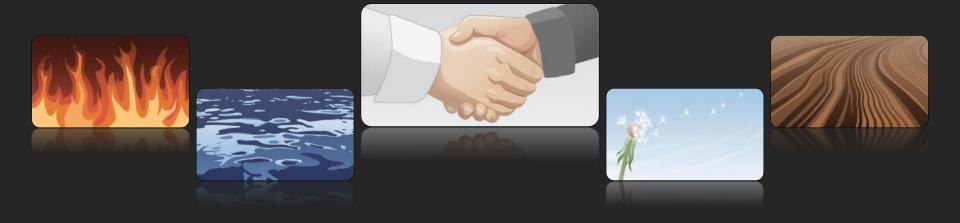


ADEE – Special Interest Group (SIG) Communication and Health Behaviour Change Education (CHBCed)



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Chronic diseases



CANCER
DIABETES STROKE
HEART DISEASE

HIGH BLOOD PRESSURE

LUNG DISEASE

60% (2015)

Chronic diseases



CANCER
DIABETES STROKE
HEART DISEASE

HIGH BLOOD PRESSURE

LUNG DISEASE

77% (2025)

Risk factors for periodontitis



Oral hygiene improvements

Bakdash (1994)

Tobacco use

Cigarette

Cigar

Pipe

Smokeless tobacco

Tobacco use cessation

Tobacco use cessation

Tobacco use cessation

Tobacco use cessation

Haber et al. (1993)

Krall et al. (1999)

Krall et al. (1999)

Greer & Poulson (1983)

Diabetes mellitus

Type I

Type II

Metabolic control with insulin

Dietary adjustment

Emrich et al. (1991)

Emrich et al. (1991)

Ramseier 2005

Competencies (periodontal education)



...must be competent:

12. Behavioural sciences and communication skills, such as motivational interviewing. As an example, the achievement of effective oral hygiene practices and/or smoking cessation interventions are fundamental for optimal periodontal treatment outcomes.

Evidence-based support



- Health behavior change towards
 - improved oral hygiene
 - avoidance of tobacco
 - healthy diet
 - physical activity



behavioural support

not always simple and successful



necessary time

not always garanteed



self-efficacy

of the dental professional



evidence

is evolving

European Federation of Periodontology



- Behaviour change for the delivery of oral hygiene instructions can be based on the GPS approach:
 - Goal setting (including instruction in an appropriate technique to achieve that goal),
 - Planning and
 - Self-monitoring

CHBCed SIG ADEE Barcelona 2016





Groups



- Group 1:
 Own experiences with implementation of CHBC
- Group 2: Theoretical and practical skills being educated
- Group 3:
 Methods to assess the CHBC curriculum
- Group 4:
 Ways to engage (resistant) detal school

Group 1: Own experiences



- Takes a change of attitude
- Requires more education time
- Is a multi- and inter-disciplenary subject
- Is implemented into final assessments
 - OSCE, national board exam

Group 2: Skills being educated



- Theoretical and practical content is based on
 - public health responsibility of dental professionals
 - management of risk factors
- Introductory lectures and group learning
 - Virtual patients and clinical experience
- Need indications to provide HBC

Group 3: Assessment methods



- Assessing HBC at various stages of
 - dental education
 - patient's stages of change
- Standardized patients
- Audio / Video recordings
- Peer review

Group 4: Engaging dental school



- Diversities of situations (during entire process)
- Top-down
 - Networking
- Bottom-up
 - Evidence-based
 - Benefit system

HBCed



small steps

in the right direction

HBCed



see you again

At the next ADEE annual meeting