



Fluoride Varnish

Case Study

Case Study: Maryland's Mouths Matter: Fluoride Varnish and oral Health Screening Program for Kids

The state of Maryland Department of Health fluoride varnish program reimburses physicians and nurse practitioners for the application of fluoride varnish for children who are Maryland Medicaid recipients and who are 9 to 36 months in age. [1] The program is administered by Doral Dental Services of Maryland. Medicaid programs in the U.S. are funded 55 percent by the federal government and 45 percent by the state government.

The goal of the Maryland's Mouth Matter program is to reduce the incidence of tooth decay in children age 3 and under and contribute to the establishment of a dental home.

[2] The program includes six components:

- Oral health screening
- Dental caries risk assessment
- Anticipatory guidance on dental development
- Fluoride varnish application
- Referral to a dentist
- Billing for Medicaid reimbursement

The Program Manual gives criteria for determining increased risk for dental caries. These risk factors are used in targeting children at high risk for developing tooth decay. Fluoride varnish programs are described in the Program Manual as being adaptable for use by various health and welfare agencies. Advantages include:

- It is inexpensive
- Minimal training is required in most countries
- It is easy to apply
- No special equipment is required
- A professional dental cleaning is not required



Alliance for a Cavity-Free Future

Stop Caries NOW for a Cavity-Free Future

An Oral Health Resource

- It dries immediately upon contact with saliva
- Dental insurance plans will reimburse both medical and dental providers

The Program Manual also includes several components for the administration of a fluoride varnish program. This protocol describes needed supplies and equipment, schedules and dosages, oral health screening procedures, fluoride varnish application procedures, and the eligibility criteria and record keeping forms for program administration.

For more information contact the Office of Oral Health at fvprogram@dhmh.state.md.us.



Alliance for a Cavity-Free Future

Stop Caries NOW for a Cavity-Free Future

An Oral Health Resource

References:

1. Maryland's Mouths Matter. Maryland Department of Health and Mental Hygiene. Office of Oral Health, 201 W Preston St., Baltimore, MD 21201. iii+27pp. <http://www.fha.state.md.us/oralhealth>
2. Cantrell C. 2008. The role of physicians in children's oral health. *State Health Policy Monitor* 2(5):1-5. www.nashp.org/files/Fluoride%20Varnish%20Monitor.pdf
3. Lewis C, Lynch H, Richardson L. Fluoride varnish use in primary care: what do providers think? *Pediatrics*;115(1). 2005:e69-e-76.
4. American Dental Association. Statement on Early Childhood Caries. <http://www.ada.org/prof/resources/positions/statements/caries.asp>
5. Centers for Disease Control and Prevention. 2001. Recommendations for using fluoride to prevent and control dental caries in the United States. *Morbidity and Mortality Weekly Report* 50(RR-14);1-42. <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5014a1.htm>.
6. American Dental Association, Council on Scientific Affairs. 2006. Professionally applied topical fluoride: Evidence-based clinical recommendations. *Journal of the American Dental Association* 137(8):1151-1159. http://www.ada.org/prof/resources/pubs/jada/reports/report_fluoride.pdf
7. Association of State and Territorial Dental Directors, Fluorides Committee. Fluoride varnish: an evidence-based approach research brief, September 2007. <http://www.astdd.org/docs/Sept2007FINALFIVarnishpaper.pdf>
8. Centers for Disease Control and Prevention. 2003. Guidelines for infection control in dental health-care settings. *Morbidity and Mortality Weekly Report* 52(RR-17);1-61. <http://www.cdc.gov/mmwr/preview/mmwrhtml/rr5217a1.htm>.