

BEST PRACTICES

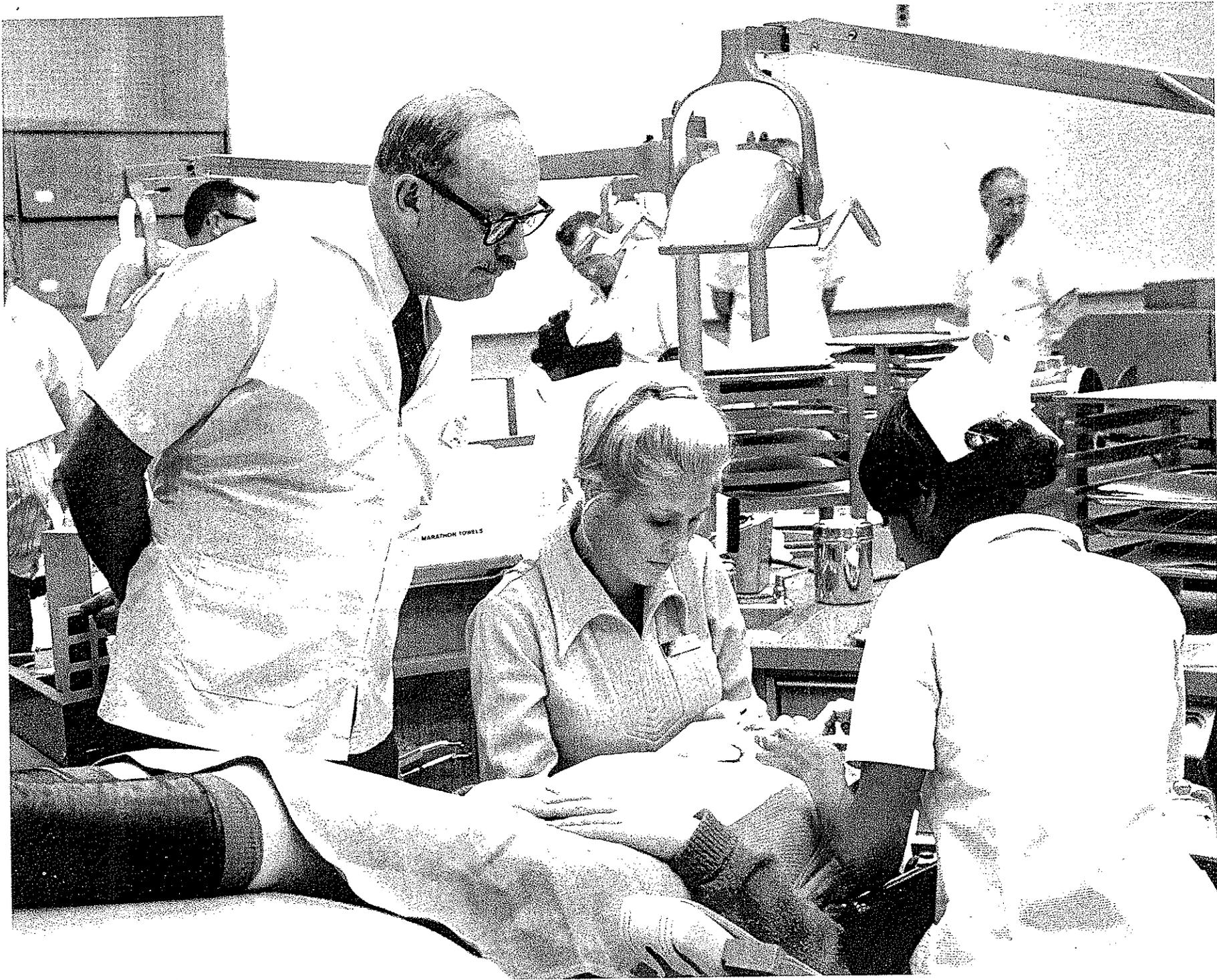
Delores “Dee” O’Daniel, D.M.D.
Center Dentist- Whitney M. Young Jr. Job Corps
Simpsonville, Kentucky

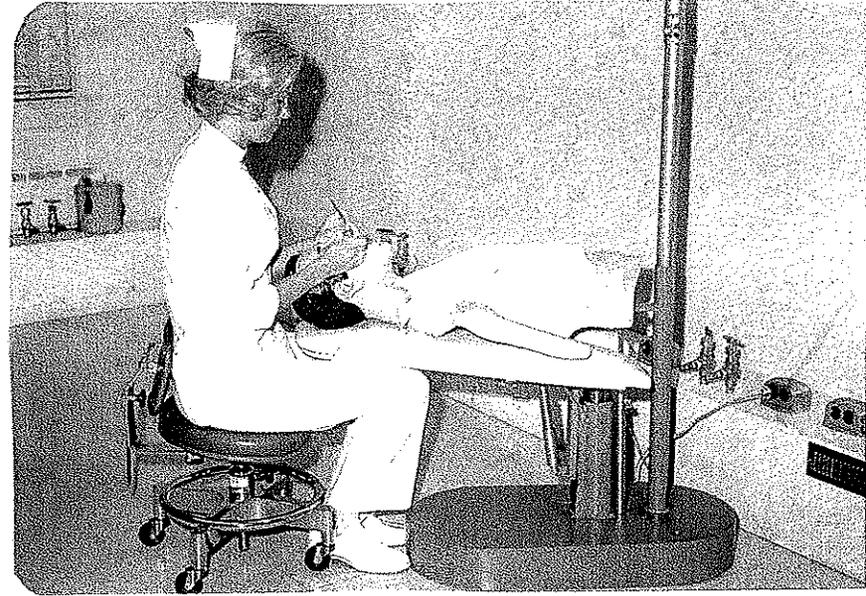
COURSE OVERVIEW

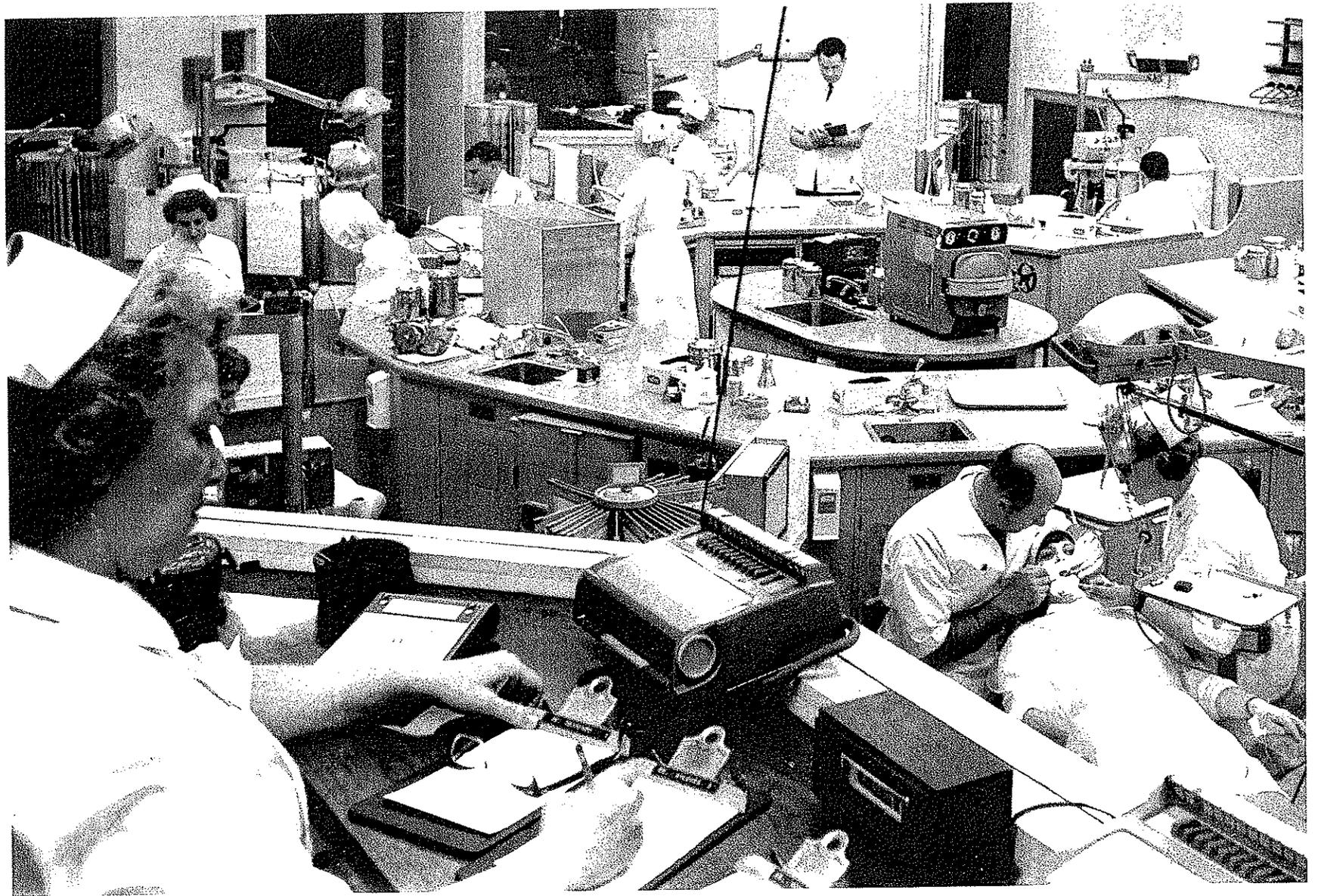
- “TAKING AND MONITORING BLOOD PRESSURE”
- “A MOCK REALITY BILL”
- “CANDID CAMERA – LOOK AND LEARN”
- “NUTRITIONAL SURVEY”
- “HEALTHY MOMMIES – HEALTHY BABIES WORKSHOP”
- “GROCERY GAZING – A NUTRITIONAL FIELD TRIP”

Delores O'Daniel, D.M.D.

- University of Louisville School of Dental Hygiene 1976
- University of Kentucky School of Dentistry 1983
- Part-time faculty University of Louisville School of Dentistry for 14 years in Periodontics
- Supervisor of the HIV Dental Clinic at the Jefferson County Health Department in Louisville, Kentucky
- Private Practice-Brooks, Kentucky for 30 years plus
- Center Dentist at Whitney M. Young Job Corps Simpsonville Kentucky for 14 years







Best Practices

Enabling Objectives:

- A. The participant will be able to state six “Best Practices” and implement them in their respective Job Corps Dental Clinics.
- B. The participant will be able to state three examples of how “Best Practices” may impact their Dental Clinic in a positive way.
- C. The participant will be able to state how the Oral Health and Wellness Clinic can promote “total health improvement.”
- D. The participant will be able to state two examples of how dental productivity can be improved utilizing a “Best Practice.”
- E. The participant will be able to describe how the “Healthy Mommies/Healthy Babies Workshop” can assist students with unmet needs, by coordinating and integrating education thru “teamwork” with the Medical Clinic.
- F. The participant will be able to state how the “Mock Reality Bill” can give a student an appreciation for dental treatment provided by Job Corps.
- G. The participant will be able to describe how the “Candid Camera – Look and Learn” Best Practice capitalizes on an educational opportunity that emphasizes student ownership of responsibility for their oral hygiene habits.
- H. The participant will be able to name two “Best Practices” that can be incorporated into their Center’s H.E.A.L.S. Program.
- I. The participant will be able to instruct the student how to take a “Nutritional Survey” to determine major deficiencies in their current diet.

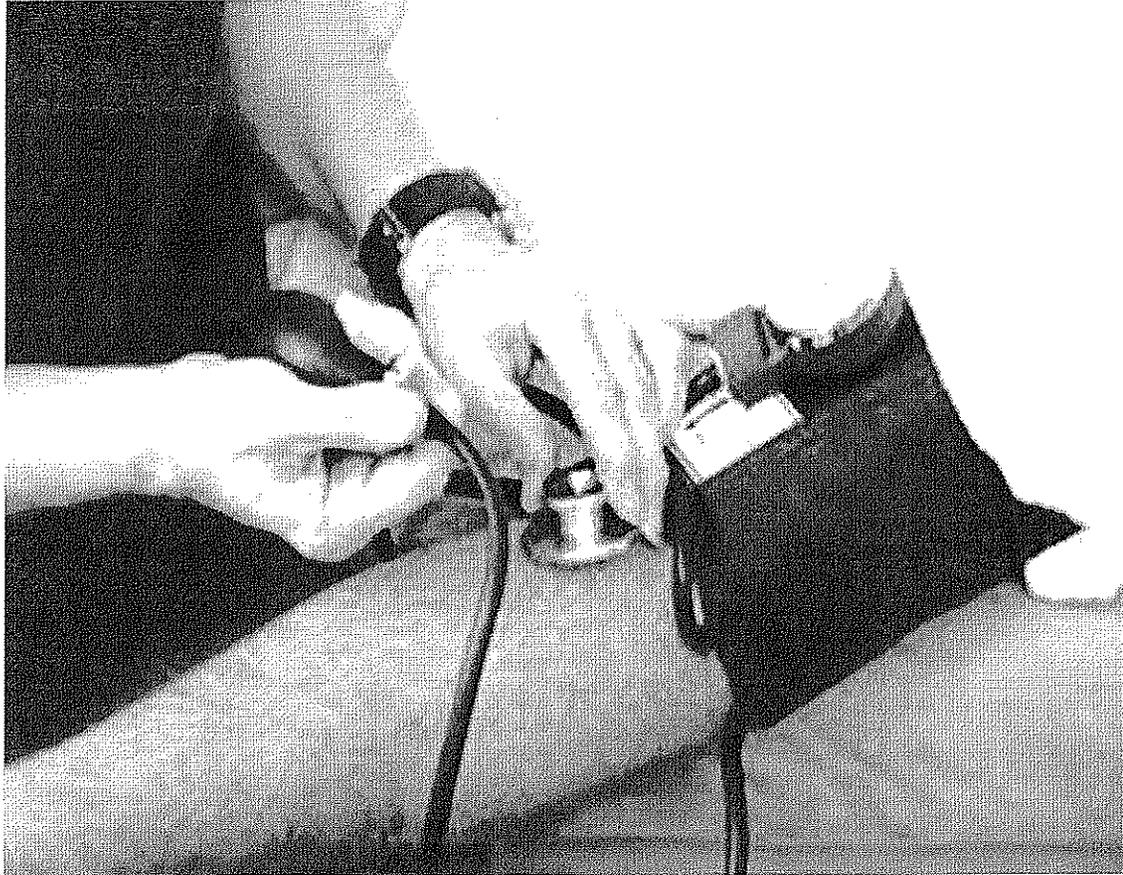
A BEST PRACTICE

“TAKING AND MONITORING BLOOD PRESSURE”

- Delegated to the Dental Assistant

- Counseling – Importance/Documentation; Taken at every appointment
- “Pulse of Life” - Divulges significant information about the medical status of a student in a few minutes
- If higher than the norm, repeat to confirm reading. Counsel dietary habits, e. g., decrease salty foods, drinks, such as sodas, and caffeinated products.
- If significantly lower than the norm, repeat to confirm the reading. Some athletes will have a low normal reading. Postural Hypotension is possible, creating fainting or dizziness when exiting the dental chair.
- Referral to Wellness Medical for follow up, documentation, monitoring, and in some instances, the need for possible blood pressure medication. May need to see the Center Physician if consistent readings over time warrant treatment/medication.
- Blood pressure readings should be taken at the beginning of the appointment prior to injections. If a student is very apprehensive after being seated (perspiring or overtly nervous), it may be necessary to calm him/her by talking for a few minutes, if necessary. Blood pressure readings are always documented for comparisons as a health indicator or for post-anesthetic reactions, such as, an allergic response.
- In some states, this best practice is required by law.

- TAKING AND MONITORING BLOOD PRESSURE



A BEST PRACTICE

A MOCK REALITY BILL

In order to enhance the student's appreciation for the cost of dental treatment, a Mock Reality Bill is issued by the Dentist at the end of the appointment. The bill lists the services that were performed in the dental clinic that day for the student and states a typical private practice fee for each procedure, which is then tallied for a total fee.

The student is then told, "In the real world, you would receive a statement or bill for your dental treatment today." It looks like your bill amounts to \$325.00 for the dental treatment you had done today. "Now, don't worry, you received it free, as a benefit of being a job corpsman."

The student's reaction is always one of surprise, positivity, and appreciation. Many students comment, "I had no idea it costs that much!" "Thank you so much!" Without the Mock Reality Bill, the student frequently only feels a sense of entitlement rather than being appreciative and enlightened at the cost of dental work. An additional plus, is increased productivity due to a decrease in "No Show Appointments".

MOCK REALITY BILL

Patient Name: John Smith Date: 7-23-14

<u>Diagnostic/Prev.</u>	<u>Tooth #</u>	<u>Fee</u>	<u>Endodontics</u>	<u>Tooth #</u>	<u>Fee</u>			
Oral Exam/Comp/Perio/Chart			Pulp cap direct/indirect					
Oral Exam-Periodic								
Limited Exam Problem Focused Exam								
Re-Evaluation of Problem Focus Exam								
Comp/Perio Evaluation								
Xrays (single)			<u>Periodontics</u>	<u>Tooth #</u>	<u>Fee</u>			
Xrays (additional)			Perio/scale/Light					
xrays (occlusal)			Perio/scale/Moderate					
xrays bitewing (2)			Perio/scale/Heavy					
xrays bitewing (4)			Perio/scale/Severe					
Prophylaxis (adult)			Perio maintenance					
Top/Flouride			Occl. Adjustment					
sealant-tooth			Full Mouth Debride					
Oral Hygiene Instruction								
			<u>Oral Surgery</u>	<u>Tooth #</u>	<u>Fee</u>			
Restorative			Extract-Single-Tooth	15	121.00			
amalgam (1 surface)			Surg. Removal erupted					
amalgam (2 surface)			Surg/Rem Soft Tissue-Part Bony					
amalgam (3 surface)	12	157.00	Surg. Removal Root tip					
amalgam (4 surface)			Coronal Remnants					
Composite (1 surface) Post			Incis/Drain Intraoral					
Composite (2 surface) Post			Excision Hyperplastic					
Composite (3 surface) Post								
Composite (4 surface) Post								
Composite (1 surface) Anterior			<u>Crown & Bridge</u>	<u>Tooth #</u>	<u>Fee</u>			
Composite (2 surface) Anterior			Core Build-up					
Composite (3 surface) Anterior			Recement/ Crown					
Composite- Incisal -Angle								
Sedative Filling								

TOTAL: \$278.00

BEST PRACTICE

“CANDID CAMERA – LOOK AND LEARN” (Oral Hygiene Demo)

INDICATIONS: Gross material alba and/or significant calculus (calculus bridge)

WHEN: Preferably during the Elective Exam or at the Hygiene Appointment

TECHNIQUE: Tell...Do...and Show (Similar to Pediatric Technique)

TELL: “Did you know that you have.....?” Many times, students are unaware of their problems ,or do not realize the severity or significance of their issues.”Let me show you.”

DO: Note: (For a dramatic effect, red disclosing drops are great for illustrating abundant plaque.) Place a front surface mirror lingual to the lower anterior teeth. Take a quick close-up cell phone camera shot.

SHOW: Show them the picture and say, “This is what is on “your” teeth!

Explain what it is and the correlation of bacteria and lack of brushing to the formation of plaque and calculus. The student must understand he/she cannot remove it. It must be removed professionally by the Dentist or the Dental Hygienist.

The student’s reaction is usually one of surprise and concern. We hear, “When can you get this stuff out of my mouth?” “Can you do it now?”

POSITIVES OF THIS DEMO: Quick to the point

Easy to do

A picture of their mouth...not someone else’s, which is very demonstrative

Decreases the “No Show” rate for the prophylaxis and periodontal appointments which boosts productivity

Creates an increased value for the students on learning how to address and maintain their oral hygiene

Increases student retention for Recall Appointments and Oral Hygiene follow ups,which enhances productivity

Ultimate List of Oral Hygiene Tips

Taking care of your teeth and gums is essential to good oral health. Ensuring that your mouth is healthy is important to overall well being. It can also help you avoid painful and expensive cavities, oral infections, and diseases of the mouth like gingivitis. Studies have also shown that plaque buildup on teeth can contribute to artery and heart disease, so regular brushing and flossing is essential. Good oral health can also help you avoid embarrassing conditions like bad breath or yellowing teeth. Good oral health can also make a great first impression especially during a job interview. Make sure you include regular brushing as a part of your every day routine, and your teeth and gums will thank you.

Brushing and Flossing

1. Always brush your teeth before bedtime, and after every meal if at all possible.

2. Use toothpaste that contains fluoride to help prevent cavities.

3. A soft head or medium head toothbrush are best; hard bristles can be too tough on teeth and cause irritation of the enamel.

4. Flossing after brushing each time helps remove plaque from between the teeth, and helps with breath.

5. Brush your tongue as well as your teeth to help eliminate mouth-borne bacteria.

6. A mouthwash can help with oral health; mouthwashes with alcohol can dry out the mouth, so try to use brands that contain no alcohol.

7. If you do not have toothpaste, baking soda and water works just as effectively as brand name toothpaste.

8. Be sure to brush below the gum line as well as directly on the teeth.

9. While brushing, the length of time it takes to brush should be no less than two minutes.

10. Dental floss with mint flavoring can help to promote good breath.

Healthy Diet

1. Avoid eating too much sugar and drinking sugary drinks such as soda, sweetened teas, or fruit juices.

2. Nuts, dairy foods such as cheese, and meats are all good dietary choices that can help strengthen enamel because of the calcium and vitamins they provide.

3. Foods like bananas and French fries are bad for the teeth, since these types of foods tend to stick to your teeth throughout the day.

4. Chewing sugarless gum after a meal is a good way to substitute brushing in between meals; it can help remove food particles from between the teeth.

5. Foods like onion and garlic can contribute to bad breath. If you do eat these types of foods, try to brush your teeth as soon as possible afterward.

6. Snacking between meals should be limited. If you choose to snack, try to eat healthy foods without sugar.

7. Acidic foods and drink such as oranges or orange juice can promote tooth decay and enamel wear. If you do consume acidic foods, be sure to brush your teeth afterwards.

8. Vitamin deficiency can cause tooth decay and oral disease. Make sure you are getting enough essential vitamins such as the B vitamins, calcium, and other much needed essentials.

9. Fresh fruits like apples can be good for your teeth because they can help remove loose foods and clean the surface of your teeth.

10. The average adult should get a minimum of 500 milligrams of calcium per day to ensure healthy, strong teeth.

Long-Term Dental Care

1. Getting regular teeth cleanings and checkups at the dentist every six months is recommended.

2. Replace your toothbrush every two months to ensure proper cleaning. Keep brushes free from germs.

3. A sealant can be applied to the teeth by an oral health professional, which will help protect enamel and keep teeth looking their best.

4. Braces can sometimes be recommended by an orthodontist to help teeth grow straight. Sometimes, adults can wear braces to help the appearance of their teeth.

5. If you have a toothache, it is important to seek dental care immediately as this could be a potential infection or abscess tooth.

6. Children as young as six months old should begin visiting a dentist regularly to check for any potential problems and begin a lifetime of healthy oral care.

7. Those with heart valve problems or a compromised immune system should always take antibiotics before any dental work is performed.

8. Avoid chewing tobacco or smoking to help ensure gum, mouth, and teeth health for life.

9. Good long term dental care can prevent excess dentist visits, cavities, yellowing teeth, and bad breath.

10. Always communicate any changes in tooth sensitivity, tastes in your mouth, or other issues with your dentist so they can help assess potential problems.

H.E.A.L.S. PROGRAM SELF SURVEY

“Determine Your Nutritional Health Status”

PURPOSE AND GOALS:

- Create an awareness with each individual student regarding their personal nutrition status.
- Initiate awareness of proper diet and its effect on the human body.
- Motivate student to evaluate and improve on their nutritional status.
- Provide education to the students regarding nutrition impact on their total health.

H.E.A.L.S. PROGRAM
Nutrition - *"You are what you eat!"*
Wellness Dental Clinic
Delores M. O'Daniel – Center Dentist
Nikki Brown – Dental Assistant
Dana Cavender – Dental Hygienist

Presentation to New Students:

Enabling objectives:

Purpose: To promote healthy nutrition and lifestyles. Increase healthier bodies for all.

1. The student will be able to state the importance of good nutrition and its effect on your teeth and total health.
2. The student will be able to state why he/she needs to take ownership of his or herself in respect to what food choices are made on a daily basis.
3. The student will be able to correlate a healthy body to good nutritional values.
4. The student will be able to name two health conditions impacted by improper food intake.
 - High blood pressure
 - Anemia
5. The student will be able to state the 5 food groups necessary for a good diet. (essential nutrients)
 - Protein (meats)
 - Grains
 - Vegetables
 - Fruits
 - Dairy
6. The student will be able to discuss the role of unhealthy snacks, drinks and poor food choices in relation to the teeth.

A H.E.A.L.S Program---Self-Survey

Determine Your Nutritional Health Status

The Warning Signs of poor nutritional health are often overlooked. Use this checklist to find out if you are at nutritional risk.

Read the statements below. Circle the number in the yes column for those that apply to you. For each Yes answer, score the number in the box. Total your nutritional score.

	YES
I have an illness or condition that made me change the kind or amount of food I eat.	2
I eat fewer than two meals per day.	3
I eat few fruits or vegetables, or milk products.	2
I have a tooth or mouth problems that make it hard for me to eat.	2
I have two or more drinks of soda or juice almost everyday(not sugar free)	2
Without wanting to, I have lost or gained 10pounds in the last six months.	2
I snack on sugar foods at least twice a day.	2
TOTAL	

Total Your Nutritional Score. IF it's...

0-2 Good! Recheck your nutritional score in six months.

3-5 You are at moderate nutritional risk.

See what can be done to improve your eating habits and lifestyle. See a Nurse or Dental Staff. Recheck your nutritional score in three months.

6+ You are at high nutritional risk

Bring this checklist to Wellness the next time you see the Medical or Dental Staff. Talk with them about any problems that you may have and ask for help to improve your nutritional health.

Wellness-Medical/Dental

Nutritional Referral to Recreation, Fitness and Health

The Medical/Oral Health and Wellness Clinic is recommending _____

to participate in a computer lab activity, specifically, The MyPyramid Tracker. The purpose of this activity is to help self-evaluation of diet and exercise and how diet and activity affect total health. Hopefully, improvement will be promoted and accomplished to assist in weight and exercise management.

Instructions:

- Compare your intake with MyPyramid Recommendations
- Keep a detailed complete listing of everything you eat today (including sugar gum). More than one days tracking is recommended
- Also list any exercise or physical activities in which you have participated.
- Go to recreation building, sign in with Recreation
- Go to the computer lab and log onto the internet. Go to <http://www.mypyramidtracker.gov/>
- At the bottom of the page click on "Check it Out!"
- Put in your age, gender, height and weight.
- Click on, "Proceed to Food Intake".
- Enter the food or drink you have had today. (A list may appear requesting for specifics)
- Click on "Select Quantity".
- Select a serving size for each item with a number of servings you consumed
- Click on "Save and Analyze".
- Click on "Nutrient Intakes" to compare your intake to the recommended range.

Staff Signature

Date

Healthy food choices and recommended dietary intake include:

- **Grains -**
 - Cereals
 - Breads
 - Crackers
 - Rice
 - Pasta

- **Vegetables –**
 - Broccoli
 - Spinach
 - Dark leafy green
 - Carrots
 - Sweet potatoes
 - Dry beans/peas/pinto beans/kidney beans/ lentils

- **Fruits –**
 - Fresh or frozen / canned or dried
 - Easy on fruit juices due to high acidic contents – tooth enamel erosion

- **Dairy –**
 - Milk
 - Calcium rich yogurt (low or fat free is the best)

- **Meat and Beans –**
 - Low fat , lean meat/poultry (baked broiled or grilled)
 - Fish
 - Peas
 - Nuts
 - Seeds

- **Reduce fats / sugars and salt –**
 - You will get plenty of fats from fish and vegetable oils without even trying. Avoid saturated fats.
 - Use less butter, margarine, shortening, and lard
 - Check labels/ watch your calories
 - Beverages should be low in sugars. High content = tooth decay

Exercise:

- Physical activity helps metabolize food and promotes muscle mass and weight loss.
- Try 30 minutes–60 minutes a day of exercise. For example: Aerobics, walking, recreational sports.

H.E.A.L.S PROGRAM

NUTRITION QUIZ

"WHAT DO YOU KNOW?"

Delores M. O'Daniel – Center Dentist

Nikki Brown – Dental Assistant

Dana Cavender – Dental Hygienist

1. Select the best snack food nutritionally :
 - a. Potato Chips
 - b. Ice Cream
 - c. Candy Bar
 - d. Caramel

2. True or False?
 - A tomato is in the fruit family.

3. True or False?
 - If you cannot drink milk because you are lactose intolerant, try a fortified food or beverage.

4. True or False?
 - Fried chicken has less grease and saturated fat than grilled chicken.

5. The best way to keep nutrition simple is to:
 - a. Be physically active
 - b. Stay within calorie limits
 - c. Eat nutrient-rich foods
 - d. All of the above

6. True or False?
 - Lack of protein can cause a condition called anemia which affects the red blood cells and makes one iron deficient.

7. True or False?
 - Too much salt in the diet can decrease your blood pressure.

8. Sources of grains are:
 - a. Cereal and breads
 - b. Rice and crackers
 - c. Pasta
 - d. A and B only
 - e. All of the Above

9. True or False?
 - If you're not sure what ingredients are contained in a food product, check the label.

10. True or False?
 - Peas, lentils and greens are excellent vegetable choices.

NUTRITION QUIZ KEY
"WHAT DO YOU KNOW?"

Delores M. O'Daniel – Center Dentist

Nikki Brown – Dental Assistant

Dana Cavender – Dental Hygienist

- 1. B (dairy product)**
- 2. TRUE**
- 3. TRUE (e.g. drink contains calcium)**
- 4. FALSE**
- 5. D**
- 6. TRUE**
- 7. FALSE**
- 8. E**
- 9. TRUE**
- 10. TRUE**

Healthy Mothers/ Healthy Babies
Healthy Mothers/ Healthy Babies

PREGNANCY



A GUIDE FOR CORPSMEMBERS

SPECIAL NEEDS WORKSHOP: "HEALTHY MOTHERS / HEALTHY BABIES"
-Delores O'Daniel,D.M.D.
Center Dentist

COURSE CONTENT OVERVIEW

- Appropriate timing for infant dental care
- Baby Bottle/Nursing Decay Awareness
- Binkys, teething rings, pacifiers: effects of dentition, alveolar bone and proper time frames for usage
- Fluoridation, well water, bottled water, supplements
- Tongue thrusting
- Effects on fetus from nicotine, alcohol and drugs
- Awareness of product warning labels and examples; ADA Seal of Acceptance
- Brushing technique for a child or small infant
- Eruption dates and primate spacing
- Pre-natal care:
 - ~~Periodic Physician and Dentist visits~~
 - Vitamins
 - Nutrition
 - Exercise (walking)
 - No dieting (amphetamines)
 - Caffeine intake (Energy drinks)
 - Avoid all drugs (street and OTC) Tylenol
- ~~Mother's oral healthcare~~
 - Importance of:
 - Morning sickness (effect on the teeth)
 - Pregnancy gingivitis (hormonal and hygiene issues)
 - Appropriate dental check up (2nd and 3rd trimester preferred and safest) Emergency dental work only in 1st trimester
 - Avoid x-rays

VISUALS; Posters- Effects of Smoking/Pregnancy; Save Your Smile

BROCHURES; Pregnancy and Oral Health

HANDOUTS; Space Maintenance; Baby Bottle/Nursing Decay;
~~Course Content; Educational Goals~~
"Goody Bags" (Infant products, e.g., pediatric toothbrushes and toothpaste)

**"HEALTHY MOTHERS/HEALTHY BABIES"
EDUCATIONAL OBJECTIVES**

1. State the appropriate time an infant should see the dentist.
2. State why an infant should not be put to sleep with juice in a baby bottle.
3. Discuss the effects of binkys, teething rings and pacifiers on the teeth and dental bone.
4. Explain what fluoride does and why bottled water is not a good option for your baby.
5. State what affect the tongue has on dental bone during tongue thrusting.
6. State one effect on an infant from each of the following: nicotine, alcohol, drugs.
7. State what the ADA Seal of Acceptance means.
8. Describe one product's warning label and what problem it could cause to a newborn.
9. Describe the accepted techniques for brushing/cleaning an infant's teeth.
10. State what teeth are expected to appear in the mouth of an infant first.
11. Describe what prenatal care is and why it is so important.
12. Explain why morning sickness can cause rapid tooth decay.
13. Describe pregnancy gingivitis and what can be done to help prevent it.
14. State when it is the best time to have dental treatment during pregnancy.

**Presenters: Delores O'Daniel, D.M.D. Center Dentist
Dana Cavender, R.D.H. Dental Hygienist
Nikki Brown, D.A. Dental Assistant**

Visuals: Poster effects of smoking/pregnancy Save your Smile

Brochures: Space Maintenance; Baby Bottles/ Nursing Decay

Course Content: Overview; Educational Goals

***“Goody Bags”* – Pediatric toothbrushes, etc.**

HEALTHY MOMMIES/HEALTHY BABIES WORKSHOP

MORNING SICKNESS – *effects of acid
erosion on enamel*

*Proper Timing for Dental Appointments -
SECOND TRIMESTER IF POSSIBLE UNLESS
EMERGENCY*

PREGNANCY GINGIVITIS / HORMONAL
CHANGES / ROH

1 | Protect your Baby's Teeth with Fluoride



2 | Check and Clean Your Baby's Teeth

Check your baby's teeth

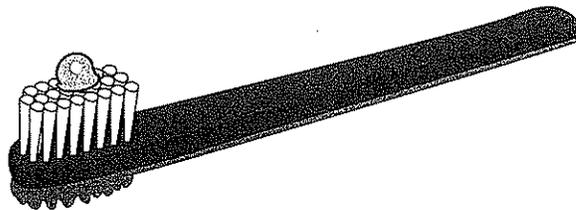
Healthy teeth should be all one color. If you see spots or stains on the teeth, take your baby to a dentist.

Clean your baby's teeth

Clean them as soon as they come in with a clean, soft cloth or a baby's toothbrush. Clean the teeth at least once a day. It's best to clean them right before bedtime.



At about age 2 (or sooner if a health care provider suggests it) you should start putting fluoride toothpaste on your child's toothbrush. Use only a pea-sized drop of toothpaste about as big as this –



Young children cannot get their teeth clean by themselves. Until they are 7 or 8 years old, you will need to help them brush. Try brushing their teeth first and then letting them finish.

3

Feed Your Baby Healthy Food



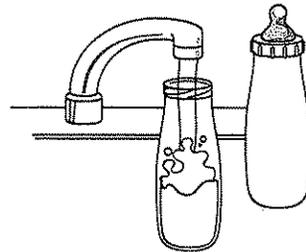
- Choose foods without a lot of sugar in them.
- Give your child fruits and vegetables for snacks.
- Save cookies and other treats for special occasions.

4 | Don't Put Your Baby to Bed with a Bottle

Milk, formula, juice, and other drinks such as soda all have sugar in them. If sugary liquids stay on your baby's teeth too long, it can lead to tooth decay. (And decayed teeth can cause pain for your baby.)

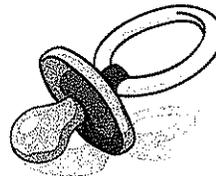
What's one of the most important things you can do to keep your baby from getting cavities?

Avoid putting him to bed with a bottle--at night or at nap time. (If you do put your baby to bed with a bottle, fill it only with water.)



Here are some other things you can do:

- Between feedings, don't give your baby a bottle or sippy cup filled with sweet drinks to carry around.
- Near his first birthday, teach your child to drink from an open cup.
- If your baby uses a pacifier, don't dip it in anything sweet like sugar or honey.



5 | Take Your Child to the Dentist

Your child should have a dental visit by his first birthday. At this visit, the dentist will:

- Check your child's teeth.
- Show you the best way to clean your child's teeth.
- Talk to you about other things such as a healthy diet and fluoride that can keep your child's mouth healthy.



SPACE MAINTAINERS FOR CHILDREN

Early orthodontic problems such as premature loss of a primary molar (baby tooth) most often get left untreated until the problems can only be fixed by a comprehensive orthodontic approach that may include extractions (removal of teeth).

What can you do? Recognize that early tooth loss in growing children require managing the problem with simple maintenance appliances so you can prevent many trips to the orthodontist later on.

TREATMENT PROCEDURES FOR SPACE MAINTENANCE



**HEALTHY MOTHERS/HEALTHY BABIES
WORKSHOP
EVALUATION/CRITIQUE**

1. Do you feel the subject matter was useful to you in the management of a new baby/child? _____

2. What other issues regarding pregnancy would you have liked to discuss? _____

3. Were the presenters professional, knowledgeable, and helpful? _____

4. After participating in this workshop, do you feel a greater sense of importance of taking care of you body? _____

5. Overall, I like the workshop ...

_____ Strongly Agree

_____ Agree

_____ Disagree

_____ Strongly Disagree

Healthy Mommies / Healthy Babies – “Grocery Gazing”
A Grocery Store Nutritional Field Trip for Mommies-To-Be

Educational Objectives:

1. The participants will be able to identify healthy foods from each food group.
2. The participants will be able to formulate a menu which emulates healthy food selections which represents a balanced diet.
3. The participants will be able to name the nutritional content found in certain foods, i.e. fruits, vegetables, dairy products, etc.
4. The participants will be able to state, when given choices, which foods are more or less costly and how to obtain a balanced diet when economics/finances are a consideration.
5. The participants will be able to read the FDA label on food products and determine healthy levels of nutritional content, e.g., cholesterol, potassium, fat, sugar, and sodium.
6. The participants will be able to state detrimental effects on the fetus if unhealthy foods are eaten on a regular basis.
7. The participants will be able to state the importance of calcium in the diet for both mother and baby.
8. The participants will name at least 3 items found in a grocery store that are “*taboo*” or contraindicated for consumption during pregnancy.
9. The participants will be able to state why obesity is a detrimental issue for both mommy and baby, especially during delivery.

A true-false test will be taken at the conclusion of the trip and a discussion will follow.

Participants will be provided pens/notepads for taking notes during the “*grocery gazing*” experience.

Learn To Read Nutrition Facts Carefully

Be aware that the Nutrition Facts label on beverage containers may give the calories for only part of the contents. The example below shows the label on a 20-

oz. bottle. As you can see, it lists the number of calories in an 8-oz. serving (100) even though the bottle con-

NUTRITION FACTS LABEL	
Serving Size 8 fl. oz.	
Servings Per Container	2.5
Amount per serving	
Calories	100

tains 20 oz. or 2.5 servings. To figure out how many calories are in the whole bottle, you need to multiply the number of calories in one serving by the number of servings in the bottle (100×2.5). You can see that the contents of the entire bottle actually contain 250 calories even though what the label calls a "serving" only contains 100. This shows that you need to look closely at the serving size when comparing the calorie content of different beverages.

**"Grocery Gazing" – A Grocery Store Nutritional Field Trip for
Mommies-to-Be**

True or False Test (Please Circle)

1. Plain Oatmeal for breakfast is a better choice than frosted flakes T F
2. Whole-grain bread is low in fiber but is rich in vitamins and minerals. T F
3. When you are lactose intolerant, spinach or kale greens are good substitutes for milk. T F
4. Cantaloupe, strawberries and sweet potatoes are a good source of Vitamin C. T F
5. Beans are very expensive and high in fat, but are a good source of nutrition. T F
6. Healthy food choices and mild physical activity, such as walking, are excellent ways to prevent excessive weight gain during pregnancy. T F
7. Bread made from whole-grain flour is better than white enriched flour. T F
8. It is best to consult with you physician to determine the number of calories/per day you need. T F
9. Healthy formation of teeth and bones require calcium uptake. T F
10. Consumption of alcohol is permitted during the first two trimesters of pregnancy only. T F

"Grocery Gazing" – A Grocery Store Nutritional Field Trip for Mommies-to-Be

True or False Test (Please Circle)

1. Plain Oatmeal for breakfast is a better choice than frosted flakes T F
2. Whole-grain bread is low in fiber but is rich in vitamins and minerals. T F
3. When you are lactose intolerant, spinach or kale greens are good substitutes for milk. T F
4. Cantaloupe, strawberries and sweet potatoes are a good source of Vitamin C. T F
5. Beans are very expensive and high in fat, but are a good source of nutrition. T F
6. Healthy food choices and mild physical activity, such as walking, are excellent ways to prevent excessive weight gain during pregnancy. T F
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9. Healthy formation of teeth and bones require calcium uptake. T F
10. Consumption of alcohol is permitted during the first two trimesters of pregnancy only. T F

Best Practice Quiz

True or False

1. A "Best Practice" could be described as any procedure or activity that enhances your dental facility's function, productivity or communication skills in educating students regarding their oral health. True or False
2. One of the primary goals of a Job Corps Oral Health and Wellness Clinic is to promote and correlate the students' oral health to their "total health and well being". True or False
3. The Look and Learn Candid Camera "Best Practice" is a good promoter of self-esteem but does not motivate a student to increase their oral hygiene habits. True or False
4. Coordinating a "Best Practice" with medical staff, through *teamwork*, is an excellent way to promote healthy lifestyle choices for the student. True or False
5. A nutritional survey is a good motivational tool because it encourages students to realize "they are what they eat," however; it does not promote change in one's dietary habits. True or False
6. The Best Practice, "A Mock Reality Bill," can indirectly increase productivity due to a decrease in no show appointments because of student appreciation of receiving costly dental benefits at Job Corps. True or False

BEST PRACTICE QUIZ KEY

1. TRUE

2. TRUE

3. FALSE

4. TRUE

5. FALSE

6. TRUE