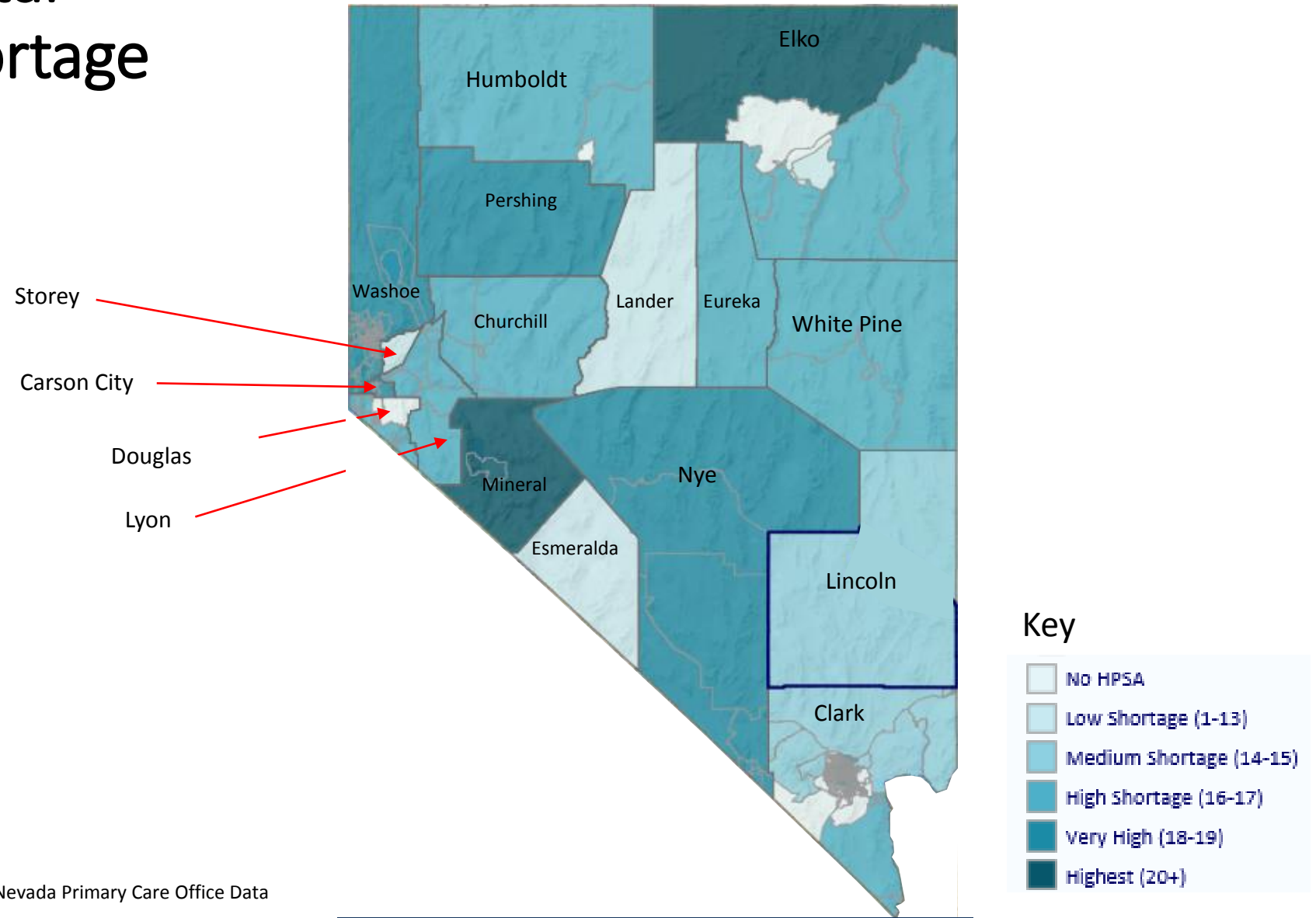
**Average number of dentists per 100,000 population – Nevada**

54

**Average number of dentists per 100,000 population / % of Medicaid Providers**

Esmerelda	0	/0
Lander	15	/ 0.9%
Lincoln	19	/ 0.8%
Nye	20	/ 7.7%
White Pine	39	/ 2%

# Designated Dental Professional Shortage Areas, 2017



Source: 2017 Nevada Primary Care Office Data

# Other Dental Provider Resources

**Number of Community Dental Clinics in Nevada**

**25**

**Number of Community Dental Clinics in Four Rural Counties**

**1**

# An Opportunity: Mobile Health/Dental Vans

**Mobile *health* vans have been found to:**

- Improve individual health outcomes<sup>1</sup>
- Reduce ED visits<sup>1</sup>
- Be associated with a reduction in hospitalization costs through shorter stays<sup>1</sup>

The scope and impact of mobile health clinics in the US: a literature review. Int J Equity Health 2017; 16:178.



# An Opportunity: Mobile Health/Dental Vans

## Mobile *dental* vans have been found to:

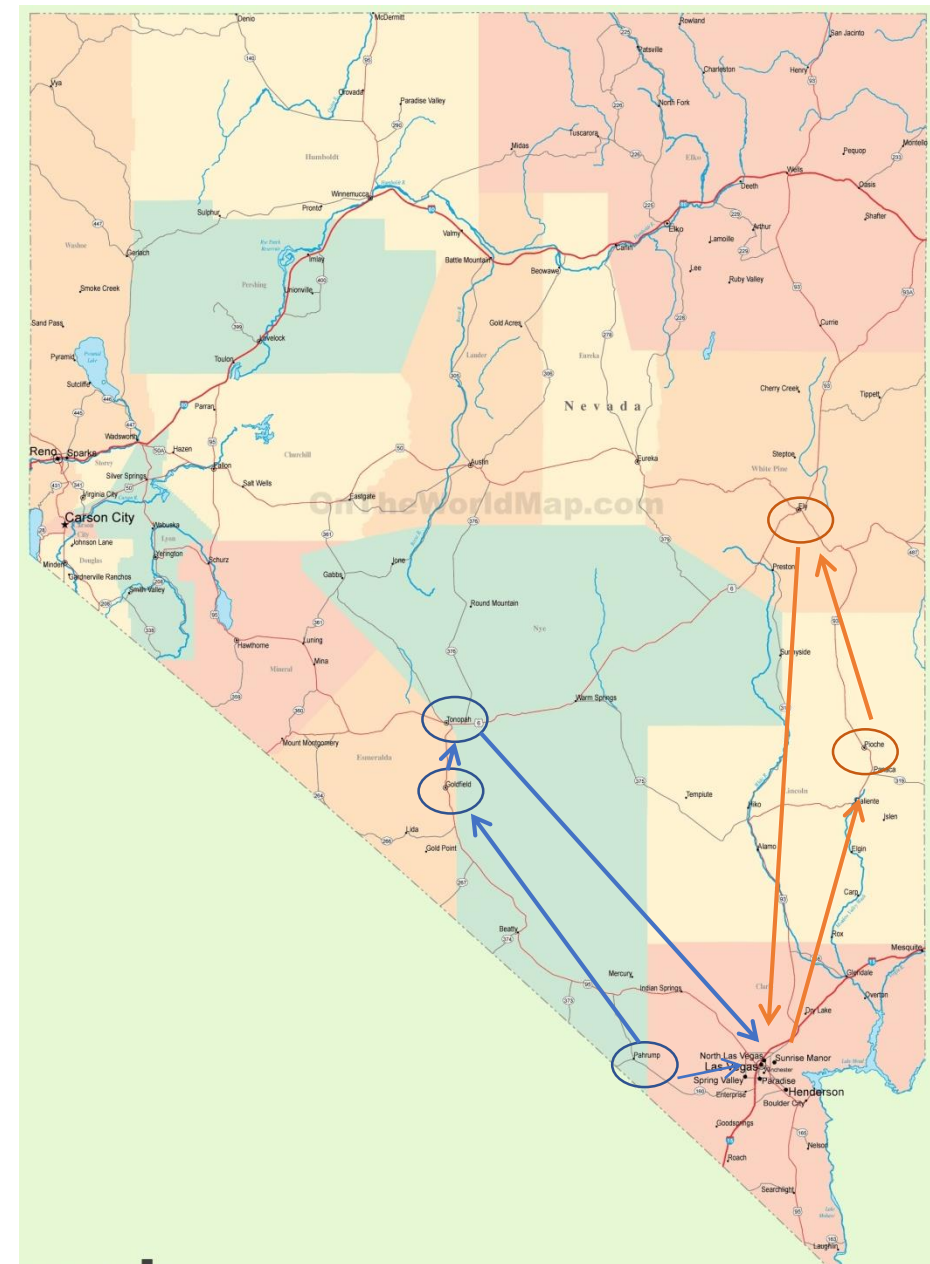
- “...mediate barriers to oral health services experienced by some populations”<sup>1</sup>
- “...be an effective means of integrating oral health services into primary care environments”<sup>1</sup>
- “...be remarkably successful in reaching vulnerable populations”<sup>1</sup>
- Serve all ages



<sup>1</sup>An assessment of Mobile and Portable Dentistry Programs to Improve Population Oral Health.  
Oral Health Workforce Research Center, August 2017.

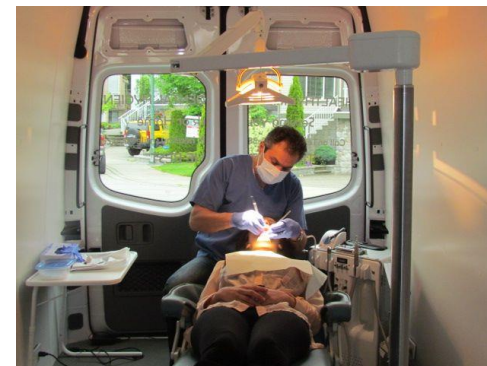
# Proposed Trips

- Las Vegas to Pahrump to Goldfield to Tonopah to Las Vegas (blue)
- Las Vegas to Pioche to Ely to Las Vegas (orange)
- Third/fourth trip still being designed



# Services Provided by Dental Provider

- Screening (including oral assessment/basic screening survey, oral cancer screening, blood pressure, and blood glucose testing as necessary)
- Entering data into a HIPPA compliant database for analysis of project effectiveness
- Preventative Dental Services
  - Dental Sealants
  - Fluoride Varnish Application
- Education
  - Medicaid Eligibility
  - Nutrition
  - Oral Health
- Case management



<https://oralhealthnevada.com/school-based-oral-health-prevention-programs/>  
<http://i.ebayimg.com/images/i/122388800479-0-1/s-11000.jpg>  
<https://i.pinimg.com/736x/07/47/c9/0747c93f9501ff4811540e65c7ea572--dental-hygiene-mobiles.jpg>

# Basic Screening Survey

Basic Screening Survey (BSS) is used nationally as a tool for oral health surveillance.

- Developed by the Association of State and Territorial Dental Directors

## BSS

- Non-invasive, open mouth survey
- Assesses and monitors the burden of oral disease
- Data on dental caries experience, untreated decay, permanent tooth loss, and urgent dental needs drive public health decisions and policy development

Participant Name (Last Name, First Name): \_\_\_\_\_

### ORAL HEALTH SCREENING FORM

Screening Date: <i>Format (MM/DD/YYYY)</i>	Site Code:	<i>(Please circle one)</i> Type of Center: 1=Home Based 2=Center Based
Screener ID:	Participant Study ID:	
<b>PATIENT INFORMATION</b>		
Date of Birth: <i>Format (MM/DD/YYYY)</i>	<i>(Please circle one)</i> Sex: 1 = Male 2 = Female	
<b>ORAL HEALTH SCREENING</b>		
#teeth present:	<input type="text"/> <input type="text"/>	Range: 0-20
#teeth with untreated decay:	<input type="text"/> <input type="text"/>	Range: 0-20
#teeth with arrested decay:	<input type="text"/> <input type="text"/>	Range: 0-20
#teeth with fillings/crowns:	<input type="text"/> <input type="text"/>	Range: 0-20
#teeth extracted due to decay:	<input type="text"/> <input type="text"/>	Range: 0-20
<i>(Please circle one)</i> Treatment Urgency: 0 = No Obvious Problem: continue with regular dental checkups 1 = Early Dental Care Needed: needs to be seen soon (before their next regularly scheduled dental visit) 2 = Urgent Care Needed: (Pain, swelling or infection present) needs immediate dental care within 48 hours		
<i>(Please circle one)</i> Fluoride varnish application provided at the time of screening: 0 = No 1 = Yes		
Comments (optional):   		

<https://www.astdd.org/docs/bss-surveillance-not-research-july-2017.pdf>



# Preventative Dental Services

## Fluoride Varnish Application

- Thin coating of 5% sodium fluoride applied to tooth surfaces
- Used to reduce, arrest, or reverse the process of tooth decay
- Strengthens the tooth's enamel making it less susceptible to bacterial acids

## Dental Sealants

- Thin plastic coating placed on permanent molars and premolars with deep grooves
- Protects the chewing surfaces and pits and fissures of teeth by forming a physical barrier on the surface of the tooth

**SEALANTS WORK**  
Sealants on permanent molars reduce the risk of cavities by 80%.

Source: "Sealants for preventing and arresting pit-and-fissure occlusal caries in primary and permanent molars." *Journal of the American Dental Association*. Accessed July 19, 2016. ADA.

### Oral Hygiene Tips

- Eat fruits and vegetables and drink plenty of water. Avoid sugary, soda, pop, and juice. A healthy diet is important.
- Visit the dentist regularly starting when the first tooth erupts at about 6-12 months of age.
- Brush for two minutes twice a day with a fluoride toothpaste and floss regularly.
- Use a smear of toothpaste before age 3 and a pea size amount for older kids who can spit out the toothpaste.

Smear vs Pea size

- Remember, even baby teeth and gums are important. Never put baby to bed with a bottle and clean baby's mouth with a damp cloth after each feeding.

**"You are not healthy without good oral health"**  
Dr. C. Everett Koop,  
Surgeon General of the United States, 1976-1979.

### Improving Dental Health in Nevada

**Department of Health and Human Services**  
Division of Public and Behavioral Health  
4150 Technology Way  
Carson City, Nevada 89076  
775-684-4285  
<http://dphh.nv.gov/Programs/OFF-Off-Home>

## Fluoride Varnish

**Your tooth's cavity fighter!**

### Saving Nevada Smiles One Tooth At A Time

#### How Is Fluoride Varnish Applied?

- A trained health professional will dry the teeth, mix the varnish, and paint a tiny amount on the teeth with a small disposable brush.
- The varnish application takes less than 2 minutes and may have a slightly tummy taste.
- The sticky temporary coating dries quickly and slowly releases fluoride to the tooth surface.
- Fluoride varnish is an easy way to brush on prevention and keep your teeth healthy.

#### Why Use Fluoride Varnish?

- Fluoride is a natural mineral found in water sources. Fluoride varnish contains 5% sodium fluoride.
- Fluoride varnish helps strengthen the outer (enamel) layer of teeth and makes them more resistant to the bacteria that cause decay.
- Children as young as 12 months old can get cavities.
- Cavities in both baby and permanent teeth can cause real pain! Cavities can prevent children from eating, speaking, sleeping and learning.
- Fluoride varnish can help prevent cavities—some studies say up to 40%.

#### After The Varnish Is Applied:

- Water is safe to drink after application.
- Avoid chewy, crunchy, or hot foods. Instead, eat soft foods until the next day.
- Brush and floss your teeth the next morning. Sometimes the fluoride varnish looks yellow—this will all brush off.
- Do not take a fluoride supplement the day of application and 2 days after.

#### Fluoride Varnish-Is It Safe?

Yes, fluoride varnish is safe. The sticky varnish dries quickly and creates a thin coating over the teeth.

#### Fluoride Varnish Can Help Prevent Tooth Decay.

"Tooth decay is the single most common chronic childhood disease—5 times more common than asthma, 4 times more common than early childhood obesity, and 20 times more common than diabetes."  
American Academy of Pediatric Dentistry

#### How Long Will It Last?

Fluoride varnish sticks to the teeth until it's brushed away the next day, but the benefits can last several months. Fluoride varnish can be safely applied every 3 to 4 months.

# Services Provided by Medical Provider

- Well Check Screenings
- Vaccinations



<https://www.csd509j.net/wp-content/uploads/Corvallis-School-District-uncategorized-490.jpg>

<http://www.dailyherald.com/storyimage/DA/20150306/news/150309158/EP/1/1/EP-150309158.jpg&updated=201503061539&MaxW=800&maxH=800&noborder>

# Goals

- Increase access to care in rural communities
- Gather information on the unique health challenges in rural Nevada
- Oral health needs assessments of the patients
- Build a sustainable clinic model based on the number and type of pt. insurance/Medicaid eligibility/enrollment in rural Nevada
- Explore feasibility of teledentistry
- Use data to apply for external grants and creative funding sources



This is a pilot project. Based on project feedback, we would like to expand the medical and dental services offered. A clear understanding of the needs in the community are necessary to grow the project and support further requests for funding.

# How Can Your Board Support Our Vision to Improve the Health of Rural Residents?

- In-kind support
  - Political support
  - Assist with locations
  - Space to locate (Convenient to your population--community center? Other?)
  - Hookups to electricity/water/sewer if available
  - Security if needed
- Gather funds for private treatment (as needed)
- Market the event



<https://www.viivconnect.com/images/assistance/circle-image-1.png>



# Contact Information

Dr. Antonina Capurro  
State Dental Health Officer  
Oral Health Program  
[acapurro@health.nv.gov](mailto:acapurro@health.nv.gov)  
702-774-2573

Dr. Joseph Iser  
Chief Health Officer  
Southern Nevada Health District  
[iser@snhd.org](mailto:iser@snhd.org)  
702-759-1201

