



Tricks and Tips from Surgery A



**IRISH SOCIETY FOR DISABILITY
& ORAL HEALTH**

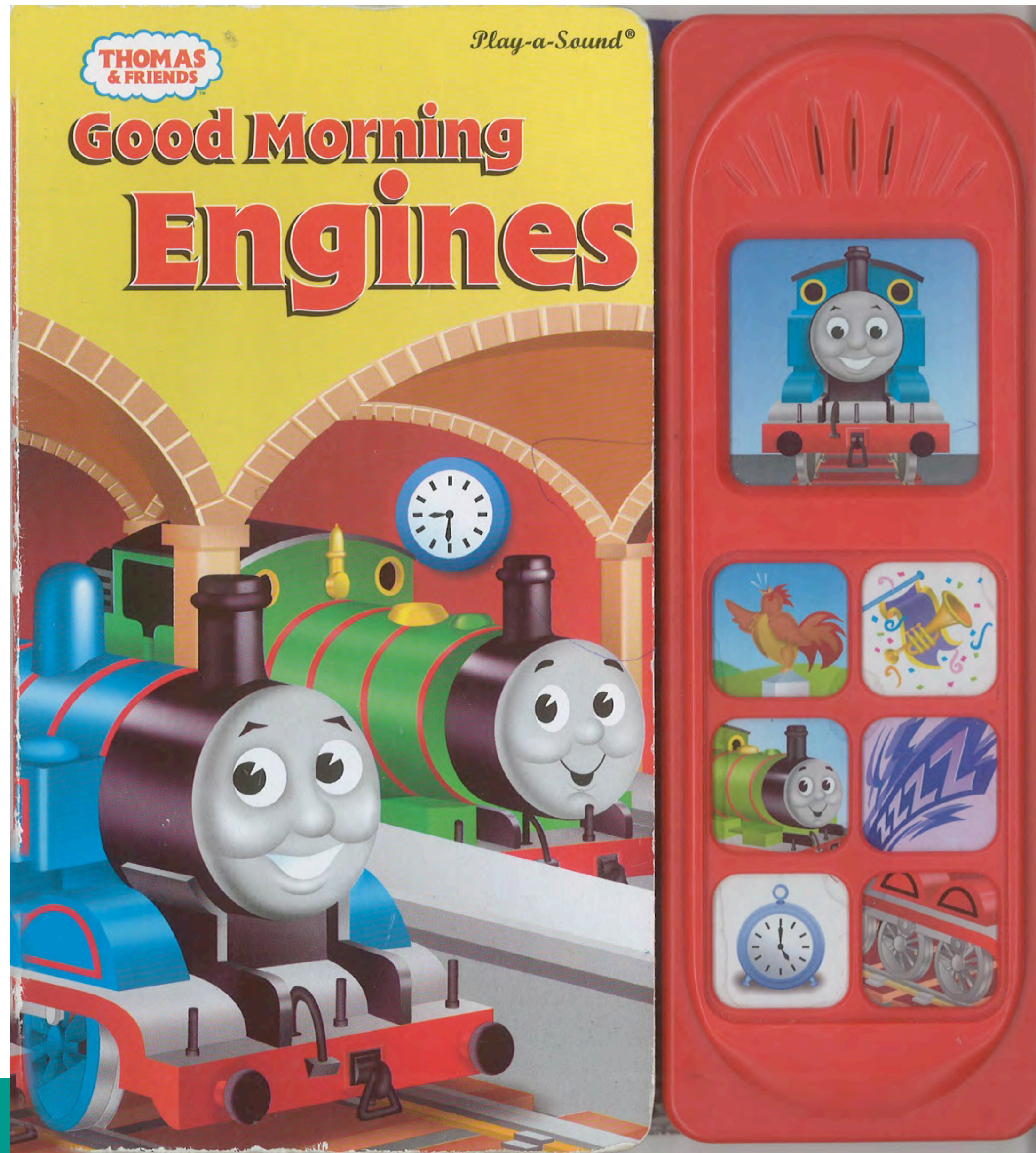


Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

► **Autism** - is called Autism Spectrum Disorder (ASD) because it **varies from person to person** and **affects the way they view and understand the world by disrupting the development of social and communication skills.**

Social:

- ▶ May **repeat the same phrases over and over again** as a means of regulating their own behaviour.
- ▶ Arm/hand flapping, finger flicking, rocking, jumping, spinning, covers their ears.
- ▶ These vary from person to person and **it's their attempt to reduce sensory input/overload** by focussing on one particular action which reduces the impact of a distressing environment by blocking it out with something that is familiar to them.
- ▶ **Reducing anxiety will reduce the child's repetitive behaviour.**



Communication:

- ▶ Concentration span is limited.
- ▶ Use **subject material that is of interest to the child** and it will facilitate longer interest.
- ▶ **Obsessions** - some of the more common ones include trains, computers, historical dates and events, TV programmes and cartoon characters.
- ▶ These obsessions may provide structure, order and predictability and **help the child cope** with uncertainty and help them relax and feel happy.

The areas of ASD that effect us in the surgery are

Communication:

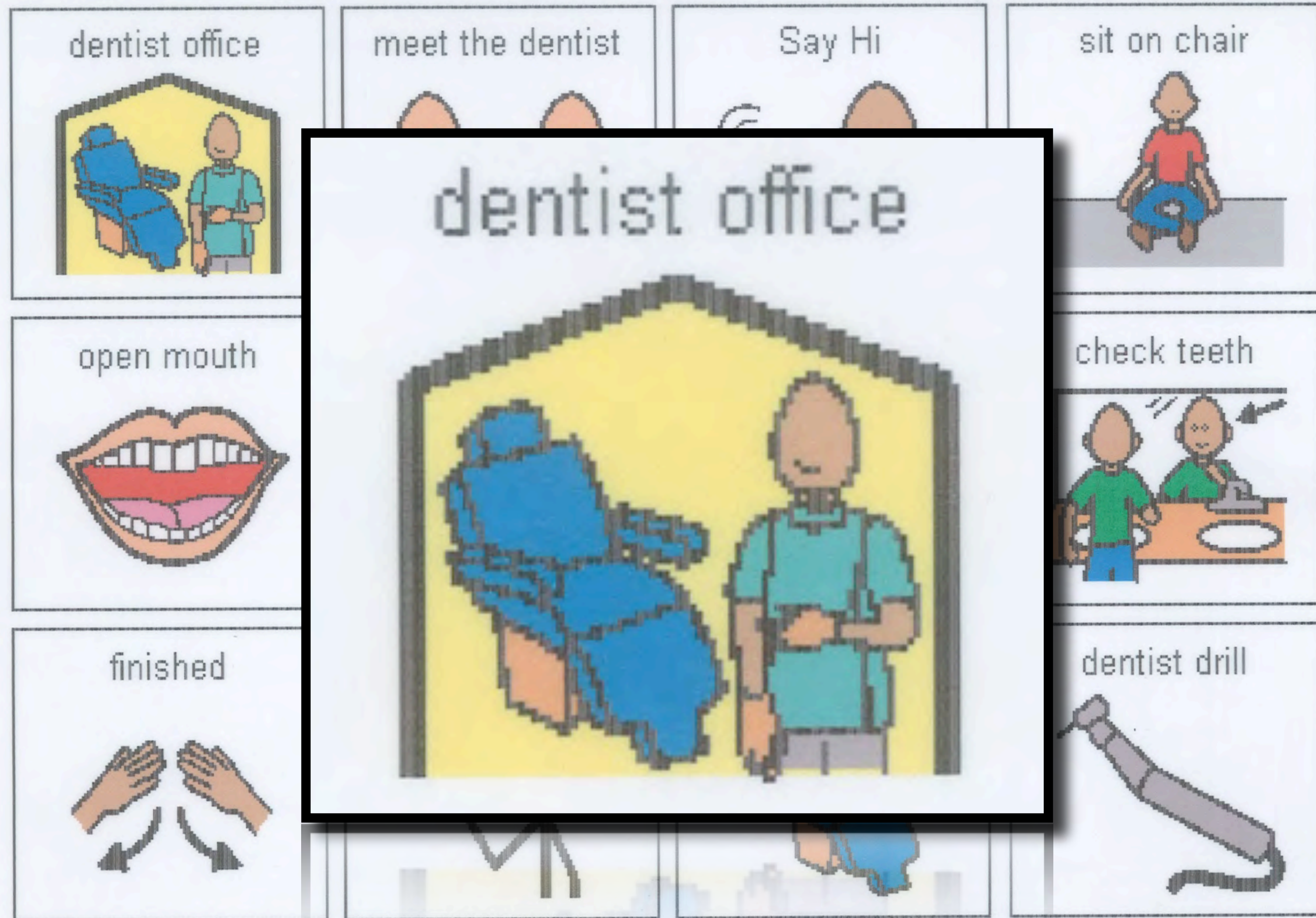
- ▶ Some children will have a good grasp of understanding but lack expressive skill and will be **unable to tell us there is pain** and will manifest this pain in acting out.
- ▶ Fail to understand anything abstract and **interpret things very literally**
- ▶ Find a sense of **security in rules**, rituals and continuity of roles.
- ▶ Crave predictability and **function best in highly structured situations** and find difficultly coping with changes in environment or routine.
- ▶ Stronger visually more than auditory - **think in "pictures"**



Communication:

- ▶ **PECS** - Picture Exchange Communication Systems Board many people on the autism spectrum **tend to learn visually**, it makes good sense to communicate with images.
- ▶ **ABA** – Applied Behavioural Analysis is a system of autism treatment based on behaviourist theories which, simply put, state that **behaviours can be taught through a system of rewards and consequences.**

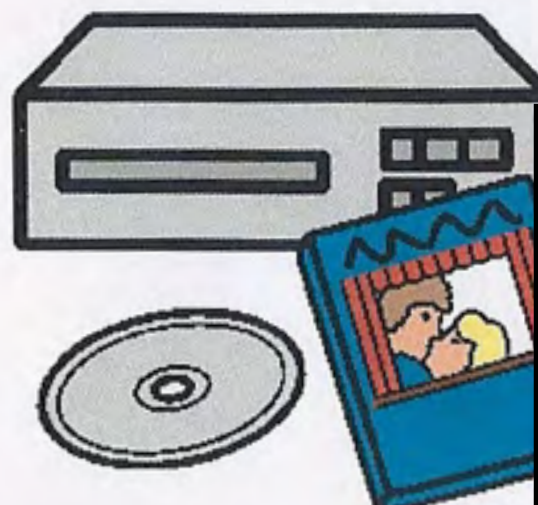









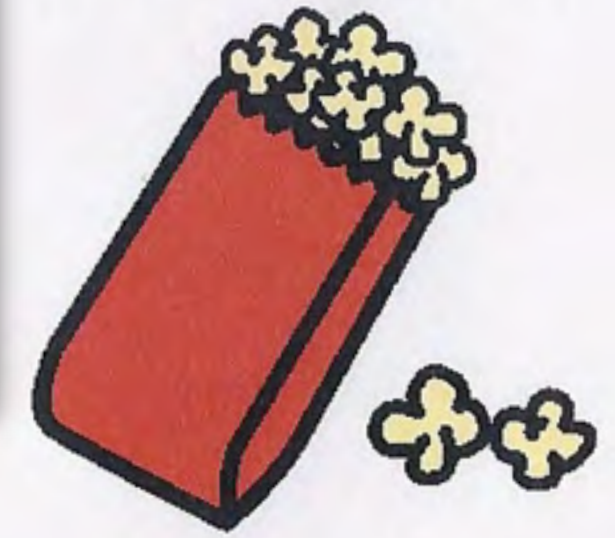
Visual Communication Aids



Visual Communication Aids

Watch Mr Men 	meet the dentist 	Say Hi 	sit on chair 
open mouth 	Say Hi 	check teeth 	Eat PopCorn 
finished 			

Visual Communication Aids

Watch Mr Men 	meet the dentist 	Say Hi 	sit on chair 
open mouth 	Open Wide 		check teeth 
finished 			Eat PopCorn 

The areas of ASD that effect us in the surgery are



Sensory

Hypersensitivity

- ▶ Lights
- ▶ Taste
- ▶ Touch
- ▶ Smells
- ▶ Loud sounds

Help from Occupational therapist

Hyposensitivity

- ▶ High pain tolerance
- ▶ Acting as if their deaf
- ▶ Don't engage, avoiding eye contact

Before any dental care:

- ✓ Talk to parent/caregiver over the phone or unaccompanied in the clinic about child's level of tolerance to physical contact and note the findings.
- ✓ Can teeth be brushed? Can toothpaste be used?
- ✓ Textures of foods? Touch? Sounds? Lights? What they like/don't like?
- ✓ Will the child tolerate you touching his /head/hand/face/mouth?
- ✓ Determine the child's level of intellectual and cognitive abilities.
- ✓ Unique details –music, colours, special cuddly toy, blanket, whatever helps the child feel secure.

Before any dental care:

- ✓ Reassure parent that the first visit will be a desensitisation appointment and its fine if no dental examination is achieved.
- ✓ Encourage the parent to tell the child about going to the dentist as soon as possible - visual timetable.
- ✓ Suggest social stories and comic strip conversation – an effective way of providing information about an activity and reason for it. These visual supports help structure the visit.

Desensitisation appointment to help the child become familiar with the office and staff (1)

- ▶ Always **give first appointment**- morning/afternoon session.
- ▶ **Clear all counter tops**- reducing visual stimuli, less distraction.
- ▶ Reduce other sensory input such as **sounds and odours** that may be distracting to the child.
- ▶ Blue **non-latex gloves** –less of a taste.
- ▶ Use **clear visor**, try and avoid dental mask
- ▶ Using disposable **plastic dental mirror**.
- ▶ May also have to use hand held/wall mounted **mirror**.
- ▶ Children's **tinted glasses** or their own sunglasses.
- ▶ **“Do Not Disturb”** sign on the door.

Communicating in the clinic

- ▶ Limit conversation
- ▶ Communicate clearly- **"Hi"**
- ▶ Don't use gestures or specific facial expressions
- ▶ Child into the dental chair - Tap the seat of dental chair and use simple commands- **"Sit"**
- ▶ You may try a hand held/wall mount mirror-most children use these with Occupational Therapist (OT)
- ▶ **"Open mouth"** or just **"Open"** demonstrating this yourself/DSA/parent (modelling)
- ▶ Only say **"Good opening"** when it is a good opening.
- ▶ Use counting **"1,2,3,4,5 and stop"**. If you're going to extend this to 10, tell the child before you start **"Now we will count to 10 and stop"**
- ▶ Keep a very mono-tone voice when you are speaking.
- ▶ May need to use a comfort item to keep **"quiet hands"**

Desensitisation appointment to help the child become familiar with the office and staff (2)



Examination:

- ▶ Avoid interruptions (few staff as needed).
- ▶ Initially sitting alone in up-right position.
- ▶ Initial examination using a gloved finger.
- ▶ Using toothbrush to gain access.
- ▶ Using disposable plastic dental mirror.
- ▶ Keep dental light out of child's eyes.
- ▶ Reward cooperative behaviour with positive verbal reinforcement-
“Good opening”, “Good listening” “Quiet hands”
- ▶ Appointment short, structured & positive.
- ▶ Give a dental exam practice kit-blue gloves, plastic mirror & mask.

Dental treatment

- ▶ Same staff, dental operator, & appointment time each visit.
- ▶ Stick to agreed exam/treatment as parents/child have rehearsed just that.
- ▶ Dental instruments out of sight and light out of the child's eyes.
- ▶ Allow comfort items (e.g. stuffed animal) or to hold a parent/caregiver's hand.
- ▶ Communicate with the child at a level that he or she can understand.
- ▶ Use a **"tell, show, do"** approach when explaining treatment and procedures.
- ▶ Speak directly in clear, concrete terms.
- ▶ Observe unusual body movements and anticipate future movements.
- ▶ General anaesthesia may be required for complex surgical or restorative treatment.
- ▶ Keep appointments close together, same time and same day preferably.



TOOTHBRUSHES-all size appropriate for age

- ▶ Collis Curve Toothbrush-has curved bristle which will allow all sides to be brushed at the same time.
- ▶ Super brush-three sided toothbrush.
- ▶ Manual toothbrush.
- ▶ Power toothbrush.



TOOTHPASTE

► **Non minty flavour-**

Colgate Smiles Shrek bubblegum

4yrs+, Oral B Stages tutti

fruity-1450ppmF



► **Minty flavour-**

Colgate Smiles 2-6years,

Sensodyne Pronamel

6-12yrs-1450ppmF



► **Non foaming-**

those that don't contain Sodium

Laurel Sulphate BioXtra

Moisturising-1500ppmF





MOUTHWASH

- ▶ MOUTHWASH-not advised as a mouthwash but rather used on a toothbrush for those children unable to tolerate toothpaste
- ▶ Non Alcohol-Children Listerine Smart Rinse



Advice to Parents (4)



DIET

- ▶ Many children have limited dietary preferences – exclusively purees foods, Coco Pops cereal, chocolate only, fruit juices.
- ▶ High carbohydrate diets-constipation-Duphalac cariogenic.
- ▶ Behaviour motivators and reinforcements –sweets & frequency.
- ▶ Restricted diets-dairy free
 - Soya milk-unsweetened
 - Soya milk-sweetened with apple juice

Children's books/resources

- ▶ Webster A Off We Go! Series, Off We Go Publishing,www.OffWeGo.ie
- ▶ Adamson J (2003) Topsy and Tim go to the Dentist,Penguin,UK
- ▶ Green J (1999) Open wide!-My first trip to the dentist, Wayland publishers Ltd,UK
- ▶ Gray C, Social Stories
- ▶ Rowan K (1999) I know why I brush my teeth,Walker Books,UK
- ▶ Wilkes K: Going to the dentist: a guide for people with autism and Asperger syndrome (National Autistic Society)
- ▶ Whybrow,Ian Harry and the Dinosaurs Say Raahh
- ▶ PECS Picture Exchange Communication Systems

Websites (Professional information)

- ▶ Irish Society for Autism www.autism.ie
- ▶ Irish Autism Action www.autismireland.ie
- ▶ American Academy of Paediatric Dentistry www.aapd.org
- ▶ The National Autistic Society www.nas.org.uk
- ▶ The British Society for Disability and Oral Health www.bsdh.org.uk



THANK YOU

