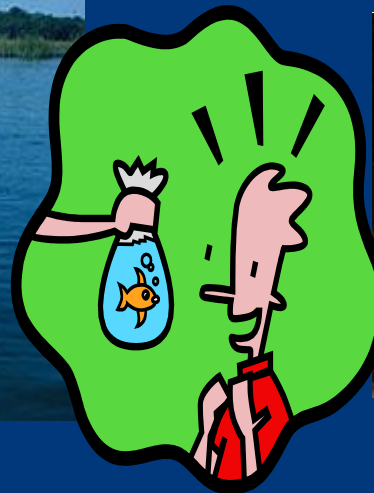




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# Spreading the Net





## Background

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- Integrating preventive oral health care messages into a comprehensive chronic disease management program
- Oral health information sessions given as part of our Diabetes Awareness Group in our Good Life Club setting
- Including oral health messages as part of the Good Life Club journey taken by our clients



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## Integrated approach

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- The Good Life Club and Oral Health Services work from the same site at the Whitehorse Community Health Service
- Shared reception
- Support from senior management





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## Other Enablers

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- Priority for comprehensive & integrated services
- Commitment to accessible services
- Commitment to increased services



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## Some History – Good Life Club

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- Good Life Club is a program providing chronic disease self-management services and support
- EICD funding 2001
- Provision via Health Coaching and Key Worker support



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## What's Available (1)

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- Good Life Gym
- Heart Health Group [exercise/education ]
- Good Life Walking Group
- Good Life Club Newsletter
- Diabetes Programs
- Allied Health Services



## What's Available (2)

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- Good Life Club/Oral Health
  - assessment and internal referrals
  - information sessions  
(Good Life Choices)



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# The Collaborative Initiative

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- Evaluation of GLC education programs
- Strengthen links with Oral Health Service
- Key oral health messages seen as pivotal in comprehensive chronic disease management



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# Good Life Clubbers...





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# Pathway from GLC to Oral Health

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- Initial assessment using common assessment tools
- Oral health status determined
- Referral fast tracked into Oral Health program
- Clients seen by final year dental students & Senior Clinician for oral examination and advice

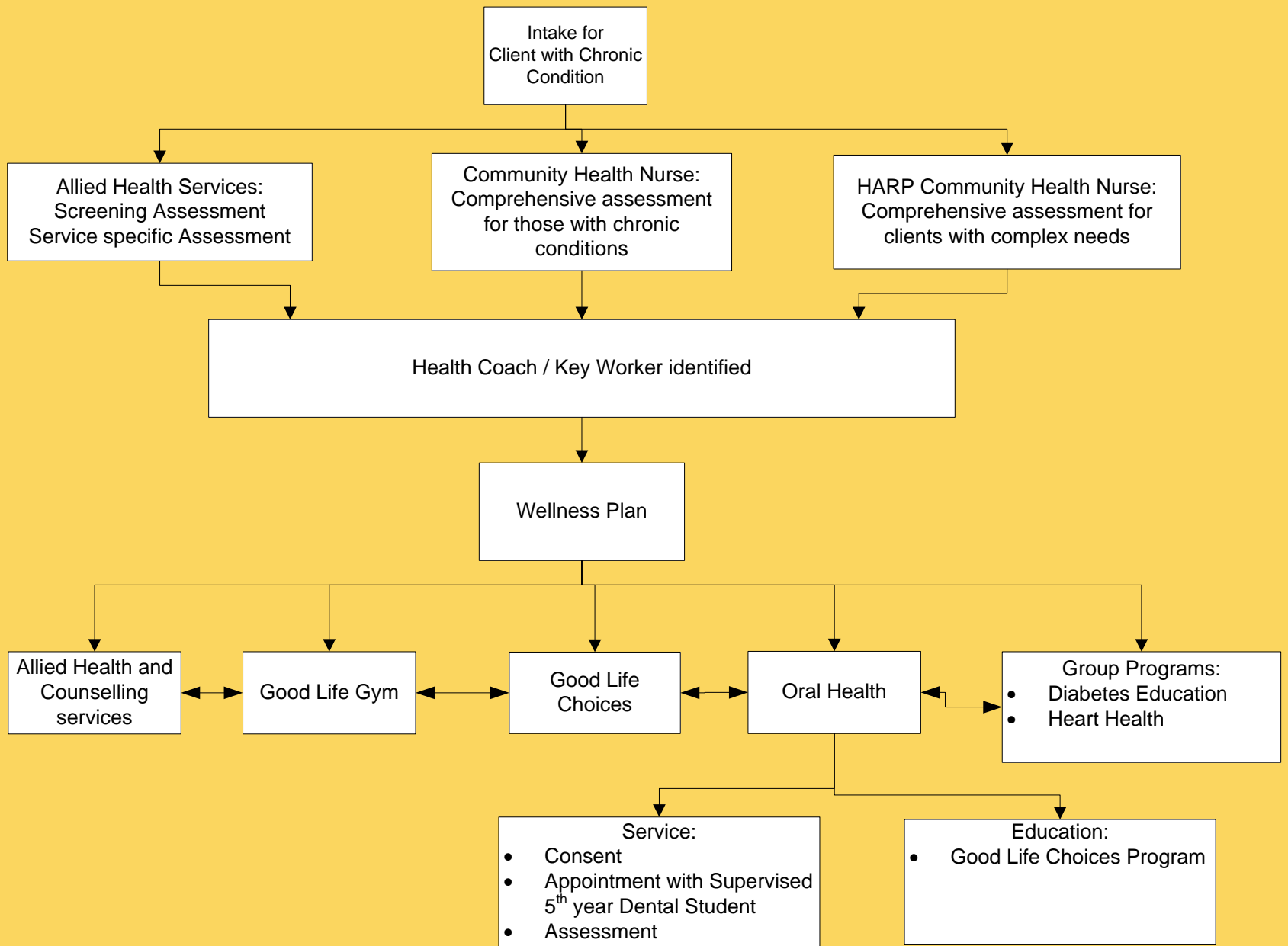


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# Oral Health Education

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- Good Life Choices program providing information
- Topics related to Chronic Disease Self-management
- Clients encouraged to attend as strategy to support lifestyle behaviour changes



Pathway from GLC to Oral Health

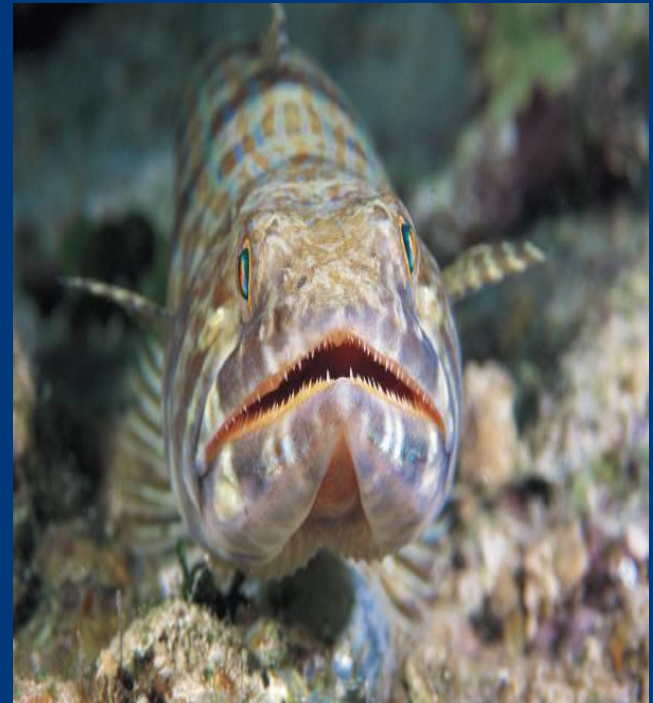


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## Opening Up

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- Information sessions with the focus on the relationship of chronic disease & oral health such as:-
- Xerostomia or dry mouth causes & affects





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## Opening up further...

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- Smoking and oral cancers
- Periodontal disease and diabetes
- Cardio/respiratory
- Use of bisphosphonates for osteoporosis



## Feedback

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- “The Oral Health session was really helpful. I didn’t know that a dry mouth could be something that I could talk to my Doctor about.”
- “I thought it was something that I needed to put up with.”
- “I never realised that mouthwash might cause me problems.”



# Promoting Our Service

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- Internally
  - All Staff Forums
- Externally
  - On-site visits to Client Focus Groups
  - General Practitioners in the surrounding areas – Medicare (through enhanced care plan)





## Future Integration

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- Looking at the emerging CALD Communities and providing information and access to services
- More outreach groups
- Prioritisation of clients with chronic conditions



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# The Total Package

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- **Providing an opportunity to give clients the ability to receive the best care possible**
- **Intervention, Treatment, Education and Prevention**





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# Thank You

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- To Senior Management at Whitehorse Community Health Service Ltd for support and recognition
- To Dr Paula Bacchia who in her time as Manager of The Oral Health Program encouraged and motivated all those involved

