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CE Course Handout

Unraveling the Truth Behind #Flossgate

June 15th, 2017



American
Dental
Hygienists'
Association

Unraveling the Truth Behind #Flossgate

ADHA CLL

June 15, 2017, Jacksonville, FL

Presenter:

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Disclosures:

Water Pik, Inc

- Designed and developed this course
- Manufactures and distributes products addressed in this course
- Provided an educational grant to support this course

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- Is employed by Water Pik, Inc as the Director of Professional Relations & Education
- Serves on the board of the *RDH Magazine*, *Access*, and the corporate council for *Dimensions of Dental Hygiene*

1. What is a systematic review and why is it important?

2. What is confirmation bias?

3. Why is it difficult to prove flossing reduces:

- a. Caries
- b. Periodontal disease
- c. Gingivitis

4. Reasons to recommend floss
5. Reasons to recommend interdental brushes
6. Reasons to recommend toothpicks
7. Reasons to recommend water flossing
8. Insights from the group
9. How does the recommendation of self-care fit into the dental hygiene process of care
10. What steps can you take to help patients follow through with your recommendations?

Resources:

- How an AP reporter took down flossing: <https://www.poynter.org/2016/how-an-ap-reporter-took-down-flossing/424625/>
- Dental flossing & interproximal caries: a systematic review: <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0023143/>
- Efficacy of dental floss in addition to a toothbrush on plaque and parameters of gingival inflammation: a systematic review: <https://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0025473/>
- Efficacy of interdental mechanical plaque control in managing gingivitis – a meta review: <https://www.ncbi.nlm.nih.gov/pubmed/25581718>
- Flossing for the management of periodontal diseases & dental caries in adults; http://www.cochrane.org/CD008829/ORAL_flossing-to-reduce-gum-disease-and-tooth-decay
- Standards for Clinical Dental Hygiene Practice
 - www.adha.org
- International Journal of Evidence-Based Practice for the Dental Hygienist: <http://www.quintpub.com/journals/ebh/about.php>
- Information on the ADA Seal of Acceptance: <http://www.ada.org/en/science-research/ada-seal-of-acceptance>
- Information on the Waterpik® Water Flosser
 - www.waterpik.com
 - To order brochures or get pricing info: 800-525-2020
 - To request a lunch and learn: www.waterpik.com/oral-health/pro/lunch-learn/signup.cshtml