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
Keyachetta 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 changes 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 HbaA1c*
  - 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
  - Prophylaxis
  - Scaling & Root Planing
  - Fillings
  - Extractions
  - Complete Dentures
  - Partial Dentures

- Wellness Screenings
  - High Blood Pressure Testing
  - Blood Glucose Testing
  - HbaA1c 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 are 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.

<table>
<thead>
<tr>
<th>Procedure</th>
<th>Total Cost</th>
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<tbody>
<tr>
<td>Extractions (25 extractions)</td>
<td>$4,307.00</td>
</tr>
<tr>
<td>Restorative (15 fillings)</td>
<td>$3,510.00</td>
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<tr>
<td>Prophylaxes (4 prophylaxes)</td>
<td>$388.00</td>
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<tr>
<td>Scaling &amp; Root Planing (21 quadrants)</td>
<td>$8,379.00</td>
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<tr>
<td>Radiographs (12 FMXs)</td>
<td>$2,184.00</td>
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<tr>
<td>Complete Dentures (1 arch)</td>
<td>$2,500.00</td>
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<tr>
<td>Partial Denture (3 arches)</td>
<td>$2,211.00</td>
</tr>
<tr>
<td>Periodontal Maintenance (2 periodontal maintenances)</td>
<td>$337.00</td>
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Total Cost of Care Provided: $23,816.00*

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

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