



# Eat That Frog!

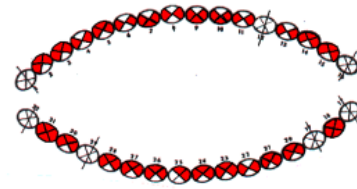
BSDHT OHC 2019

Claire McCarthy |Eat that Frog! | 23 November 2019

Please do not reproduce any of this material without permission of the author.

# Bleeding Index

- Technique....start, end, methodical, speed, consistency
- Formula: ACTIVITY HERE %
- Explain findings: traffic light system
- Set a Goal / Target ?%
- Show patient how to achieve it: Coping:



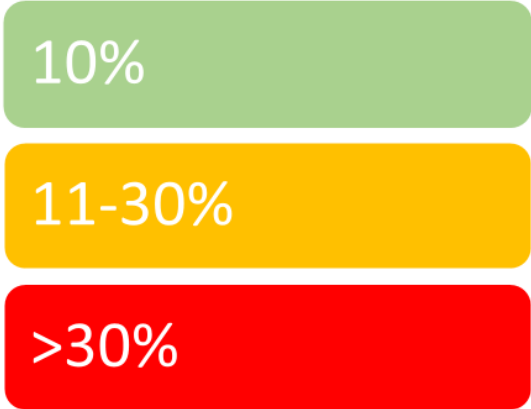
Strike while the iron is hot!



12 images

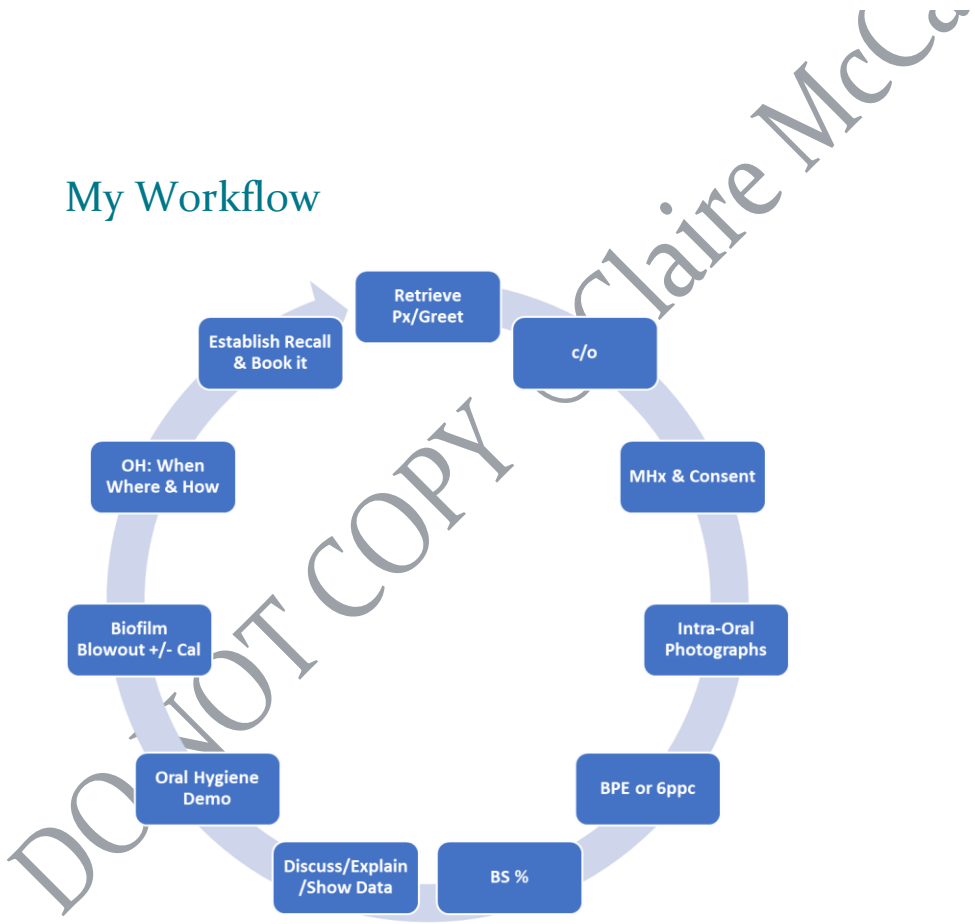
Palate view. & Occlusal of Max teeth	Floor of mouth view & occlusal of mand teeth	Close up view lower anteriors lingually	Bucc Left side in occlusion
Bucc Right side in occlusion	Ling LL	Ling LR	Pal UL
Pal UR	Implants	Caries/Fracture	Lesion / Ulcer

Bleeding Score Explained



RDH

### My Workflow





Received: 28 June 2018 | Revised: 28 January 2019 | Accepted: 10 February 2019  
DOI: 10.1002/BJO.1348

HUMAN RANDOMIZED CONTROLLED TRIAL

JOURNAL OF  
PERIODONTOLOGY



## The effect of risk communication on periodontal treatment outcomes: A randomized controlled trial

Koula Asimakopoulou<sup>1</sup> | Matthew Nolan<sup>2</sup> | Claire McCarthy<sup>1</sup> | Jonathan T. Newton<sup>3</sup>

<sup>1</sup>Dental Institute, King's College London, London, United Kingdom of Great Britain and Northern Ireland  
<sup>2</sup>Norwich Dental Practice, London, United Kingdom of Great Britain and Northern Ireland

**Correspondence:**  
Dr Koula Asimakopoulou, Dental Institute, Guy's Hospital, King's College London, Floor 18, Great Maze Pond, London, SE1 9NQ, United Kingdom of Great Britain and Northern Ireland.  
Email: k.asimakopoulou@kcl.ac.uk

### Abstract

**Background:** This study determines the effects of a routine assessment (Treatment as Usual, TAU) versus a risk communication intervention (Risk) versus a Goal Setting, Planning and Self-Monitoring (GPS) intervention on periodontal disease patients' clinical and psychological outcomes.

**Methods:** In a three-arm randomized controlled trial (RCT; registration: ISRCTN9696243) adults ( $N = 97$ ) judged to have moderate oral hygiene attended a primary dental care setting for a standard consultation. Intervention participants received an individualized calculation of their periodontal disease risk using only the Pre-test Risk Calculator (Risk group) or supplemented with a GPS behavioral intervention (GPS group). Clinical, behavioral and psychological measures were obtained at baseline, 4 and 12 weeks later.

**Results:** Percent plaque reduced significantly ( $P < 0.05$ ) in intervention groups but not in TAU group. Percent of sites bleeding-on-probing reduced in all groups, but the effect was more pronounced in the intervention groups. Interdental cleaning frequency improved only in the intervention groups ( $P < 0.05$ ). Brushing frequency and probing depths showed little variation across time/groups. Disease risk and mood thoughts

Please email me directly to request a copy of this article. Contact details on [clairemccarthy.co](mailto:clairemccarthy.co)

DO NOT COPY © Claire McCarthy RDH