



Zdravstveni dom Celje

Preventive dental care programme

Community Health Centre Celje in
Slovenia

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The staff

- 3 preventive nurses (graduated)
- 12 dentists for kids
- 2 specialists, paediatric dentists (for wider region of Celje, also)
- 600-700 children every year (the number is decreased, peak in 2011)



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Antenatal class

- WHEN? In the last third of the pregnancy.
- WHO? Preventive nurse.
- HOW? Lecture and presentation for the parents.
- WHAT? About the term of first tooth eruption, breast feeding benefits, proper food and drink, chewing, use of pacifiers, baby`s bottle or thumb sucking,
- about proper hygiene,
- and the first visit of the dentist.



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First visit at the dentist

- WHEN? Between 9 months and 15 months.
- WHO? Specialist, paediatric dentist.
- HOW? It is individual consulting with the parents and dental examinations of the child.
- WHAT? About every risk factors: during the pregnancy, birth, viral infections, use of medicines, dietary habits, using the pacifiers,
- especially night feeding with milk, tea or other sweet drinks and daily use of other drinks against water.



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Second visit at the dentist

- WHEN? At 24 months of life.
- WHO? Specialist, paediatric dentist.
- HOW? It is individual consulting with the parents and dental examinations of the child.
- WHAT? We ask about the risk factors, presented at the first visit and about the new ones. We strictly motivate to chew the food and to use of solid healthy foods, we insular the benefits of stimulated saline and to use water for drinking.
- We motivate parents to do proper oral higiene.



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Third visit at the dentist

- WHEN? At 36 months of the life.
- WHO? Specialist paediatric dentist in the dental office and the preventive nurse in the preventive room.
- HOW? It is individual consulting with the parents and dental examinations of the child and consulting and demonstrating the proper oral hygiene in preventive room.
- WHAT? We inform the preventive nurse with the results of the examination and the risk factors presented.
- She motivates the parents to decrease the risk factors and demonstrate proper tooth brushing. She use the models and photos to motivate the child also.



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Programme for toddlers in kindergartens

- WHEN? 4 – 6 year olds
- WHO? Preventive nurse, ones a month
- HOW? Demonstration, stories, games, didactic accessories
- WHAT? Proper use of the tooth brush, learn the proper technic, care of the hygiene of the mouthwash set, motivate the group
- We put the guidelines every year (use water for trinking, tooth cleaning under supervision of the teacher, from the 4rd years of old)



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Preventive dental examinations of the school kids

- WHEN? At the 6 years olds.
- WHO? Dentists for the children, the children come with their parents.
- HOW? It is an individual consulting with the parents and dental examinations of the child in the dental office. We do the coloured plaque tests.
- Consulting and demonstrating the proper oral hygiene in preventive room to the group of the parents and toothbrushing under supervision of the preventive nurse



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Schoolkids and adolescents

- WHEN? At the 7, 9, 12, 13, 15, 17 year olds
- WHO? Dentists for the children. The children come with their school teacher, the whole class. They take the tooth brushes with.
- HOW? It is dental examinations of the child in the dental office. We do the coloured plaque tests. We inform the parents and the dentist of the child about the results.
- WHAT? The consulting about the proper dietary habits and good oral hygiene in preventive room to the group of the kids, demonstrating and toothbrushing under supervision of the preventive nurse.



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Preventive dental programme at the school

- WHEN? At the age of 9, 10.
- WHO? The preventive nurse.
- HOW? The natural sciences day, besides the other contents of the health and preventive, presentation and demonstration or workshops.
- WHAT? All preventive dental contents.



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The competition for clean teeth at healthy food

- WHEN? At the age from 7 – 10.
- WHO? Preventive dental nurse.
- HOW? Unannounced visit of the nurse in the classroom, checking the oral plaque with the tablet.
- WHAT? It is the competition between the classes. The kids encourage the schoolfriends and collect the points for good result. The best class of the school win the prize at the end of the schoolyear. The final ceremony is media and public attentioned.



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Individual dental preventive lesson

- WHEN? The kid or parent, who needs special attention, or the kid, before fixed orthodontic therapy begin with.
- WHO? The dentist checks the dental hygiene and asks about the risk factors.
- HOW? Individual session.
- WHAT? The preventive nurse does the demonstration and she motivates the kid and the parents.



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Good function of the preventive programme

- It has to be good connection between all part of this network: the dentist, pediatric dentist and preventive nurse, the community health centre, parents, schools, teachers, headteachers.
- It is a lack of participation of schools sometimes and lack of state support. It should be reach an agreement between the state departments (from the top) for better quality of our work.



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Supervise and evaluate

- We collect the data of the oral health and oral hygiene of the children 0-19 year olds.
- We have monthly meetings with preventive nurses and with the dentists four times per year.
- We have good collaboration with dentists and schools in the wide region of Celje, for now.



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- In the other regions of Slovenia they aren't so good conditions, because the dentists aren't obligate to do such oral examinations, there's a lack of colaboration between the preventive nurse and the dentist, a lack of transfer of the informations and guidelines.
- We try to keep such standard in Celje's region and spread it to all Slovenia.
- "We are the good practice example", they said, but we need the organisational and financial support.



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Thanks