

Oral health literacy: a community-based learning experience at the Faculty of Dental Medicine of the Universidade Católica Portuguesa.

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#1

Oral health Literacy

The challenges and the opportunities

#2

Promotion of Oral Health Literacy

Promoting Oral health Literacy In different communities around Viseu

#3

Service Learning for Oral Health Promotion

What are the basic principles of Service Learning (Community Learning).

#4

Research with and for the community

What we have learned about the community and about the process



#01

Oral health Literacy

Challenges and opportunities



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What is Oral Health Literacy?

Oral health is more than a beautiful smile. It means having healthy:



The degree to which individuals have the capacity to obtain, process and understand **basic health information and services** needed to make **appropriate oral health decisions**.

- Simple **communication** with the patient.
- Support patients' efforts to **improve** their oral health.
- Strategies to **empower** the patient.

Source: FDI

Bridges *et al* 2014.

<https://doi.org/10.1111/jphd.12033>



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Oral Health Literacy

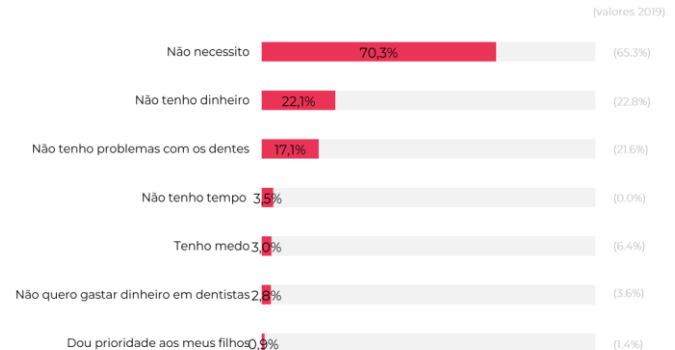
Challenges

- Below EU average general Health literacy
- Dismissal of Oral Health by General Practitioners and other Health Personnel



Opportunities

- Valuing oral Health and Preventing Oral and Systemic Disease
- Better control of conditions such as CVD or DM2



#02



Promotion of Oral Health Literacy

Promoting Oral health literacy in different communities around Viseu



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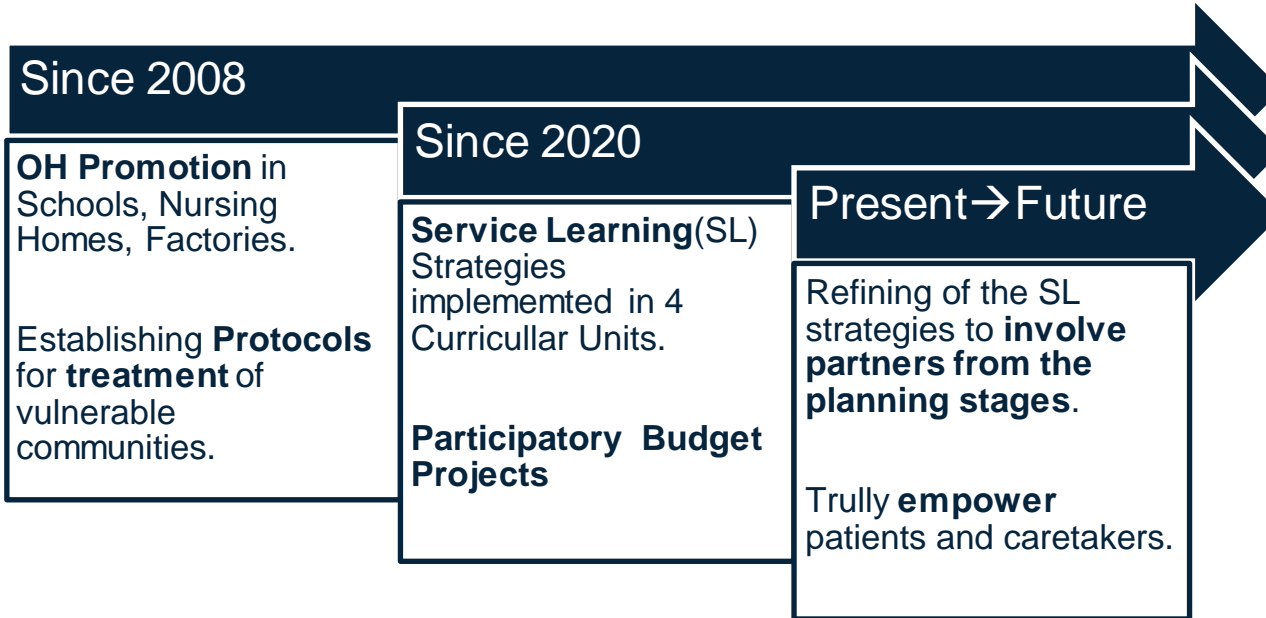


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What have we been doing in the Integrated Masters of Dental Medicine – UCP?



#3

Service Learning for Oral Health Promotion

What are the basic principles of Service Learning
(Community Learning).



APRENDIZAGEM SERVIÇO



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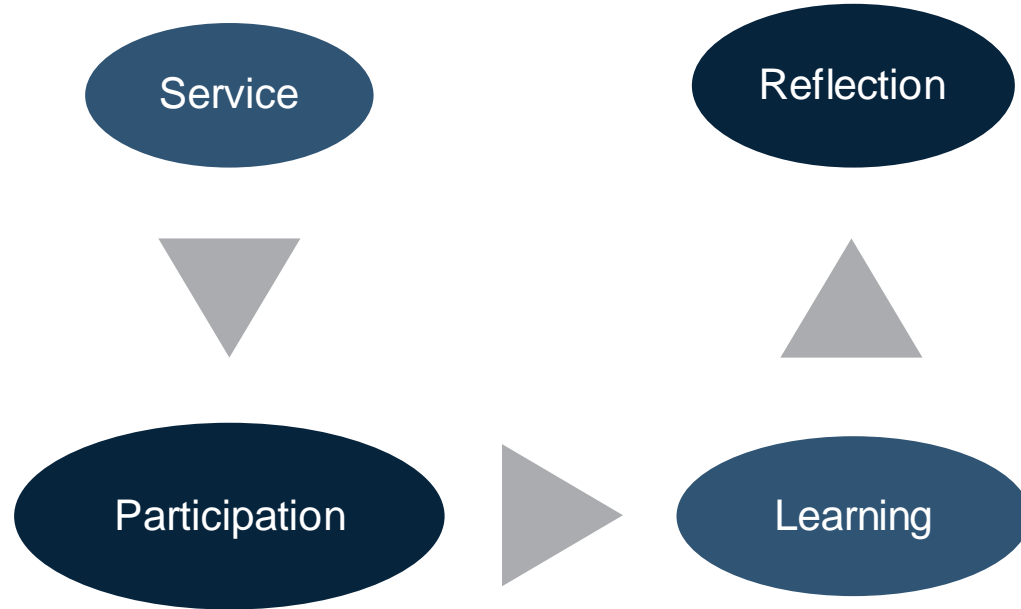


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Service Learning has 4 main components:



“a strategy for education that will create a responsive and resilient profession, with the knowledge and skills to lead systems reforms.” FDI 2030 statement.

Training the Future Dentist...

Learning in Service or Community-based learning



Identifying community needs and more effective problem solving



Dentist's learning process and transformation



Social transformation with healthier, more equal and resilient communities



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ADVANCING EDUCATION
AND ORAL HEALTH



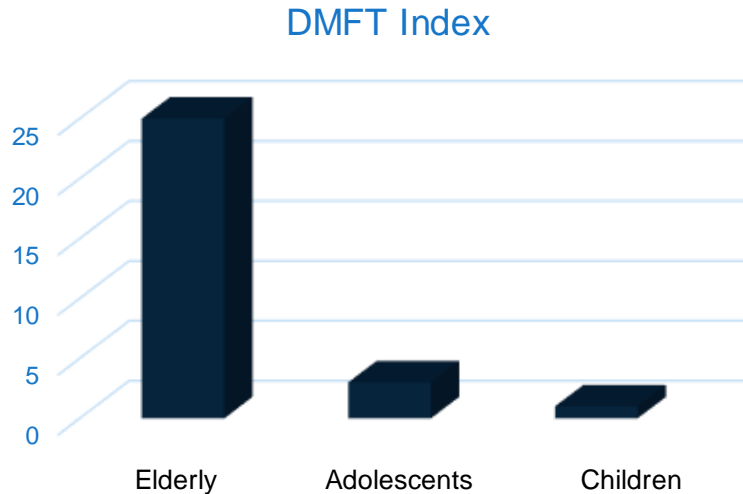
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Research with and for the community

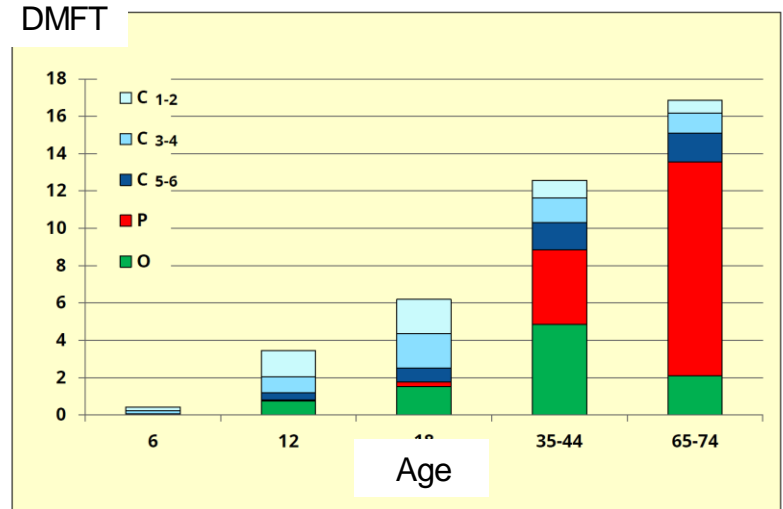
What have we learned so far

What have we learned from the community?

Oral Health in Viseu



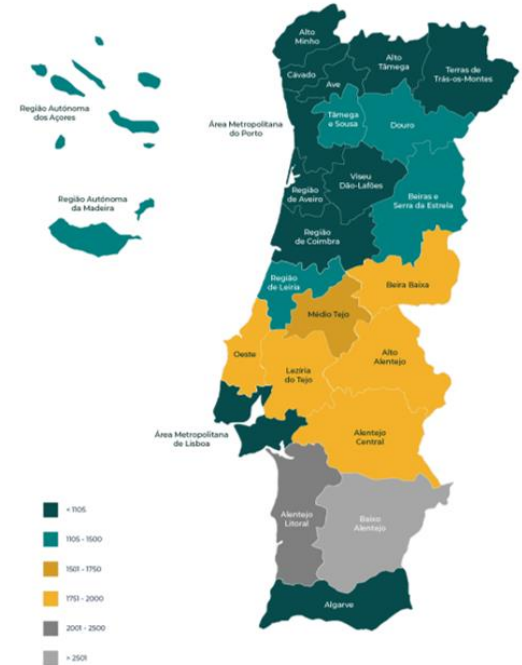
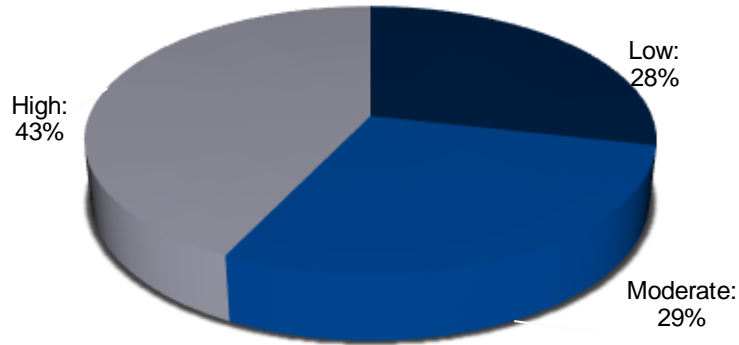
Oral Health in Portugal



Source: III National Study on Prevalence of Oral Diseases, 2015

What have we learned from the community?

Geriatric Oral Health Assessment Index



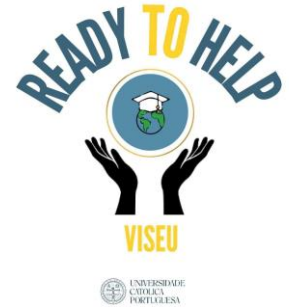
What have we learned from the process?

Differential **training** of the students.

Importance of involving the **partners** from the planning stages.

In some communities (**elderly**) the presence of students is almost as important as the treatments. (Helping Viseu)

However.... **Long term impact** and translation to professional life needs to be verified. Short term impact exists there is **room for improvement**.





Thanks

Does anyone have any questions?

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