

# Smile T.I.M.E. ( Treatment Through Interdisciplinary Methods of Education) at Healing with C.A.A.R.E. Clinic 2017-2018 North Carolina Albert Schweitzer Fellows Keyachtta Hawkins & Tariq Jah



## Project Goals

Smile T.I.M.E. (Treatment through Interdisciplinary Methods of Education) is a dual phase interdisciplinary program which addresses the lack of access to dental care and health literacy at the C.A.A.R.E. Clinic by providing free comprehensive dental care and educational health workshops to low-income, uninsured adults.

## Phases

### Educational Phase:

Three 1-hour seminars focused on pharmacy/medications, nutrition, and oral hygiene. This is followed by a fourth session that served as a recap of information learned from the three educational seminars and patients determined which oral hygiene and lifestyle change they would like to make throughout the course of the program. These oral hygiene and lifestyle changes include:

#### Oral Hygiene Changes:

- Brush twice a day
- Floss once a day
- Daily use of fluoride mouthwash

#### Lifestyle Changes:

- Substitute water for sugary drinks 3 or more times a week.
- Have fruit and/or vegetables for half of every meal.
- Substitute whole fruit for an unhealthy snack 3 or more times a week.
- Exercise 3 or more times a week for 30 minutes.
- Decrease in HbA1c\*
- Decrease in Blood Pressure\*

*\*Additional lifestyle change based on medical history*

### Clinical Phase:

Our dental team provided comprehensive dental care and our pharmacy team provided wellness screenings:

#### Comprehensive Dental Care

- Prophylaxes
- Scaling & Root Planing
- Fillings
- Extractions
- Complete Dentures
- Partial Dentures

#### Wellness Screenings

- High Blood Pressure Testing
- Blood Glucose Testing
- HbA1c Testing
- Medication List Analysis



## Outcomes

12 patients in total were treated from our program, totaling \$23,816\* worth of dental care. Patients were seen in a total of 20 clinical sessions.

- 10 out of 12 patients received 2 or more of their comprehensive dental needs from their treatment plan.
- 5 out of 12 patients completed their treatment plan and our on recall for hygiene appointments.
- 2 out of 12 patients successfully made an oral hygiene change for six consecutive months.
- 3 out of 12 patients made a lifestyle change for six consecutive months.

Procedure	Total Cost
Extractions (25 extractions)	\$4,307.00
Restorative (15 fillings)	\$3510.00
Prophylaxes (4 prophylaxes)	\$388.00
Scaling & Root Planing (21 quadrants)	\$8,379.00
Radiographs (12 FMXs)	\$2,184.00
Complete Dentures (1 arch)	\$2,500.00
Partial Denture (3 arches)	\$2,211.00
Periodontal Maintenance (2 periodontal maintenances)	\$337.00
<b>Total Cost of Care Provided:</b>	<b>\$23,816.00*</b>

*\*Cost of dental care provided is based on private practice fees.*

## Sustainability

- The Smile T.I.M.E. program will be sustained at the Healing with C.A.A.R.E. (Center for Accessible Affordable Health, Research, and Education) Clinic by the Student National Dental Association (SNDA) chapter at UNC School of Dentistry.
- Schweitzer fellow and rising 4<sup>th</sup> Year Tariq Jah and rising 3<sup>rd</sup> year Duke Okeke will be coordinating the project by continuing care for the current cohort of patients and starting a new cohort of patients in September.
- North Carolina Albert Schweitzer Program will be providing sustainability funding that will aid the Smile T.I.M.E. program for the 2018-2019 academic year and years to come.



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