

INTRODUCTION

- Hispanics have the poorest oral health of any racial and ethnic groups in the US [1].
- In the Hispanic population, earlier studies have shown that factors like dental insurance, education and acculturation were significant factors contributing to the levels of oral health awareness and healthy practices [2].
- A recent survey [3] showed that around 30% of Hispanics thought cavities would go away on their own through regular tooth brushing.
- About half also had misperceptions about the importance of brushing versus flossing.
- The survey found that nearly 60% of Hispanics feel that having a Spanish-speaking oral health provider would help that a lot in taking care of their oral health.
- Despite these gaps in knowledge, 82% of participants considered themselves an excellent or good source for teaching oral health habits to their children.

SPECIFIC AIMS

The current study will first assess the level of oral health literacy in a group of Hispanic women who have had education lessons on health related issues other than oral health. Then, the informative presentation will provide insight into healthy oral health habits and appropriate practices.

AIM 1: Assess the level of oral health literacy in an underserved population of Hispanic women.

AIM 2: Provide education about proper adult and pediatric oral health practices for Hispanic women.

COMMUNITY PARTNER

Abrazos, our community partner, is an organization that serves the Hispanic women of North Charleston area. Mothers are taught important parental skills, information regarding health and nutrition, resources available in the community, as well as English classes. While the mothers are in class, their 3-4 year old children engage in developmental skills that aid in their preparation for kindergarten.

METHODS

STUDY DESIGN

This study utilized a non-randomized pre-test and post-test design. This study has IRB approval.

PARTICIPANTS

A purposeful sampling of Hispanic women with children age 3-4 years old and participates in the Abrazos program.

RECRUITMENT STRATEGY

Hispanic women who were associated with the Abrazos program. Abrazos program is a community partner of the MUSC Nursing Department and Charleston County School District. They were contacted about participation in the study.

DATA COLLECTION

- Coordinated date and travel to Abrazos site at Midlands Park Primary School
- Introductions by the staff to the attendees
- Administration of 15 question "Pre-Education" Survey
- Dental Health Basics discussion with visual aids to cover important topics including:
 - Brushing, flossing, rinsing with large model
 - Adult dental care
 - Children's dental care
 - Emergency dental care
- Question and Answer session facilitated and translated by the staff of Abrazos
- Administration of 15 question "Post-Education" Survey
- Hand out free clinic information, coupons, toothbrushes, toothpaste and floss

DATA ANALYSIS

Descriptive statistics

RESULTS

Number = 16

BARRIERS TO PROJECT

- Working with community partners and coordinating schedules
 - Ideally we would have liked to have 2 dates to work with Abrazos, but due to time constraints, we were unable to do so
- Utilizing appropriate translation services
- Translating educational material
- Cultural barriers to education
 - No Hispanic Presidential Scholars in the Culturally Sensitive group to provide Dental Health Basics Discussion
- Small sample size
- Lack of knowledge about other demographics
 - Country of origin
 - Age
 - Number of children

Figure 1. Pre-Education Survey (English and Spanish)

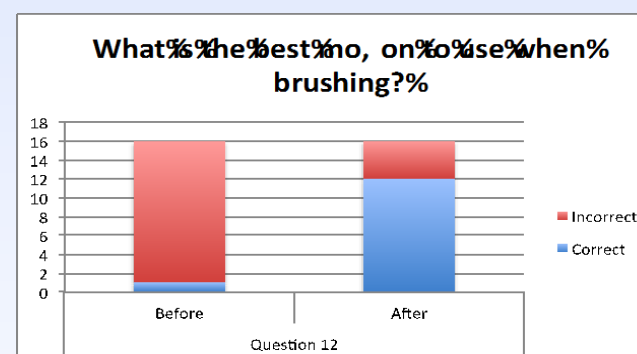
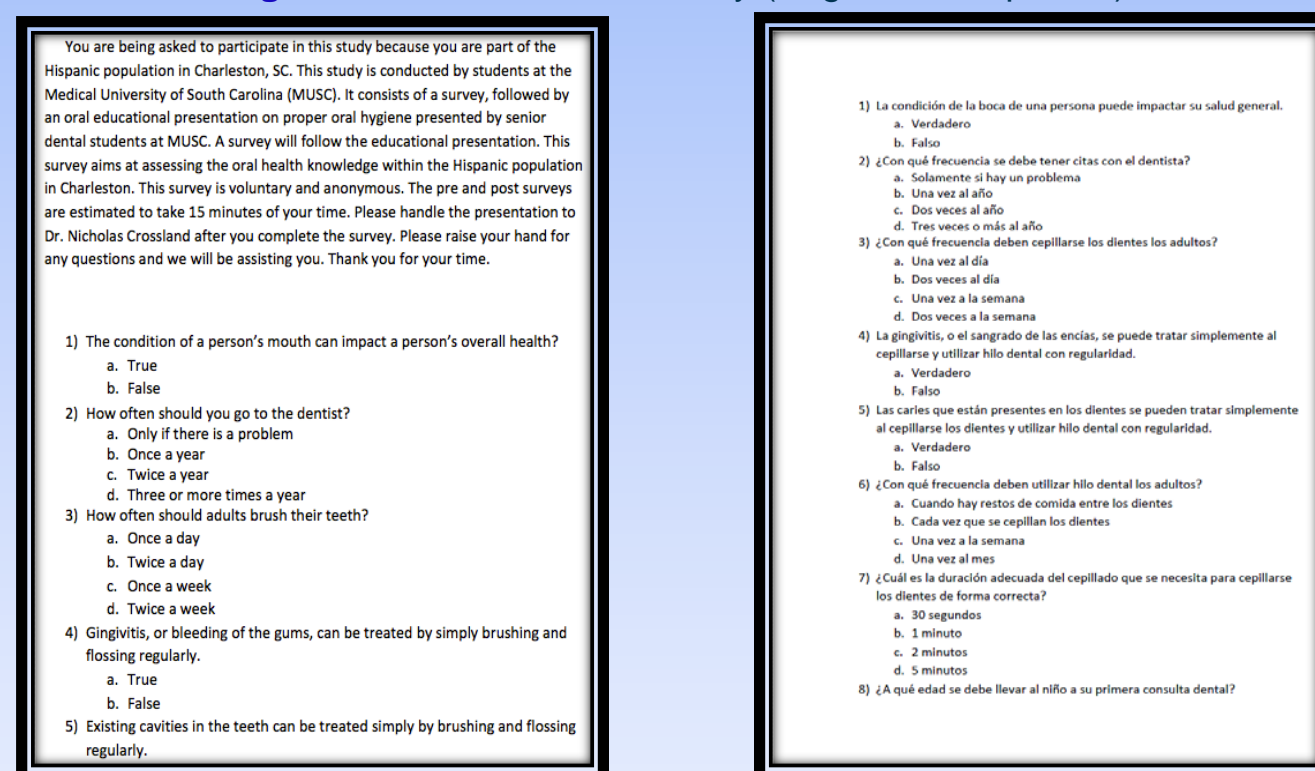


Figure 2. Selected survey question "What is the best motion to use when brushing teeth?" with before and after responses. Y axis indicates the number of total responses. X axis indicates whether the question was answered before or after the Abrazos group received education on dental health.

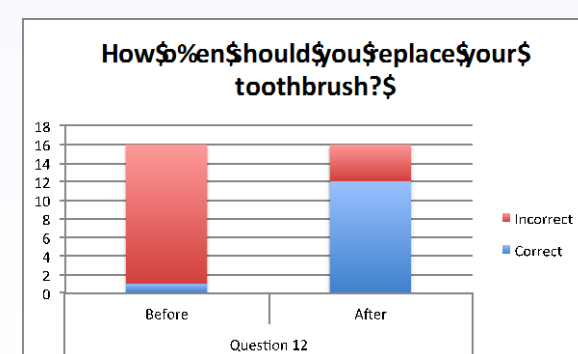


Figure 4. Selected survey question "How often should you replace your toothbrush?" with before and after responses.

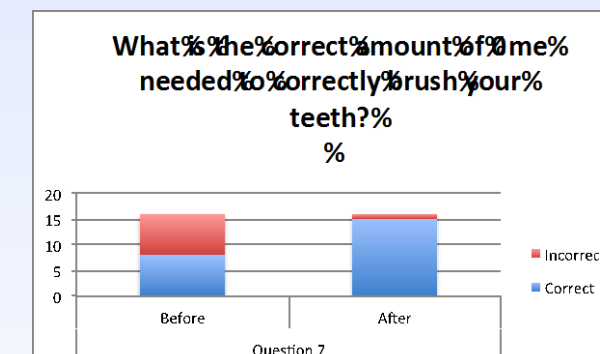


Figure 3. Selected survey question "What is the correct amount of time needed to correctly brush your teeth?" with before and after responses. Y axis indicates the number of total responses. X axis indicates whether the question was answered before or after the Abrazos group received education on dental health.

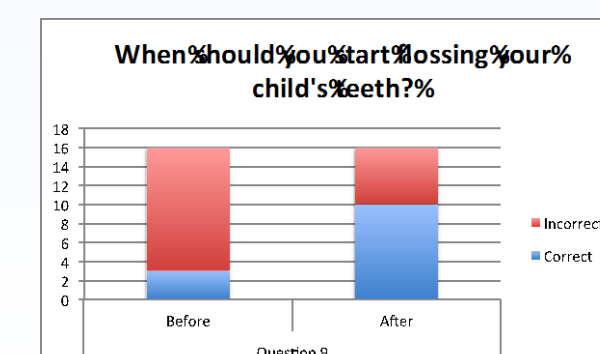


Figure 5. Selected survey question "When should you start flossing your child's teeth?" with before and after responses.

CONCLUSIONS

- It was clear that the women at Abrazos had received some educational training on dental health care prior to our training session due to the high number of correct answers on the Pre-Education Surveys in certain topics.
- The participants scored lowest on questions that required knowledge of when to utilize professional dental services, knowledge of common gum disease, as well as brushing and flossing technique.
- The cumulative scores of the Pre-Education Survey were much lower (58%) than the scores of the Post Education Survey (80%).
- The education on Dental Health Basics improved most scores an average of 22% compared from pre to post education survey.

DISCUSSION

RECOMMENDATIONS

- Continue to foster learning about health and dental care in the Hispanic population through Abrazos.
- Reinforce what constitutes a visit to the Doctor or Dentist.
- Encourage young Hispanics to pursue a career in the health field so as to combat cultural divides that naturally exist.

INTERPROFESSIONAL APPROACH

- With multiple perspectives in varying areas of expertise, it was helpful to rely on certain professionals for their expert opinion at specific points in our project.

LESSONS LEARNED

- Everyone has their own agenda but collaboration requires respectful compromise.
- It is important to provide study participants with some form of compensation for their time, making it equally advantageous for them to participate.

RECOMMENDATIONS FOR FUTURE STUDIES

- Re-test the same group of women at Abrazos in 1 week, 1 month, 2 months to determine retention rates.
- Test the children of the mothers who attended Abrazos to determine if the knowledge had been implemented or passed down.

QUESTIONS UNANSWERED

- Demographic information on the women who participated in the study
 - The level of understanding the Hispanic women had during the learning.

RECOMMENDATIONS FOR NEXT SCHOLARS GROUP ON TOPIC

- More education would be beneficial on common gum disease and how to treat it.
- Reinforce brushing and flossing techniques taught in the Dental Health Basics Lecture.
- Work with the children whose mothers participate in the Abrazos program to reinforce the topics taught in the Dental Health Basics Lecture.

ACKNOWLEDGEMENTS

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REFERENCES

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