

# Inspiring

Behind these smiles are midwives who know the value of good oral health



Advancing oral health in midwifery practice

June 2018

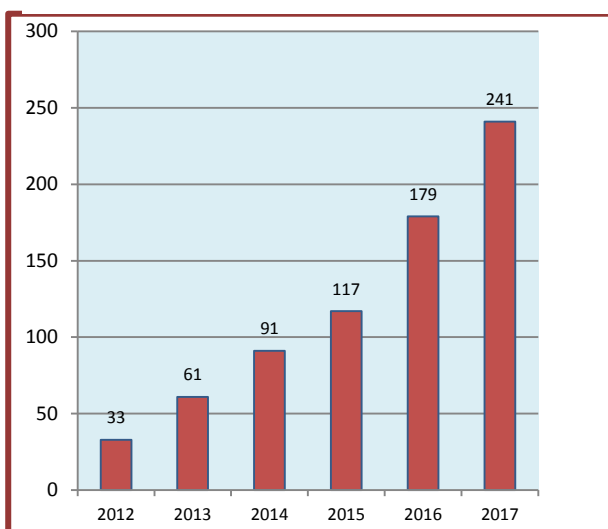
*Healthy Families, Healthy Smiles* has been working with Victorian midwives since 2012 to include oral health as part of routine antenatal care. This newsletter provides you with an update on how this work is progressing.

## Is MIOH influencing the numbers of pregnant women accessing public dental services?

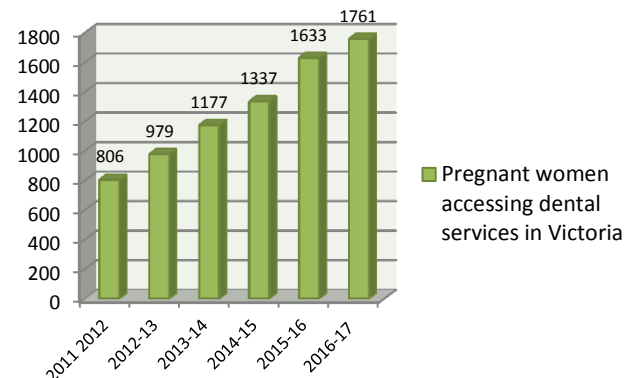
You might be wondering if the MIOH education program is making any difference to the number of eligible pregnant women accessing the public dental service? The findings of a randomized control trial conducted by Western Sydney University strongly suggests that oral health awareness building from the midwives was a contributing factor to the uptake of dental services (George, A., Dahlen, H., Blinkhorn, A., Ajwani, S et al 2018).

Looking at the Graph 1 you can see that since 2012, when the MIOH education program began in Victoria, there has been a yearly increase in the numbers of pregnant women accessing the public dental service. The data is more likely to be underreported due to limitations in the dental electronic record keeping system. Graph 2 shows the growing number of midwives in the workforce who have completed MIOH. This steady increase in midwives putting their training into practice is playing a role with pregnant women accessing public dental services.

**Graph 2 Progressive total of Midwives trained in MIOH 2012 - 2017**



**Graph 1: Pregnant women accessing dental services in Victoria**



# Coverage of Midwives trained in MIOH throughout Victoria 2012- March 2018

241  
midwives  
trained

## Grampians Region

Ballarat Health Services -7 midwives  
Djerriwarrah Health Service - 6 midwives  
East Grampians Health Service - Yet to participate  
Edenhope & District Memorial Hospital - 1 midwife  
West Wimmera Health Service -2 midwives

## Barwon South Western Region

Barwon Health - 11 midwives  
Casterton Memorial Hospital – 1 midwife  
Colac Area Health - 1 midwife  
Portland District Health - 4 midwives  
Terang Mortlake Health Service - 1 midwife  
South West Health Care - 3 midwives  
Western District Health Service -  
Gunditjmara Aboriginal Cooperative - 1midwife  
Wathaurong Aboriginal Health Service-2 midwives

## North Metro Region

Mercy Hospital for Women – 16 midwives  
The Royal Women’s Hospital– 17 midwives  
Northern Health – 16 midwives (including KMS)  
Victorian Aboriginal Health Service – 2 midwives

## Western Metro Region

Western Health – 2 midwives  
Werribee Mercy Hospital – 3 midwives

## Eastern Metro Region

Eastern Health Box Hill Hospital – 6 midwives  
Eastern Health The Angliss Hospital – 3 enrolled  
2018

## Southern Metro Region

Peninsula Health – 14 midwives  
Sandringham Hospital– Yet to participate  
Monash Health  
– Dandenong – 8 midwives  
– Clayton – 1 midwife

## Loddon Mallee Region

Bendigo Health Services- 15 midwives  
Castlemaine Health – Yet to participate  
Cohuna District Health – Yet to participate  
Echuca Regional Health -3 midwives  
Kerang & District Health -1 midwife  
Mallee Track Health & Community Service – 1 midwife  
Maryborough District Health Service – 5 midwives  
Mildura Base Hospital – 4 midwives  
Robinvale District Health Service -1 midwife  
Swan Hill District Health – 1 midwife  
Cooamealla Aboriginal Health Service - 1 midwife  
Njernda Aboriginal Corporation – 2 midwives  
Swan Hill Aboriginal Health Service – 1 midwife  
Murray Valley Aboriginal Health Service – 1 midwife  
Mildura District Aboriginal Health Service – 1 midwife

## Hume Region

Albury Wodonga Health – 10 midwives  
Alpine Health - Yet to participate  
Alexandra District Health (ANC) – Yet to participate  
Benalla Health – 4 midwives  
Goulburn Valley Health - 1 midwife  
Northeast Health - 3 midwives  
Kilmore & District Hospital – 6 midwives  
Mansfield District Hospital - -Yet to participate  
Numurkah Hospital - 2 midwives  
Yarrawonga Hospital -1 midwife  
Rumbalara Aboriginal Co-operative -1 midwife

■ EASTERN METRO  
■ SOUTHERN METRO

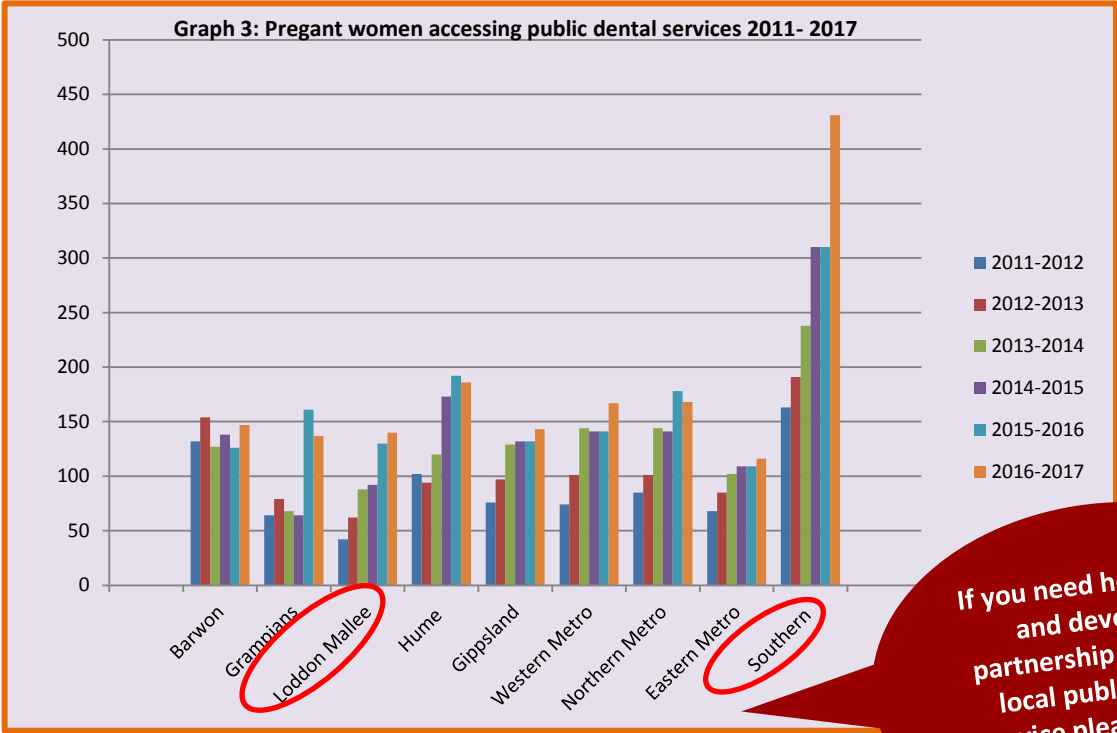
## Gippsland Region

Latrobe Regional Hospital - 7 midwives  
West Gippsland Health Care Group - 7 midwives  
Central Gippsland Health Service - 5 midwives  
Bairnsdale Regional Health -2 midwives  
Bass Coast Regional Health - 5 midwives  
Gippsland Southern Health Service – 2 midwives  
Orbost Regional Health- 1midwife  
South Gippsland Hospital – 1 midwife  
Ramahyuck Aboriginal Health Service -3 midwives  
Gippsland & East Gippsland Aboriginal Co-operative – 2 midwives



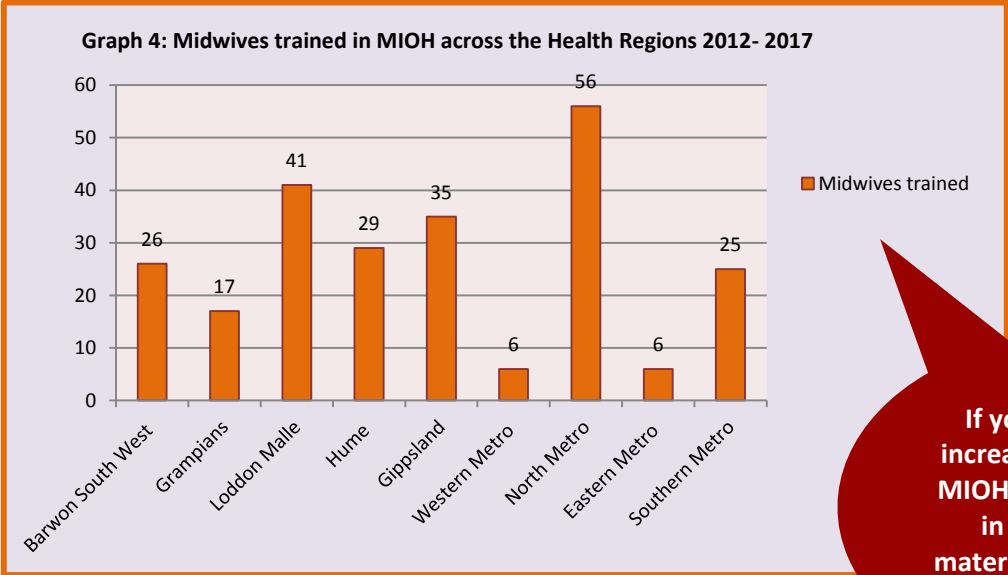
# Looking at access to public dental services across the regions

Graph 3 looks at dental referrals across the health regions of Victoria. There have been increases in all the regions, but for some regions the rise has not been consistent. In the Southern Region where the antenatal service has a strong partnership with the local public dental service results are more dramatic.



If you need help to link and develop a partnership with your local public dental service please contact us (details page 7)

Graph 4 highlights the number of trained MIOH midwives in each Department of Health and human Services Region. More midwives from Eastern Region are presently enrolled in Round 8 of MIOH



If you would like to increase the number of MIOH trained midwives in your region or maternity service please contact us

Other good MIOH news!

①

At present 4 out of the six Victorian universities with Schools of Nursing and Midwifery across Victoria have had lecturers who completed MIOH or who have enrolled for 2018.



- Monash University – 2 midwifery lecturers
- Victoria University – 1 midwifery lecturer
- Deakin University – 1 midwifery lecturer enrolled 2018
- Australian Catholic University - 1 midwifery lecturer enrolled 2018

MIOH has been written up as a unit for the Bachelor of Midwifery at Western Sydney University (Duff,M.,Dahlen,H., Burns,E.et al 2018).

Preliminary discussions with the Victoria Midwives Academic Group chairperson Dr Jane Morrow Associate Professor, School of Nursing, Midwifery & Paramedicine (Vic) Australian Catholic University, are underway as to the possibility of MIDAC adapting the unit for Victorian midwifery curricula.

②



At present out of the 54 public maternity services in Victoria, 37 (69%) have one or more midwives trained in MIOH. The larger maternity services with only one MIOH trained midwife have not been included.

We hope that the following maternity services might consider promoting the MIOH to their midwives working in the antenatal care clinic. DHSV would be happy to work with you to provide access to the MIOH Education Program, contact us to discuss this further (see contact details on page 7).

Alpine Health	Mansfield District Hospital
Castlemaine Health	Monash Health – Casey Monash Health – Clayton*
Colac Area Health*	South Gippsland Hospital
East Grampians Health Service – Arara	Southwest Health Care – Camperdown
Goulburn Valley Health*	Swan Hill District Health*
Kyneton District Health Service	Western District Health Service

\*has a single midwife who completed MIOH

③



In terms of the Birthing Outcomes System, 47 of the 54 public maternity services utilise BOS. Thirty-seven of those services have more than one midwife trained in MIOH who could be recording oral health data in BOS system. This is a great way to track how oral health is being included in midwifery practice. Since there is no central data storage with BOS, DHSV plans to contact all the BOS super users to obtain permission to acquire data on the two oral health questions that are included in BOS. All the oral health data would be aggregated as state data so there is no hospital identity.



## Remember the key oral health questions to ask during the antenatal session

1. "Do you have bleeding gums, swelling, sensitive teeth, loose teeth, holes in your teeth, broken teeth, toothache or any other problems in your mouth?"
2. "Have you seen a dentist in the last 12 months?"



Once you have completed your oral health assessment please remember to record your findings in BOS.

Recording oral health in BOS provides an important way to measure the extent of

- inclusion of oral health into practice
- raising awareness of important of oral health in pregnancy
- access to oral health care in the antenatal period.

Assess: presence of oral health problems

Advise: it's safe to see the dentist and provide oral health advice

Refer: for a dental check

## In Antenatal Assessment – Maternal Details 2

**Antenatal Assessment - Maternal Details 2**

Date of Interview:	<input type="text"/>	Preferred Name:	<input type="text"/>
Mother's Aboriginal Status:	<input type="text"/>	Partner's Name:	<input type="text"/>
Father's Aboriginal Status:	<input type="text"/>	Present at Interview:	<input type="text"/>
Baby's Aboriginal Status:	<input type="text"/>	Partner's Work:	<input type="text"/>
Preferred Language:	<input type="text"/>	<b>Intended Feeding:</b>	<input type="text"/>
Interpreter Required:	<input type="text"/>	<b>Special Diet:</b>	<input type="text"/>
Patient's Work:	<input type="text"/>	<b>Antenatal Classes:</b>	<input type="text"/>
Year of Arrival to Australia:	<input type="text"/>	<b>Oral Health Assessed:</b>	<input type="text"/>
Maternal Details Comments: 0 (250)		<b>Dental Health Referral:</b>	<input type="text"/>

## And in Antenatal Assessment – Physical Check

**Antenatal Assessment - Physical Check**

	Not Checked	Checked NAD	Variance	
<b>Teeth and Gums</b>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text" value="Not Checked"/>
Heart	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text" value="Not Checked"/>
Breasts	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text" value="Not Checked"/>
Abdomen	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text" value="Not Checked"/>
Chest	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text" value="Not Checked"/>
Pelvis	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text" value="Not Checked"/>
Periphery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text" value="Not Checked"/>
Other	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="text" value="Not Checked"/>

Height (cm):  Weight (kg):  BMI:

Did you know?

MIOH has been extensively written up in international journals since 2010

George, A., Johnson, M., Duff, M., Ajwani, S., & Ellis, S. (2010). Maintaining oral health during pregnancy: perceptions of midwives in Southwest Sydney. *Collegian*.

George, A., Johnson, M., Blinkhorn, A., Ellis, S., Bhole, S., & Ajwani, S. (2010). Promoting oral health during pregnancy: Current evidence and implications for Australian midwives. *Journal of Clinical Nursing*, 19(23-24), 3324-3333. doi: 10.1111/j.1365-2702.2010.03426.x

George, A., Duff, M., Ajwani, S., Johnson, M., Dahlen, H., Blinkhorn, A., Bhole, S. (2012). The development of an education program for midwives in Australia to improve perinatal oral health. *Journal of Perinatal Education* 21(2), 112-122.

George, A., Duff, M., Johnson, M., Dahlen, H., Blinkhorn, A., Ellis, S., Bhole, S. (2014). Piloting of an oral health education programme and knowledge test for midwives. *Contemporary nurse*, 46(2), 180-186.

George, A., Johnson, M., Blinkhorn, A., Ajwani, S., Bhole, S., Yeo, A. E., & Ellis, S. (2013). The oral health status, practices and knowledge of pregnant women in south-western Sydney. *Australian dental journal*, 58(1), 26-33. doi: 10.1111/adj.12024

George, A., Ajwani, S., Johnson, M., Dahlen, H., Blinkhorn, A., Bhole, S., Ellis, S., Zheng, C., Dawes, D. (2015) Developing and testing of an oral health screening tool for midwives to assess pregnant women. *Health Care Women International*, 36 (10):1160-74. doi: 10.1080/07399332.2014.959170.

George, A., Lang, G., Johnson, M., Ridge, A., De Silva, A., Ajwani, S., Bhole, S., Blinkhorn, A., Dahlen, H., Ellis, S., Yeo, A., Langdon, R., Carpenter, L., Heilbrunn, A. (2015) The evaluation of an Oral Health Education Program for Midwives in Australia. *Women and Birth*. 29(3), 208–213. doi:10.1016/j.wombi.2015.10.004

Heilbrunn-Lang, A. Y., de Silva, A. M., Lang, G., George, A., Ridge, A., Johnson, M., Gilmour, C. (2015). Midwives' perspectives of their ability to promote the oral health of pregnant women in Victoria, Australia. *BMC Pregnancy Childbirth*, 15, 110. doi: 10.1186/s12884-015-0536-x

George, A., Dahlen, H., Reath, J., Ajwani, S., Bhole, S., Korda, A., Harrison, Ng Chok., Miranda, C., Villarosa, A., Johnson, M. (2016) What do antenatal care providers understand and do about oral health care during pregnancy: a cross-sectional survey in New South Wales, Australia. *BMC Pregnancy and Childbirth* BMC series. 16, 382-392

<https://doi.org/10.1186/s12884-016-1163-x>

Duff, M., Dahlen, H., Burns, E., Priddis, H., Schmied, V., George, G. (2018) Designing an oral health module for the Bachelor of Midwifery program at an Australian University. *Nurse Education in Practice*, 23, 76-81. <http://dx.doi.org/10.106/j.nepr.2017.02.005>

George, A., Dahlen, H., Blinkhorn, A., Ajwani, S., Bhole, S., Ellis, E., Yeo, A., Elcome, E., Johnson, M. (2018) Evaluation of a midwifery initiated oral health-dental service program to improve oral health and birth outcomes for pregnant women: A Multi Centre Randomised Controlled Trial. *International Journal of Nursing Studies*. 82, 49-57.

<https://doi.org/10.1016/j.ijnurstu.2018.03.006>

## Don't wait for pain!

### A case study of a service taking up an oral health initiative for pregnant women

Latrobe Community Health Service took up the challenge with key partners who wanted to improve access for eligible pregnant women. Of the few pregnant women that did access dental care, they noted it was late in the pregnancy and often as an emergency when the pain could not be tolerated anymore. In 2016 only 30 pregnant women accessed the service.

Latrobe Community Health Service established a partnership with the Gippsland Primary Health Network, particularly the GP support team, Latrobe Regional Hospital and its local midwifery service with the aim to capture more pregnant local women for dental treatment and create awareness of the importance of good oral hygiene/health during pregnancy.

The local Primary Health Network concentrated on general practitioners (GPs) in the Latrobe and Baw Baw region, providing a dental referral pad and a fact sheet for GPs about including oral health in their pregnancy care.

The Latrobe Regional Hospital, through the Unit Manager, made a concerted effort to encourage more midwives involved in antenatal care to enrol in the MIOH course – this brought the total to seven midwives. The midwives were provided with the same dental referral pad.

The initiative began in June 2017 and in the first two months saw 50 eligible pregnant women treated, and as of March 2018 there has been a 30% increase in pregnant women accessing the public dental service.

Congratulations to Latrobe Community Dental Service, the PHN and Latrobe Hospital midwives for championing the cause of good oral health for pregnant women.



If you have a story about your service including oral health within antenatal care, and would like to share it with other midwives, contact us.



#### Contact us:

Gillian Lang  
Health Promotion Officer  
Healthy Families, Healthy Smiles  
P: 9341 1162  
E: [gillian.lang@dhsv.org.au](mailto:gillian.lang@dhsv.org.au)

Natalia Okelo  
Health Promotion Lead  
Healthy Families, Healthy Smiles  
P: 9341 1313  
E: [natalia.okelo@dhsv.org.au](mailto:natalia.okelo@dhsv.org.au)

