

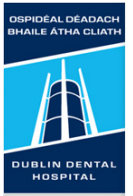


Trinity College Dublin
Coláiste na Tríonóide, Baile Átha Cliath
The University of Dublin



The Intellectual Disability Supplement to
The Irish Longitudinal Study on Ageing
(IDS-TILDA)

Trinity Centre
for Ageing and
Intellectual Disability



CASE STUDY

Advancing Oral Health for People with Intellectual Disabilities through Keep My Teeth, Co-Designed Mouthcare Plans and MOSST



RESEARCH TEAM



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and Intellectual Disability

INTRODUCTION

IDS-TILDA has highlighted that individuals with intellectual disabilities in Ireland face significant oral health challenges, leading to poorer outcomes compared to the general population. These findings underscore the importance of better understanding and improving the oral health of people with Intellectual Disabilities.

To enhance this understanding, the **Modified Oral Status Survey Tool (MOSST)** was developed by the IDS-TILDA research team in collaboration with the Dublin Dental University Hospital. This tool allows for the inclusion of individuals with Intellectual Disabilities in essential data collection, which is critical for shaping national policies and enhancing services.



In response to the disparities identified by IDS-TILDA, the **Keep My Teeth project** was launched to improve oral health among individuals with Intellectual Disabilities and autism. This initiative is a joint effort between IDS-TILDA and the National Federation of Voluntary Service Providers.

A key focus of the **Keep My Teeth project** has been the development and implementation of comprehensive Mouthcare Plans (MCPs) through a co-design process. This approach actively involves individuals with disabilities, their caregivers, and healthcare providers in a community of practice. Collaborators in this initiative include **Stewarts Care, HSE Dental Services, Avista Services, Wexford Region Intellectual Disability Services, LauraLynn, St. Michael's House, and the National Federation of Voluntary Bodies.**



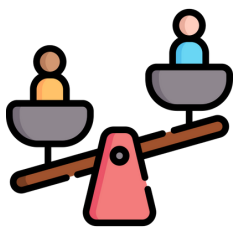


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WHY THIS RESEARCH MATTERS?



Addressing Disparities:

The research highlights and addresses significant oral health disparities among individuals with Intellectual Disabilities in Ireland, aiming to improve their overall health and well-being compared to the general population.



Informing National Policies:

By utilizing the **Modified Oral Status Survey Tool (MOSST)**, the research ensures that data from individuals with Intellectual Disabilities informs national health policies, leading to more precise and effective healthcare interventions.



Empowering Individuals and Caregivers:

The **Keep My Teeth project** empowers individuals with Intellectual Disabilities and their caregivers with comprehensive Mouthcare Plans (MCPs) and training, facilitating effective oral care routines and promoting long-term oral health.



Collaborative and Inclusive Approach:

Employing a co-design process, the research actively involves individuals with disabilities, their caregivers, and healthcare providers, ensuring that interventions are practical, user-friendly, and tailored to the specific needs of the Intellectual Disability community.

Sustainable Impact:

Integrating insights from the MOSST tool and the Keep My Teeth project, the research establishes a sustainable model for improving oral health outcomes and supports ongoing enhancements in healthcare services for individuals with disabilities.



IMPACT AT A GLANCE



Promoted by

- UK Health and Learning Disabilities Network
- People First New Zealand
- Dental Health Foundation Ireland
- NHS Health Education England
- St. Micheal's House
- Stewarts Care



UN Sustainable Development Goals



Quality
Education



Good
Health



Reduced
Inequalities



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WHAT HAS CHANGED AS A RESULT OF THIS RESEARCH?



Enhanced Data Collection and Personalized Care:

Through the Keep My Teeth project, non-dental professionals receive intensive training on the MOSST and MCPs, which enables them to reliably assess oral health in Intellectual Disability services. This training expands data collection capabilities and facilitates tailored, effective oral care for the diverse needs of individuals with intellectual disabilities.



Advancement in Oral Health Practices:

The research introduced practical tools and methodologies that have been integrated into everyday care practices, enhancing routine oral health maintenance for people with intellectual disabilities.



Pioneering Inclusive Research:

The initiative involves individuals with intellectual disabilities in the research and design of healthcare solutions, promoting greater inclusivity and ensuring their voices are heard in the development of care strategies.



Global Leadership in Oral Health:

The success of the MOSST and related initiatives has positioned Ireland as a leader in global oral health research, particularly in addressing the needs of vulnerable populations, as recognised in international platforms like WHO's Global Oral Health Action Plan.



Innovative Communication Strategies:

The creation of easy-read documents to explain dental anxiety advances how healthcare providers communicate complex concepts to individuals with intellectual disabilities, improving patient engagement and comfort

RESEARCH OBJECTIVES



Improve Oral Health

The primary aim of the Keep My Teeth project is to enhance the oral health of individuals with intellectual disabilities and/or autism in Ireland.



Promote Healthy Mouthcare Behaviours

Encourage healthier mouthcare habits among individuals with intellectual disabilities to reduce oral health disparities and support long-term well-being.



Improve Mouthcare Skills

Enhance toothbrushing and mouthcare skills for individuals with intellectual disabilities to address oral health disparities and improve overall outcomes.



Empower Effective Mouthcare Routines.

Enable and empower people with Intellectual Disability and their caregivers to plan and execute effective mouthcare routines.



Provide Essential Resources and Training

The project aims to support these goals through the rollout of training and resources for people with Intellectual Disability and their caregivers.



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ACTIVITIES AND PROCESSES

The Keep My Teeth project employed a co-design approach to develop and refine Mouthcare Plans (MCPs), ensuring that individuals with intellectual disabilities were central to the creation process.

Co-Design Workshops:

These workshops, conducted at Stewarts Care and associated centres, engaged participants in creating and testing MCPs. Activities included hands-on sessions on toothbrushing techniques, use of specialized tools, and application of the MCPs. Feedback from these sessions was instrumental in iteratively improving the MCPs.



IMPACT AT A GLANCE



Congratulations
on the development
of this fantastic
oral health
surveillance tool.

Excited to implement it in practice and capture data on the oral health status of people with intellectual disabilities in Wexford services."

Anne Power
ANP Chronic Health Conditions
and Intellectual Disability
(Adult)



"Many thanks for the invitation to complete training on the MOSST, empowering to be in a position to utilise this powerful oral health surveillance tool."

Louise O'Reilly,
CNS Health Promotion

Pilot Testing:

The MCPs were piloted in residential, day services, and special schools, with over 100 attendees, including individuals with intellectual disabilities, their families, and support staff. This pilot provided critical insights into the usability and effectiveness of MCPs across different care settings.

Feedback

Feedback from participants was systematically analyzed to refine the MCPs. Key insights included the need for simplicity, customization for different groups, and comprehensive training to support effective implementation.



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IMPACT AT A GLANCE



Participants from MOSST training for the Wave 5 IDS-TILDA Health fair and nurses from services

“The use of the MOSST in the IDS TILDA wave 5 health showed that RNID research nurses who have experience supporting people with intellectual disability have the ability once trained to carry out a simple oral assessment with their skillset to implement reasonable adjustments and person centred communication”

**Ms. Katrina Byrne,
PhD Student**

INTEGRATION WITH THE MOSST TOOL

While the Keep My Teeth project focused on improving oral health through co-designed MCPs, the **Modified Oral Status Survey Tool (MOSST)** plays a complementary role within the broader IDS-TILDA study.

The MOSST tool, developed for use in the IDS-TILDA health fairs, provides a comprehensive assessment of oral health status and oral function among people with intellectual disabilities. The MOSST records a range of oral features critical for creating a national representative database of the oral health of older adults with an intellectual disability in Ireland. During Wave 5 of the health fair, the MOSST underwent measures to ensure its reliability and feasibility. Feedback confirmed that the MOSST was acceptable, pain-free, and quick to use.

The MOSST was specifically designed to be accessible for non-dental health professionals, supported by a comprehensive training program that combined both theoretical knowledge and practical skills. The training days were delivered with assistance from people with ID, who gave feedback and guidance on dental anxiety, and the easy read supports developed as part of the project. Feedback included **“I enjoyed visiting Trinity College and being a part of teaching the nurses”** and that the participant **“really enjoyed visiting and didn’t mind the nurses looking in his mouth and counting his teeth.”**

This training, as well as the use of the MOSST in the IDS TILDA Health Fair, demonstrates that non-dental professionals who work closely with people with intellectual disabilities, once trained, can effectively carry out simple oral assessments and implement reasonable adjustments. This is crucial in empowering frontline clinical professionals with the necessary tools and skills, fostering knowledge sharing, and creating a more inclusive research environment where every individual's oral health can be explored. Empowered with this training, nurses will be able to collect valid and reliable oral health data, informing local needs assessments for preventive and therapeutic services for people with disabilities.

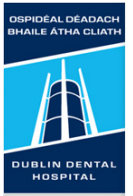


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Notably, Katrina Byrne's exceptional work on the MOSST earned her the **RCSI Faculty of Nursing & Midwifery Clinical Bursary Award 2023-2024**. Her contributions are a testament to the impact of well-designed tools and training programs in enhancing oral health research and practice. Additionally, at the **77th World Health Assembly**, Ireland are led out on a side event that served to amplify the the message **WHO Global Oral Health Action Plan**. Oral health surveillance in the context of vulnerable groups to address inequalities was a key concept and the MOSST methods and data collected in Wave 5 of IDS TILDA were shared at this event as an exemplary success story of inclusive oral health research for people with Intellectual disabilities, emphasising their impact in addressing oral health disparities.

The data gathered through MOSST informs national health policies and helps identify areas where targeted interventions, such as those implemented through the Keep My Teeth project, are most needed.

CONCLUSION

The Keep My Teeth project represents a significant advancement in addressing the oral health needs of people with intellectual disabilities in Ireland. By involving these individuals in the co-design process and providing caregivers with the necessary tools and training, the project aims for a sustainable model for improving oral health outcomes. Coupled with the data collected through the MOSST tool within IDS-TILDA, this initiative underscores the importance of collaborative, evidence-based approaches in healthcare interventions for people with disabilities.



IMPACT AT A GLANCE



Dr Dymphna Kavanagh • 3rd+

President of the Council of European Chief Dental Officers | Cha...
2mo • 🌐

Thanks to IDS-TILDA for their advocacy and detailed research to support the most vulnerable in our society. I hope this has a far reach and impacts the lives of people globally. Great work!

#eu #who #oralhealth #disability #tcd #tilda

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Colm Burke TD
@ColmBurkeTD

Honoured to attend the @WHO #WHA77 in Geneva and speak for Ireland alongside @IEAmbUNGeneva and Chief Dental Officer Dr Dymphna Kavanagh at the oral health side event following the publication of the WHO's Global Oral Health Action Plan. 🦷🔧

Ireland is committed to delivering on this plan and we must work together globally to make progress.

7:08 PM · May 28, 2024 · 1,959 Views

