Medical Dental Integration
Cavity Free Iowa
A Tale of How Interdisciplinary Teams Can Make a Difference
A Pediatricians Adventure Through the World or Oral Health

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American Academy of Pediatrics/Bright Futures
Periodicity Schedule
Most common chronic disease of childhood?

- 4 times more common than early childhood obesity
- 5 times more common than asthma
- 20 times more common than diabetes
- A billion times more common than measles (in the US)

- Early Childhood Caries
AAP policy statement on Fluoride

- Fluoridated toothpaste is recommended for all children starting at tooth eruption, regardless of caries risk.
- A smear of toothpaste should be used up until age 3 years, then a pea-sized amount.
- Refer to a dentist and your work is done.
Toothpaste Amounts

“Smear”

“Pea-sized”
Fluoridated toothpaste is recommended for all children starting at tooth eruption, regardless of caries risk.

A smear of toothpaste should be used up until age 3 years, then a pea-sized amount.

Fluoride varnish is recommended in the Primary care setting every 3-6 months starting at tooth emergence.
Children Receiving a Dental Service

Medicaid enrolled children receiving a dental service

<table>
<thead>
<tr>
<th>Year</th>
<th>Services from a DDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>Birth - 2</td>
</tr>
<tr>
<td>2012</td>
<td>3 - 5 years</td>
</tr>
<tr>
<td>2018</td>
<td></td>
</tr>
</tbody>
</table>
Fluoride Varnish Prevents Decay

- Arrests and reverses the process of cavity formation
- The use of fluoride varnish leads to a 33% reduction in decayed, missing, and filled tooth surfaces in the primary teeth and a 46% reduction in the permanent teeth.
- Easy to apply
- Minimal Cost to the provider
- Reimbursed by Medicaid
Finding like minded people with different skill sets - 2017

- Iowa Department of Public Health
- I smile coordinators
- Delta Dental of Iowa
- Iowa Medicaid Enterprises
- Broadlawns Dentistry and Family Medicine Residency
- MercyOne Pediatric Clinics
- Iowa Dental Board
- Dental Connections
Cavity Free Iowa Logo
CAVITY FREE IOWA

DELTA DENTAL

I-Smile
Iowa Department of Public Health
Goal

- Cavity Free Iowa was initiated in 2017 to increase the number of children ages 0-35 months who receive oral screening, anticipatory guidance, and fluoride varnish in medical practices. Because young children often see their primary care provider on a more routine basis and at a younger age than they see a dentist, the goal of Cavity Free Iowa is to increase oral health awareness and improve the oral health and overall health of patients. Through this program, local I-Smile™ coordinators (dental hygienists) can provide onsite training for pediatric and family practice clinic staff and also assist with referrals for children needing dental care.
Initial Objectives

- Building relationships and trust
  - Whose job is it anyway?
- Creating a desire to change workflow
  - How long will this take me?
- Getting a system that reimburses
  - D1207 and 99188
- Training providers
  - I Smile Coordinators
Cavity Free Iowa Toolkit

- I-Smile™ Screening Guide for Healthcare Professionals
- Periodicity schedule
- Fluoride varnish supply information
- Fluoride varnish protocol
- Training attendee list
- Be the Difference fact sheet
- Q & A for Medical Providers
- I-Smile™ referral form
- Parent follow up letter
- I-Smile™ risk assessment tool
- Dental referral list
Be the Difference in a Child’s Smile!

As a child’s primary care provider, you are an important partner in improving oral health, especially for children birth to 3 years old. The American Academy of Pediatrics recommends a child’s first dental exam before the first birthday, yet, in 2017, four out of five children ages 0-2 years old saw no dental care.

Dental screenings and fluoride varnish applications as part of well-child medical visits are important preventive strategies. Screening for early tooth decay and referring young children for dental care can decrease their risk of decay. Fluoride varnish can prevent decay from starting and also stop early decay from progressing.

Through the i-Smile™ program, a regional coordinator can provide training for you and your clinic staff on how to perform a dental screening and apply fluoride varnish. The i-Smile™ Coordinator can also help find dental care for children and assist families with identifying payment sources for care.

For more information about i-Smile™ and how you can help with oral health services and referrals, please call 1-866-528-4020 or visit http://smile.healthy-iowachildren.com.

Iowa Medicaid and some private medical insurance companies reimburse medical providers for application of fluoride varnish in conjunction with a well-child visit/EPIC screening.

<table>
<thead>
<tr>
<th>Procedure Code</th>
<th>Procedure Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>C320000000000</td>
<td>Fluoride varnish application</td>
</tr>
</tbody>
</table>

Digital varnish is provided to children ages 0-15 months, and fluoride varnish is recommended for all children ages 2-16 months. Fluoride varnish is most effective when given within the first year of tooth eruption and every 6 months thereafter. Children ages 6 years and older are also likely to need dental care.

Tooth decay affects a child’s ability to eat, sleep, speak, learn, and thrive. Tooth decay is preventable. Most children with dental decay are 6 years old or younger. Children under the age of 6 years and younger are at high risk of having decay.

What is Cavity Free Iowa?

Cavity Free Iowa was initiated in 2017 to increase the number of children ages 0-15 months who receive oral screening, anticipatory guidance, and fluoride varnish in medical practices. Because young children often see their primary care provider or in a routine visit and not a dentist, the goal of Cavity Free Iowa is to increase oral health awareness and improve the oral health and overall health of patients. Through this program, local i-Smile™ coordinators (dental hygienists) can provide civic training for pediatric and family practice clinic staff and also assist with referrals for children needing dental care.

Why is fluoride varnish beneficial to my patients? And is it safe?

Research indicates that when fluoride varnish is used early, it can reduce decay by 18-25% in children. Fluoride varnish is easy to apply and does not require a professional dental cleaning prior to application. Because only a minimal amount is used and it dries immediately upon contact with saliva, fluoride varnish is safe and well-tolerated by infants, young children, and individuals with special needs. Fluoride varnish is endorsed by the American Dental Association and recommended by the American Academy of Pediatrics.

What patients should receive fluoride varnish?

The focus of Cavity Free Iowa is children ages 0-15 months; however, fluoride varnish should be applied to all children at moderate to high risk for tooth decay as soon as the first tooth erupts. Examples of children at moderate to high risk include those with existing decay or fillings, having parents or siblings with a history of decay, being of low socio-economic status, and those with a high-sugar/high-carbohydrate diet or lack of access to community water fluoridation.

Who can apply the fluoride varnish?

A physician or nurse practitioner can apply the varnish or delegate its application to any appropriate clinic staff. (Application is outside the scope of practice.) In many cases, the varnish may be applied by a nurse or medical assistant at the same time immunizations are provided.

How often should the fluoride varnish be applied?

Fluoride varnish is most effective when applied every 60 days. In addition to varnish applications at dental visits every 4 months, a fluoride application at every well-child visit is recommended for children at moderate to high risk for tooth decay.

How are medical clinics reimbursed for this service?

Fluoride varnish application is reimbursed by Medicaid Managed Care Organizations (MCOs) and by some private insurers. For Medicaid-eligible children ages 0-15 months, a fluoride varnish is paid at $13.99 for physicians and $11.99 for nurse practitioners using CPT code 99188 (at least 90 days apart). Dental screening is part of the well-child exam reimbursement. Private insurance coverage varies, and providers should contact carriers directly for payment guidelines.

What is the cost of fluoride varnish?

A single application of fluoride varnish costs approximately $1.00/child. Fluoride varnish can be ordered through dental supply companies (a list of companies is available through your local i-Smile Coordinator).

Cavity Free Iowa is a partnership between the Iowa Department of Public Health and Delta Dental of Iowa Foundation. For more information, contact your i-Smile Coordinator at http://smile.healthy-iowachildren.com.
I-Smile® Decay Risk Assessment

If a risk factor is present, check the appropriate box. Refer to the physician and/or oral surgeon.

High Risk — If box is checked, client is considered high risk for decay.

<table>
<thead>
<tr>
<th>High Risk: If box is checked, client is considered high risk for decay.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral screening:</td>
</tr>
<tr>
<td>Suspected or obvious decay</td>
</tr>
<tr>
<td></td>
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</tbody>
</table>

Moderate Risk — If the client is not high risk and any box below is checked, client is considered moderate risk for decay.

<table>
<thead>
<tr>
<th>Moderate Risk: If any box below is checked, client is considered moderate risk for decay.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oral screening:</td>
</tr>
<tr>
<td>Dental plaque</td>
</tr>
<tr>
<td>Enamel defects (e.g., deep pits fissures)</td>
</tr>
<tr>
<td>Trauma injuries</td>
</tr>
<tr>
<td>Decay history (e.g., presence of fillings or crowns)</td>
</tr>
<tr>
<td>Other defects (e.g., oral hygiene, dry mouth, periodontal disease)</td>
</tr>
</tbody>
</table>

Client Information

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>Parent’s social security status: 100% FPL (from census form)</td>
</tr>
<tr>
<td>Dental visits – less than annually</td>
</tr>
<tr>
<td>Parent or sibling has removable decay</td>
</tr>
<tr>
<td>Parent or sibling has history of decay (e.g., presence of fillings or crowns)</td>
</tr>
<tr>
<td>Child has special health care needs</td>
</tr>
<tr>
<td>Exposure to sugars/carbohydrates 1-2/day, other thanNorthern................................................................</td>
</tr>
<tr>
<td>No fluoride in toothpaste or no fluoride in water</td>
</tr>
<tr>
<td>Brush 1 or fewer times per day</td>
</tr>
</tbody>
</table>

Low Risk — If none of the high or moderate risk factors above are present, client is considered low risk for decay.

Provider name and credentials: ___________________________ Date: _________________
Cavity Free Desk Plaque
Cavity Free Iowa

283 Medical Providers Trained in 25 Counties to Provide Fluoride Varnish on Kids 0-35 Months

Areas Served

10/2019
Number of children <3 who received fluoride varnish from a medical provider

Data source: Iowa Medicaid paid claims
<table>
<thead>
<tr>
<th>Month</th>
<th>Applications</th>
</tr>
</thead>
<tbody>
<tr>
<td>January 2018</td>
<td>14</td>
</tr>
<tr>
<td>February 2018</td>
<td>20</td>
</tr>
<tr>
<td>March 2018</td>
<td>33</td>
</tr>
<tr>
<td>Jun 2019</td>
<td>86</td>
</tr>
<tr>
<td>July 2019</td>
<td>66</td>
</tr>
<tr>
<td>August 2019</td>
<td>51</td>
</tr>
<tr>
<td>September 2019</td>
<td>94</td>
</tr>
<tr>
<td><strong>TOTAL</strong></td>
<td><strong>1014</strong></td>
</tr>
</tbody>
</table>
“Oral health care is not an extra concern of the pediatrician or family medicine provider; it is a primary component of our focus on preventive health care. It is every bit as important as counselling on SIDS, sun safety, car seat safety and even immunizations”
Future Goals

- Turn the Map Green in all 99 Iowa counties
- Increase access to dental care in the under 3 year old population
- Train the students

- Develop interdisciplinary relationships that improve oral healthcare throughout Iowa
Thanks to

- Cavity Free Iowa
- Mary Kay Brinkman
- Iowa Department of Public Health
- I Smile Coordinators
- Delta Dental
- American Academy of Pediatrics Section on Oral Health

Resources:

- [https://ilikemyteeth.org/ohpp/](https://ilikemyteeth.org/ohpp/)
- [https://ismile.idph.iowa.gov/education/medical-providers](https://ismile.idph.iowa.gov/education/medical-providers)