

Integrating Oral Health and Primary Care

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Neighborcare Health



- Seattle, WA
- FQHC
- 18 sites
- 48,611 patients
- 195,000 visits

CASE MANAGEMENT • CHRONIC CARE • COMPARATIVE EFFECTIVENESS • DISEASE MANAGEMENT



HEALTH INFORMATION TECHNOLOGY • INCENTIVES • MEDICAID • MEDICARE

PATIENT ADVOCACY • PAYMENT REFORM • PHYSICIAN DIRECTED • PREVENTIVE CARE • WHOLE PERSON APPROACH

ENGAGED CONSUMERS • EVIDENCED BASED • HEALTH INFORMATION EXCHANGE



Is there a room for dental?

Oral health means more than healthy teeth.

- Periodontal diseases have been linked to a variety of conditions with systemic implications.
- Likewise, systemic diseases can have an impact on oral health.
- Studies have demonstrated an association between periodontal disease and cardiovascular disease, stroke, respiratory infections, diabetes, HIV, and adverse pregnancy outcomes.
- Medical/Dental Integration

Medical Dental Integration

- What is it?
- What does it look like at Neighborcare Health?
- Barriers: access to affordable care, geographic, fear, knowledge
- Transitional Theory ($A=B$, and $B=C$, then $A=C$)
- Planned Care Model
- PDSAs Plan, Do, Study, Act

Dental/Medical Integration

Improved oral health can lead to better overall health.

Smart Business Chicago | January 2007

While offering medical coverage to prospective and current employees is an important attraction and retention tool for employers, it is far from the only health-related benefit that employees are looking for. **After medical coverage, dental coverage is always cited as one of the most sought-after employee benefits.**

For employers looking to offer both of these benefits to employees, but are also looking to manage the costs, there is an innovative new approach that can both provide improved benefits for employees — keeping them healthier and more productive — and also cut medical costs for the employer.



Bill Berenson, vice president of sales and service for Small & Middle Market Business in the North Central Region.

How would a DMI program help improve employee health?

There is a strong connection between oral health and overall well-being. By having a DMI program, employers are recognizing this connection, which is likely to result in more well-rounded treatment for the employee population.

Which employees would benefit most from an integrated plan like this?

Our research has shown that individuals with certain conditions — such as diabetes, coronary artery disease, cerebrovascular disease (stroke) and even pregnant women — may see the most significant benefit from earlier dental and periodontal care, which is more likely in an integrated program.

A recent study showed that individuals with these conditions who accessed dental care earlier lowered the risk or severity of their respective conditions, and subsequently lowered their overall medical costs.

How would an employer see cost savings from a program like this?

The improved health of employees, especially those with certain chronic conditions, can also create savings in health care costs.

Access Issue

- We cannot provide dental care to all of our medical patients.
- If we have to ration care, who should get it?
- State budget cuts.
- Populations of focus.
- Children, pregnant women, diabetics, cardiovascular disease, HIV.

0-5 year olds

Dental decay, most common chronic disease in children.

AAP-1st visit by age 1

Fluoride varnish-arrest decay, remineralize

Disease management approach to oral health
(CAMBRA risk assessment tool)

Prevent the vertical transmission of dental
caries

We were getting our patients too late

At Neighborcare

(A Collaborative Approach)

- Educated entire medical staff
- Knee to knee exams- taught providers what to look for.
- Strategized flow from medical to dental and vice versa.
- Worked with all team members.
- Immunizations.

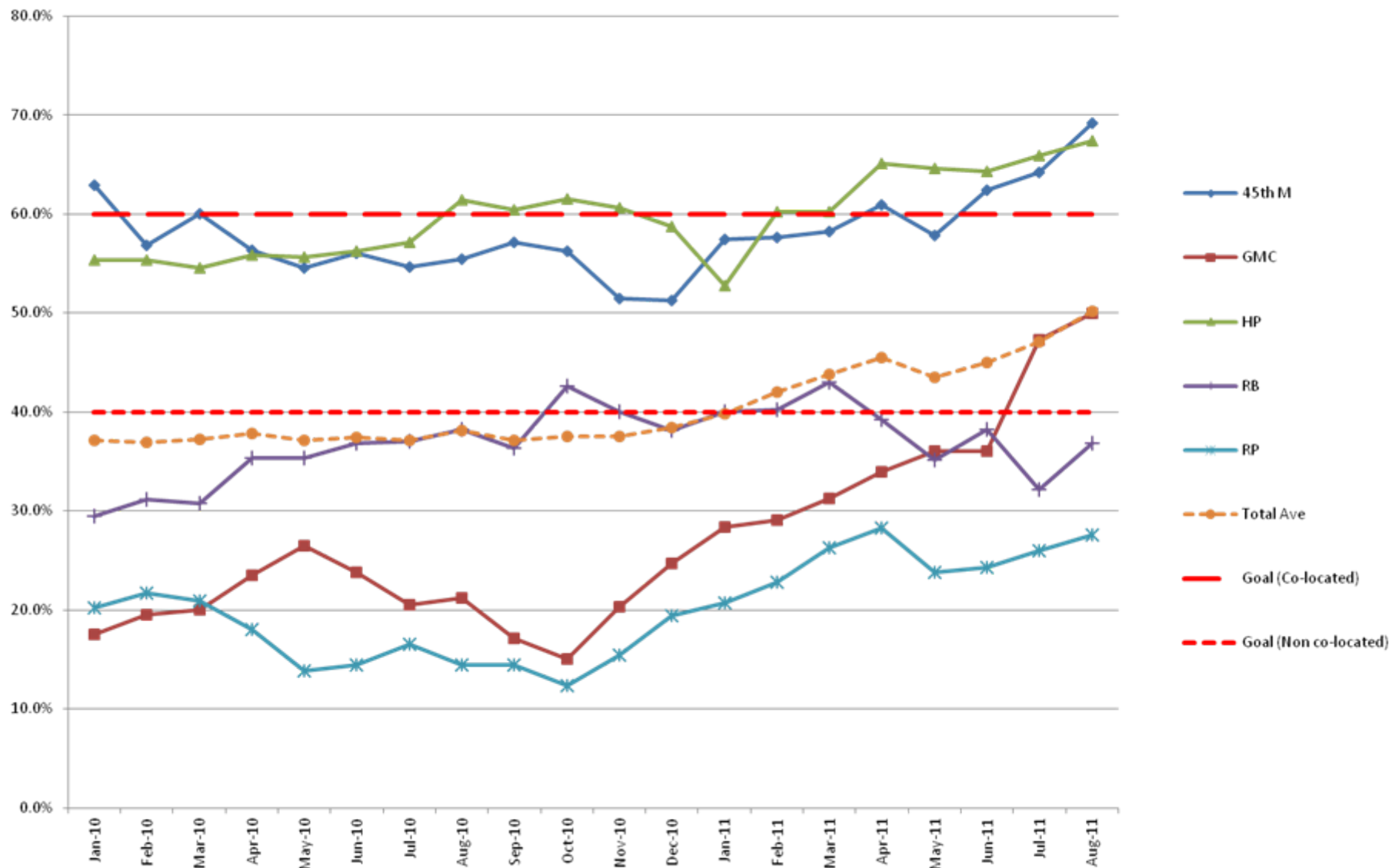
Pregnancy

- Periodontal disease has been linked to premature births and under-weight babies.
- Researchers estimate that as many as 18 percent of the 250,000 premature low-weight infants born in the United States each year may be attributed to infectious oral disease.
- Additionally, elevated levels of hormones in expectant mothers may cause the gums to react differently to the bacteria found in plaque, increasing susceptibility to gum inflammation and disease during pregnancy.

At Neighborcare

- Used a collaborative approach between medical and dental teams to increase the percentage of OB patients getting dental care.
- New York Guidelines.
- Education, joint meetings, joint PDSA planning, teams.
- Shared results. Daily, weekly, monthly monitoring.
- Eliminate decay before colonization can occur.
- 6 month review

OB Dental Report vist dates x 1 yr, EDD dates x 9 mos



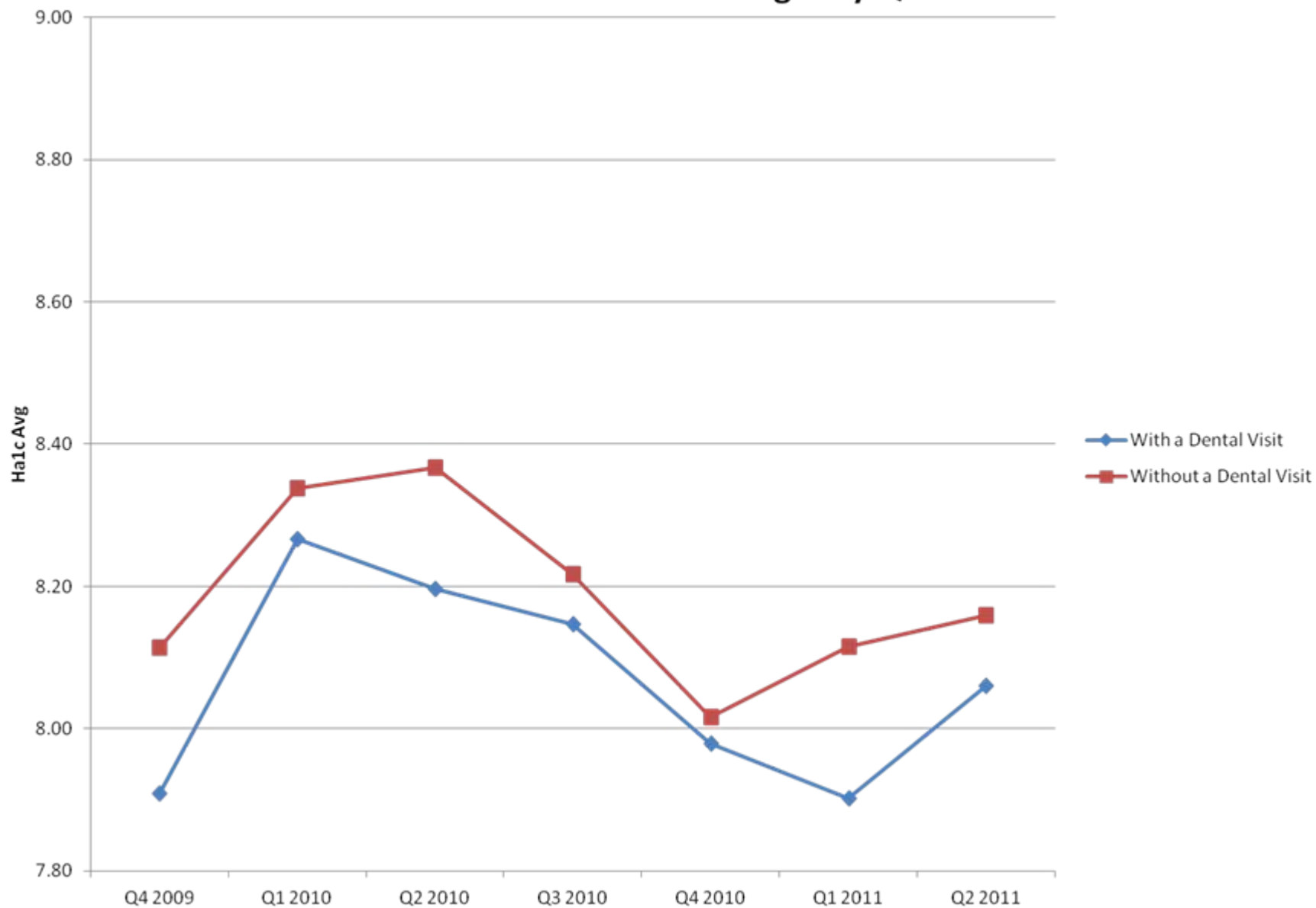
Diabetes

- The association between diabetes and periodontal disease is well documented.
- Diabetic patients have a compromised ability to respond to infections, they are at greater risk for periodontal disease.
- Periodontal disease appears to make it more difficult for diabetics to stabilize their blood glucose levels.
- For these reasons, good daily oral hygiene and early detection of gum disease are essential for the diabetic patient.

Neighborcare Health

- Neighborcare Goal: Increase the percentage of diabetics with HA1C >8 that receive dental care.
- Same collaborative model.
- Greatest Barrier: Financial
- If $A=B$ and $B=C$, then $A=C$
- If improving oral health improves diabetic health, and if improving diabetic health improves overall health, then improving oral health improves overall health.

2009-2011 Ha1c Averages by Quarter



HIV/AIDS

- A disease which often manifests itself first in the mouth is HIV/AIDS.
- Inflammation of the gums and lesions are often present.
- Spontaneous bleeding is a frequent finding in the HIV positive patient, as is Candidiasis, an infection associated with impaired immune function.

Cardiovascular Disease and Stroke

- Bone loss in the portion of the jaw containing tooth sockets (a measure of periodontal disease) is a predictor of chronic heart disease.
- Bacteria found in periodontal disease can also lead to blood clots, increasing the risk for heart attacks or stroke.
- According to the National Institute of Dental and Craniofacial Research, people with periodontal disease may be more likely to develop cardiovascular disease.

At Neighborcare

- Next population of focus
- “Tooth brushing, Inflammation and risk of Cardiovascular: Results from Scottish Health Survey”.
- Poor oral hygiene is associated with higher levels of risk of cardiovascular disease and low grade inflammation, though the causal nature is yet to be determined.
- Medical Director “similar effect on a population as use of aspirin, statins”
- Toothbrushing campaign

The Future

- There are probably more systemic linkages
- How do we use our limited resources to improve the health of the population we serve?
- What does a medical (health care) home that includes dental look like?

- NNOHA.org
- HRSA
- Dentaquest Institute
- AAOSH
- NIIOH.org (annotated bibliography)



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