

# Improving Oral Health by Behavior Change: Use of "MySmileguideU"

Sukyung Moon DDS, Cayleigh Herman DMD, Alex Vieira DDS, Mark Moss DDS Greenville, North Carolina, United States

#### **Abstract**

The primary aim of this project is to enhance the health and well-being of individuals with Special Health Care Needs in eastern North Carolina by improving their oral health through the implementation of a behavioral model.

# Triangular Relationship among Dentist-SHCN-Caregiver



## **Teledentistry visit**



### **Patient Medical Record**



My SmileGuideU partners with: Schools, organizations, and health professionals

Use our secure, personalized online tool to increase oral health awareness My SmileGuldeU is easy to use!

Step 1. Login and create an oral health folder for every member of your family

Step 1. Login and create an oral heads notice for every member of your family. Step 2. Receive a personalized health guide for every member of your family. MSGU helps every member get more value from their dental visits. Health folders can be accessed 24/7 from any secure internet connection

MySmileGuideU provides the missing links in oral health care accountability: Assessment of self-care, tracking and promotion of timely dental visits.

Validation | Privacy & Security | Terms of Use | Sponsor Philipy | Contact Us

#### Methodology

- 1. Pre-Dental Visit Meeting:
  - · Conduct a pre-dental visit meeting between the dentist and the parents/caregivers via teledentistry.
  - Discuss potential areas of concern and identify perceived health benefits.
  - Schedule this meeting during the week before the dental visit.
- 2. Follow-Up: New Patient Visit
  - Revisit identified concerns and beliefs during subsequent dental visits.
  - · Assess the effectiveness of the intervention by examining changes in oral health behaviors and outcomes.
  - · O'leary Index, Demonstrate oral hygiene practice
- 3. Evaluation:
  - · Determine visible plaque and bleeding on probing during the first visit.
  - · O'leary Index, Demonstrate oral hygiene practice
  - Conduct follow-up evaluations at 3 and 6 months to assess improvements in preventive in-home practices.

#### 4. Comparison:

· Analyze data to evaluate the success of the behavioral intervention by indepth interview





### **Implications**

This project will test the application of the Health Belief Model in managing SHCN patients in a dental setting. By addressing perceptions of risk, severity, benefits, and barriers, the project aims to foster better oral health behaviors and outcomes, ultimately contributing to the overall well-being of this special population in eastern North Carolina.