**Revised Report Proposal**

To: Dr. Lidia Aleksandru at Broadview Family Dental

From: Editha Tomaszewski

Date June 8, 2016

Subject: *Proposal for the Organization and Facilitation of an Educational Program for Patients (and their parents if interested) on proper dental care and how to reduce the incidence of dental decay while undergoing orthodontic treatment.*

**Introduction**

Many young adolescent patients from our general dentistry practice have been referred to the specialists for orthodontic treatments or for “getting braces”. As they return for their dental check-ups, many of them and their parents often have questions about the proper dental care as they undergo the treatment. Questions are usually related to the appropriate brushing time, the frequency of brushing, how to floss with the braces, what toothpaste to use, whether to use any supplements and so on. Most often visits include many procedures and there is not adequate time to focus on home care alone and patients’ concerns.

Therefore, for this proposed research, I plan to implement an educational workshop related to patients ‘concerns and determine the feasibility of it through inquiry.

**Statement of Problem**

A fair number of patients undergoing orthodontic treatment seem to be completely overwhelmed by the process of keeping their teeth clean during their active treatment with the braces on. As they attend their orthodontic visits and their treatment progresses, it is only natural to expect that they will be instructed on how to clean their teeth properly and follow the instructions accordingly for the best outcome. It is a common practice to schedule their check-ups and hygiene visits more frequently in order to keep the teeth clean, apply fluoride treatment and inspect them for any signs of gum or tooth problems. Many of our young orthodontic patients have been surprised with the need of unexpected restorative treatment or diagnosed with gum inflammation. Therefore, there is a pressing need to address these problems as soon as possible to avoid such consequences.

**Proposed Solution**

The proposed solution is to organize an educational workshop for the adolescent patients and their parents. It will not only provide them with answers to any questions they have while wearing braces, but also offer them a practical approach in a timely manner.

**Scope**

To assess the feasibility of developing an educational workshop for the orthodontic patients, I plan to pursue the following areas of inquiry:

* Work collaboratively with the Dentist and the Dental Team on all aspects of the proposed educational program since she will be the main sponsor for the program
* Prepare an outline of a program and discuss all the details the Dentist and the Dental Team in order to address all the patients’ concerns
* Assess the estimated cost of running such a project; will consider the office space as the venue and alternatively will inquire about the cost of renting a room in the neighbourhood community centre in case the group is too large to accommodate in our clinic
* Approach the co-sponsors, most likely a dental supply company to provide gift bags with dental supplies such as specialized orthodontic toothbrushes, toothpastes and fluoride samples, dental floss, etc. for the participants and a local coffee shop to provide refreshments during the workshop if possible
* Inquire about printed information materials and pamphlets as a take home package for the participants from local Public Health Unit, Dental Hygiene Association, Dental Association, etc.

**Methods**

My primary data sources will come from discussion and possibly a survey of the patients to identify and determine if there is a need for the workshop, or the willingness to participate in a workshop.

It is also vital to have a meeting with the Dentist and the Staff to discuss the issue and coming up with the team-approach solution. Further, I will set up meetings with the orthodontic teams that we refer to the most and collaborate on how to address the issues. The findings will be related back to the Dentist and our Dental Team for an update.

The secondary data sources will include reviewing journal articles from academic databases to determine what is being offered for the patients undergoing orthodontic treatment and how it is approached, as well as any recommendations from the College of Dental Hygienists of Ontario, Canadian Dental Hygienists Association and Ontario Dental Hygienists Association. I will also find out if there are any educational programs currently being offered through the local Public Health Unit.

**My Qualifications**

I have been working as a Registered Dental Hygienist in clinical settings of different dental specialties including pediatric dentistry for over 10 years. My experience involves working directly with children, teens and their parents and caregivers as determined by the specific need of the patients. This includes working in Dr. Alexandru’s practice as a primary hygienist. The subject of proper dental care, no matter the age and specific condition including orthodontic appliances is something that I have a strong passion for and feel that I could share my enthusiasm and knowledge with the patients of the practice that are interested in gaining the skills. I stay current clinically and academically in all aspects of dental hygiene as it relates to patients’ care.

**Conclusion**

If the proposed workshop is considered, it can provide a great educational component to our patients that undergo the orthodontic treatments and close the existing gap in their knowledge on current dental home care. With that, not only will their needs be addressed but also potential future dental problems prevented and quality of care improved. In addition, happy and enthusiastic patients (and their parents) are the best referral sources for the dental practice. With your approval I can begin the research immediately.