

Oral Health Training for Home Visitors Frequently Asked Questions and Resources

March 9, 2018

Questions and Answers

1. Can college students get coverage through Medi-Cal?

Yes, there are several ways a college student can be eligible for Medi-Cal, depending on their circumstances.

- If they are if they are dependents of their parents, they may qualify for Medi-Cal as children up to age 20, regardless of immigration status, if they meet income and potentially other eligibility requirements. Visit: <https://www.coveredca.com/PDFs/FPL-chart.pdf>
- If they are single adults, they may qualify for Medi-Cal Visit: <https://www.coveredca.com/PDFs/FPL-chart.pdf>
- There are other circumstances which may qualify them for Medi-Cal. For example, former foster youth are eligible for Medi-Cal up to age 26, regardless of their income. Visit http://www.fosteryouthhelp.ca.gov/PDFs/CN_FactSheet.pdf
- In addition, individuals who do not quality for Medi-Cal may qualify for financial assistance through Covered California. Visit <https://www.coveredca.com/> for more information and to apply.

2. Are resources available in Spanish?

Several resources are available in Spanish. Here are just a few. Other resources may also be available in Spanish and other languages. Review the resources on page 29 of the power point presentation to identify resources in Spanish. Here are a few:

- Oral Health Tip Sheet
<https://eclkc.ohs.acf.hhs.gov/hslc/Espanol/salud/Health/docs/salud-oral-tipsheet.pdf>
- Cavity Prevention Magnet: <https://www.saavsus.com/store/cavity-prevention-magnet>
- Calendars and flip charts:
<https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/OralHealthResources4Providers.aspx#>
- Partnership for Healthy Mouths Healthy Lives: <http://2min2x.org/espanol/index.html>

3. *During the presentation it stated that babies should not have the bottle while sleeping. Does that include the breast while breastfeeding?*

The goal is to decrease a child's prolonged exposure to sugars so whether a parent chooses to breastfeed or bottle-feed their baby, it is important to have good oral health habits.

- Keep the baby's mouth clean by gently wiping the gums with a clean cloth. Once the first tooth erupts, gently clean teeth with a soft brush (or can continue with cloth) with a rice kernel amount of fluoridated toothpaste (it is ok that the baby cannot rinse and spit yet)

4. *I have a family with a 5-year-old. All of his teeth have cavities. I spoke to the parent about dental care. She mentioned that he does not like to brush his teeth. What other ways can I support this family?*

Helping the family understand the value of oral health during childhood would really be helpful (e.g. preventing pain, inability to eat, learning disadvantages, missed days of school, etc.) and ultimately having the family decide their best course of action. You could ensure that it is safe to seek dental care at this age and/or recommend how to "make brushing time fun" by adding songs or videos. There are many on YouTube but brushing with Elmo is a popular one <https://www.youtube.com/watch?v=wxMrtK-kYnE>

5. *How do you clean a newborn's teeth/gums? A parent said she was told not to rub her baby's gums because it can damage the gums. Before the teeth come out, can the parent brush the gums with a damp towel?*

Keep the baby's mouth clean by **gently** wiping the gums with a clean cloth. Once the first tooth erupts, gently clean teeth with a soft brush (or can continue with cloth) with a rice kernel amount of fluoridated toothpaste (it is ok that the baby cannot rinse and spit yet)

6. *What products would you recommend for new mother's during their infants teething stage? One of my clients has a five-month-old that she suspects is teething and has given him orajel despite no actual teeth showing, is this safe? Products that help with soothing?*

Teething can cause some irritability, crying, low-grade temp (not over 100 degrees F) sore gums, excessive drooling and a desire to chew on something hard. Pain relievers that you rub on the gums are not very useful because they are washed out of the baby's mouth within minutes. If the baby is irritable, he/she can chew on something cool like a clean cold wash cloth or teething ring. Avoid teething biscuits.

7. *At what age can parents use rice size toothpaste?*

Parents should use no more than rice kernel amount of fluoridated toothpaste 2x a day as soon as the first tooth comes into the mouth. For children 3-6 years of age, caregivers should give no more than a pea-sized amount of fluoridated toothpaste.

Ensure that the children are getting the right amount of paste and keep the whole tube out of reach of young children.

8. *Is there any documented information in Spanish for clients to know what oral health procedures pregnant women—who are on Medi-Cal—are eligible for during pregnancy.*

Here is a consumer pamphlet in English and Spanish (and soon available in various other languages) with information about the adult dental benefits, including for pregnant women, and how to access them. <https://cpehn.org/page/what-you-need-know-restored-dental-benefits-adults-california>

Additional Resources

- **Denti-Cal provider handbook:** https://www.denti-cal.ca.gov/Beneficiaries/Denti-Cal/Beneficiary_Handbook/
- **Denti-Cal for adults** (DHCS chart, MCHA assisted with specific input for pregnant beneficiaries) PB Jan 2018 Full Restoration, see page 3 https://www.denti-cal.ca.gov/DC_documents/providers/provider_bulletins/Volume_34_Number_01.pdf
- **MCHA** website and contact info: <http://www.mchaccess.org/index.php>
- **Cavity Free Kids:** oral health education for young children and their families. It is designed for use in Head Start and Early Head Start, child care, preschool, home visiting, and other programs and for families to use at home. <http://cavityfreekids.org/resources/home-visiting-resource/>
- **Kansas Head Start Association:** several useful tools, including educational materials and a resource guide; some tools for parents are available in Spanish. <https://www.ksheadstart.org/new-page-1>
- **California State Oral Health Program, Resources for Providers: Tools and fact sheets for various populations, including pregnant women, infants, young children and adolescents.** <https://www.cdph.ca.gov/Programs/CCDPHP/DCDIC/CDCB/Pages/OralHealthProgram/OralHealthResources4Providers.aspx#>
- **Mouth Healthy, by the American Dental Association:** Information and tools for various age groups and circumstances. <https://www.mouthhealthy.org/en>
- **University of Washington School of Dentistry Learn to Lift the Lip** slide deck. <http://www.dcdclinic.org/uploads/2/1/1/7/2117140/english.pdf>
- **Partnership for Healthy Mouths Healthy Lives:** Simple tools for parents, including videos, fact sheets, easy-to understand basic information, and other resources. <http://2min2x.org/index.html>
- **National Maternal and Child Oral Health Resource Center:** high-quality information about oral health in maternal, infant, and early childhood home visiting programs. <https://www.mchoralhealth.org/hinghlights/home-visiting.php>
- **Partners for a Healthy Baby Curriculum:** Five-Volume Series – www.cpeip.fsu.edu/PHB