



# ORAL WELLNESS AND NUTRITION

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## PROJECT DESCRIPTION

The Oral Wellness and Nutrition (OWN) Program addressed oral health and nutritional needs of patients with diabetes through an inter-professional collaboration between Oral Health Care Provider (OHCP) students at UNC School of Dentistry (SOD) and the Registered Dietitian-MPH program from UNC Gillings School of Global Public Health. The goal of the project was to unite student health care providers to offer these patients personalized nutritional counseling, oral health education, and dental treatment over the course of 2 semesters in SOD student dental clinics. We evaluated student and patient opinions and comfort levels in performing these services in our dental clinic.

## SERVICES OFFERED

OWN patients will remain in the DDS student family of patients for continued care at SOD. During the OWN program, all patients received:

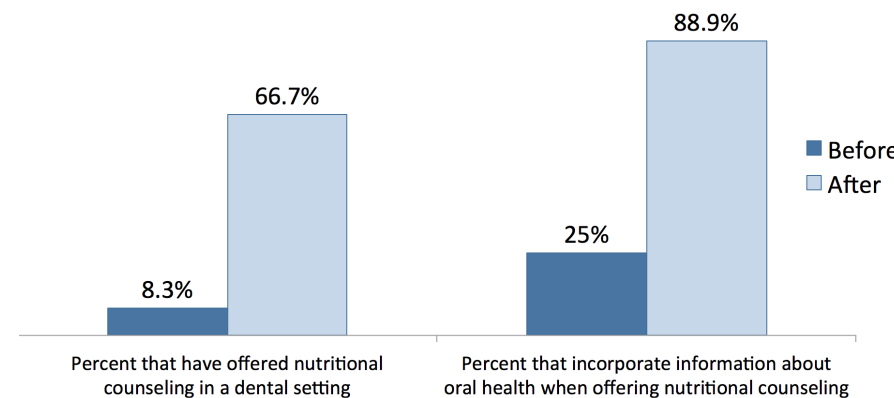
- Four free nutritional counseling sessions
- Two oral exams with two dental cleanings and fluoride applications at a reduced rate

With assignment to a DDS student, patients also received updated dental care, including:

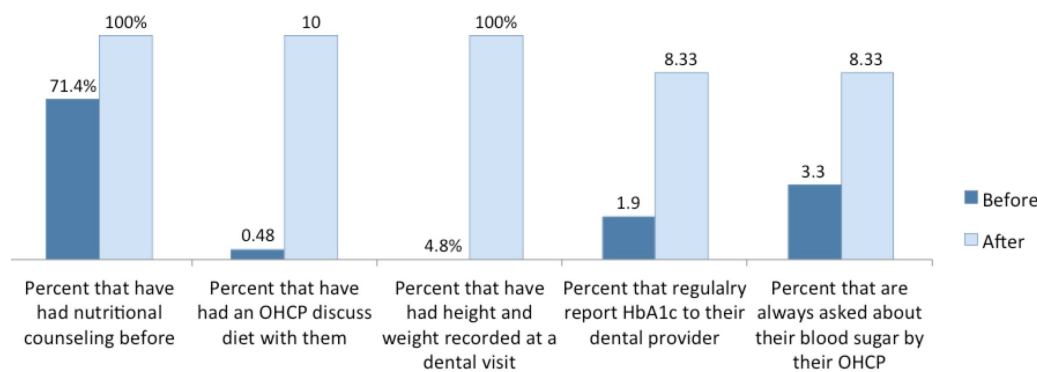
- Updated radiographs (10 patients)
- Composite restorations (10 patients)
- Amalgam restorations (4 patients)
- Periodontal therapy (10 patients)

## SURVEY RESULTS

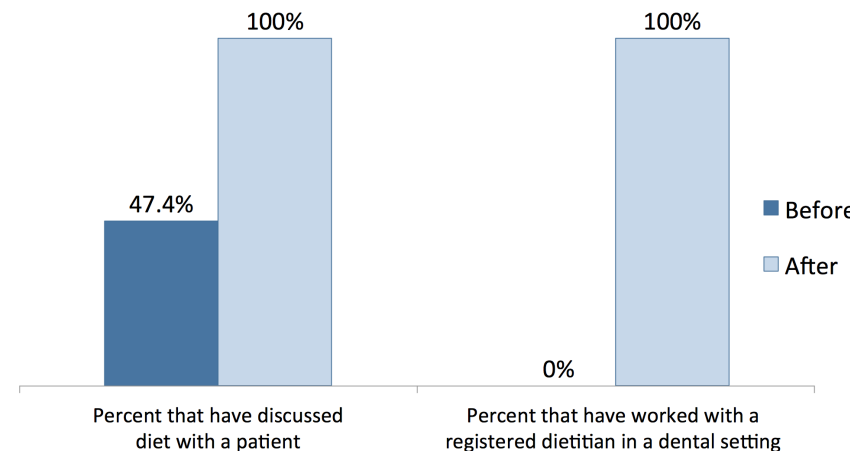
### RD - MPH Survey Results



### Patient Survey Results



### OHCP Survey Results



## PROJECT OUTCOMES

- Successfully integrated RD-MPH students from the Gillings School of Global Public Health into the dental clinic at the UNC School of Dentistry. 20 patients completed the OWN program with 20 dental students and 11 RD-MPH students providing care.
- The DDS Class of 2017 and RD-MPH Class of 2015 students received lessons and information about the connection between diabetes, diet and oral health.
- The ADA Nutritional Counseling Code (D0130) usage increased from 98 to 161 over course of the one-year program.
- Scale and stadiometer were added to clinic. No patients had height or weight measured in a dental setting before the project. All patients now report these measurements at their dental visits.
- Instituted policy changed by adding a note keeping template for students to monitor patient nutritional goals and health progress throughout the program.
- 63.9% increase in RD-MPH students incorporating information about oral health when offering nutritional counseling
- 52.6% increase in dental students discussing diet with their patients
- 28.6% increase in patients with diabetes receiving nutritional counseling
- 95.2% increase in patients discussing diet with an oral health care provider
- 64.3% increase in patients regularly reporting HbA1c levels to their OHCP
- 50% increase in patients asked about their blood glucose by their OHCP

## SUSTAINABILITY

The Oral Wellness and Nutrition Program will continue as a 2015-2016 Schweitzer Fellowship project at UNC SOD. Pharmacy students from the Eshelman School of Pharmacy at UNC will be added to the team providing medication counseling.

[www.schweitzerfellowship.org](http://www.schweitzerfellowship.org)  
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