

Season 2 Episode 5 - Oral Health Part 2
[intro music Sun Through Shade]

Hannah: In this second episode of our oral health series, we hear from Phonsuda Chanthavisouk, the former President of the Dental Therapy Student Organization at the University of Minnesota, to learn about the emerging field of Dental Therapy and its role in making oral health accessible and affordable to all. We hope you enjoy our interview with Phonsuda.

0-4

00:00:13,425 --> 00:00:17,490

Phonsuda: So I'm Phonsuda Chanthavisouk.

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00:00:17,490 --> 00:00:22,245

Phonsuda: I am a part of the Dental Therapy Student Association.

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00:00:22,245 --> 00:00:27,255

Phonsuda: My position in this group is that I'm the president and

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00:00:27,255 --> 00:00:29,910

Phonsuda: my primary work interest, currently

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00:00:29,910 --> 00:00:32,955

Phonsuda: as a student, and I'm really interested in research.

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00:00:32,955 --> 00:00:35,490

Phonsuda: I'm currently doing research with Dr.

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00:00:35,490 --> 00:00:38,310

Phonsuda: John and he has really showed me

11

00:00:38,310 --> 00:00:40,980
Phonsuda: that ins and outs just
like the beginnings

12
00:00:40,980 --> 00:00:44,165
Phonsuda: of what research in dentistry looks like.

13
00:00:44,165 --> 00:00:47,989
Phonsuda: And I also am looking

14
00:00:47,989 --> 00:00:52,805
Phonsuda: to work in clinics
after school as well.

15
00:00:52,805 --> 00:00:55,340
Abby: And what

16
00:00:55,340 --> 00:00:57,605
Abby: does the research that you're
doing with Doctor John?

17
00:00:57,605 --> 00:00:58,670
Phonsuda: Oh, it's super cool.

18
00:00:58,670 --> 00:01:04,190
Phonsuda: So it's we are assessing
oral health impact profiles.

19
00:01:04,190 --> 00:01:07,370
Phonsuda: So these are just
specific questions that

20
00:01:07,370 --> 00:01:10,790
Phonsuda: and dentists would ask you
specifically at the school.

21

00:01:10,790 --> 00:01:12,200

Phonsuda: It's a protocol where we ask

22

00:01:12,200 --> 00:01:14,420

Phonsuda: patients like within
the past seven days,

23

00:01:14,420 --> 00:01:18,094

Phonsuda: have you been experiencing
these seven things?

24

00:01:18,094 --> 00:01:21,890

Phonsuda: And it's just like
pain and function,

25

00:01:21,890 --> 00:01:23,990

psycho-social impact,

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00:01:23,990 --> 00:01:26,510

Phonsuda: aesthetic concerns that
patients may have.

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00:01:26,510 --> 00:01:29,135

Phonsuda: So there's a tool that

28

00:01:29,135 --> 00:01:34,970

Phonsuda: is measures oral health
related quality of life.

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00:01:34,970 --> 00:01:41,780

Phonsuda: And it also helps us kind of
gauge the oral health impact of that.

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00:01:41,780 --> 00:01:47,525
Phonsuda: So we are basically
looking at yeah,

31
00:01:47,525 --> 00:01:49,490
Phonsuda: just all of that,

32
00:01:49,490 --> 00:01:51,499
Phonsuda: but we're trying to
make a better version

33
00:01:51,499 --> 00:01:54,290
Phonsuda: and I don't know
how much I can say,

34
00:01:54,290 --> 00:01:56,825
Phonsuda: but it, it's going to be big.

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00:01:56,825 --> 00:01:58,655
Phonsuda: I'm super excited about it.

36
00:01:58,655 --> 00:02:00,665
Abby: That's really cool that you
get to be involved in that.

37
00:02:00,665 --> 00:02:02,255
Phonsuda: Yeah. And just as a student,

38
00:02:02,255 --> 00:02:04,775
Phonsuda: like as a dental hygiene
dental therapy students,

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00:02:04,775 --> 00:02:08,735
Phonsuda: we don't access to research
like no one offers it to us,

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00:02:08,735 --> 00:02:12,050

Phonsuda: like they have a
summer internship

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00:02:12,050 --> 00:02:13,880

Phonsuda: externship for the
dental students.

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00:02:13,880 --> 00:02:15,560

Phonsuda: However, we don't get offered

43

00:02:15,560 --> 00:02:17,405

Phonsuda: that because our
program is so short.

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00:02:17,405 --> 00:02:20,420

Phonsuda: So I myself just went and
asked if anyone needed

45

00:02:20,420 --> 00:02:21,620

Phonsuda: help with anything and I'm

46

00:02:21,620 --> 00:02:23,540

Phonsuda: really glad this
opportunity came.

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00:02:23,540 --> 00:02:27,950

Abby: So how
long have you been part of

48

00:02:27,950 --> 00:02:30,080

Abby: the dental therapy student
organization and

49

00:02:30,080 --> 00:02:32,810

Abby: How did you become interested in dental therapy?

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00:02:32,810 --> 00:02:35,570

Phonsuda: Is so I became a part of

51

00:02:35,570 --> 00:02:37,790

Phonsuda: the student organization immediately

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00:02:37,790 --> 00:02:39,844

Phonsuda: when I got into the program.

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00:02:39,844 --> 00:02:41,510

Phonsuda: So when you get to school,

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00:02:41,510 --> 00:02:43,400

Phonsuda: there's a ton of student orgs that you

55

00:02:43,400 --> 00:02:45,665

Phonsuda: can join and dental therapy,

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00:02:45,665 --> 00:02:48,755

Phonsuda: DTSA was one of those.

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00:02:48,755 --> 00:02:51,875

Phonsuda: So now I've been in it for two years.

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00:02:51,875 --> 00:02:53,840

Phonsuda: And the first year I was just an active member.

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00:02:53,840 --> 00:02:57,710

Phonsuda: So we I didn't get to,

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00:02:57,710 --> 00:03:01,805

Phonsuda: I guess, initiate as many things as I do now.

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00:03:01,805 --> 00:03:07,460

Phonsuda: Yeah. I became interested in dental therapy, I guess.

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00:03:07,460 --> 00:03:09,140

Phonsuda: As I was just talking about before,

63

00:03:09,140 --> 00:03:11,120

Phonsuda: I honestly didn't know what dental therapy

64

00:03:11,120 --> 00:03:13,729

Phonsuda: was until I applied for the program.

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00:03:13,729 --> 00:03:16,250

Phonsuda: After reading about what it was,

66

00:03:16,250 --> 00:03:17,300

Phonsuda: I was like, holy cow,

67

00:03:17,300 --> 00:03:21,110

Phonsuda: this is something that I want to do.

68

00:03:21,110 --> 00:03:23,810

Phonsuda: It's not as much schooling
as dental school.

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00:03:23,810 --> 00:03:25,220

Phonsuda: I'm still young and I'm

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00:03:25,220 --> 00:03:28,010

Phonsuda: still finishing my
bachelor's degree.

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00:03:28,010 --> 00:03:30,110

Phonsuda: At the same time as
getting my masters.

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00:03:30,110 --> 00:03:32,375

Phonsuda: So it's a really cool deal.

73

00:03:32,375 --> 00:03:35,150

Phonsuda: And it's still so new.

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00:03:35,150 --> 00:03:38,390

Phonsuda: Like not a lot of people
understand what it's about.

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00:03:38,390 --> 00:03:43,190

Phonsuda: But so this program is
actually a dual degree.

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00:03:43,190 --> 00:03:44,870

Phonsuda: You get your bachelors
and dental hygiene

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00:03:44,870 --> 00:03:46,580

Phonsuda: and master's of dental therapy.

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00:03:46,580 --> 00:03:49,280

Phonsuda: And this three, this dual degree program

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00:03:49,280 --> 00:03:51,050

Phonsuda: actually is only three years old.

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00:03:51,050 --> 00:03:53,090

Phonsuda: So it's super new.

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00:03:53,090 --> 00:03:57,020

Phonsuda: And dental therapy itself is new in the United States,

82

00:03:57,020 --> 00:03:59,735

Phonsuda: it came to Minnesota in 2009.

83

00:03:59,735 --> 00:04:01,730

Phonsuda: But if we want to look back,

84

00:04:01,730 --> 00:04:04,940

Phonsuda: Dental therapy came to life when

85

00:04:04,940 --> 00:04:08,270

Phonsuda: New Zealand brought it up in like the 1920s.

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00:04:08,270 --> 00:04:12,555

Phonsuda: So we are just getting on that boat.

87

00:04:12,555 --> 00:04:15,340

Phonsuda: But yeah, it's really interesting

88

00:04:15,340 --> 00:04:16,480

Phonsuda: how there's

89

00:04:16,480 --> 00:04:18,910

Phonsuda: so many oral health
disparities in this world,

90

00:04:18,910 --> 00:04:21,699

Phonsuda: but we just recently
started implementing

91

00:04:21,699 --> 00:04:25,840

Phonsuda: this new dental team
member to the team.

92

00:04:25,840 --> 00:04:28,090

Phonsuda: So I thought that
was super cool and I

93

00:04:28,090 --> 00:04:30,835

Phonsuda: wanted to be a part of it.

94

00:04:30,835 --> 00:04:32,470

Abby: And how would you describe

95

00:04:32,470 --> 00:04:35,095

Abby: dental therapy to someone
who knows nothing about it?

96

00:04:35,095 --> 00:04:37,150

Phonsuda: Yeah. So I really like
to just start off

97

00:04:37,150 --> 00:04:41,410

Phonsuda: like like a physician's assistant in the medical world.

98

00:04:41,410 --> 00:04:45,040

Phonsuda: But we are mid-level providers in the dental world so we

99

00:04:45,040 --> 00:04:50,200

Phonsuda: can our patient population is pediatric care,

100

00:04:50,200 --> 00:04:51,580

Phonsuda: geriatric care adults and

101

00:04:51,580 --> 00:04:55,170

Phonsuda: basically all low-income, uninsured,

102

00:04:55,170 --> 00:04:58,505

Phonsuda: an underserved population or

103

00:04:58,505 --> 00:05:02,735

Phonsuda: places with dental health professional shortages.

104

00:05:02,735 --> 00:05:05,255

Phonsuda: Ye so, our scope of practice

105

00:05:05,255 --> 00:05:07,340

Phonsuda: is that we can do restorative work.

106

00:05:07,340 --> 00:05:08,960

Phonsuda: So that's just like cavity fillings

107

00:05:08,960 --> 00:05:11,060

Phonsuda: on both primary and permanent teeth.

108

00:05:11,060 --> 00:05:13,400

Phonsuda: We can do extractions
on primary teeth,

109

00:05:13,400 --> 00:05:18,485

Phonsuda: and we can do your dental
exams for regular visits.

110

00:05:18,485 --> 00:05:20,720

Phonsuda: So I like to say that,

111

00:05:20,720 --> 00:05:22,130

Phonsuda: you know how people go

112

00:05:22,130 --> 00:05:23,630

Phonsuda: to dental school and
they can specialize

113

00:05:23,630 --> 00:05:26,705

Phonsuda: and orthodontics or they can
specialize in this or that.

114

00:05:26,705 --> 00:05:30,455

Phonsuda: I would say we are specialized
in cavity fillings.

115

00:05:30,455 --> 00:05:36,410

Phonsuda: So we do the base of
what a dentist would do.

116

00:05:36,410 --> 00:05:40,625

Phonsuda: So our education is in our scope of practice,

117

00:05:40,625 --> 00:05:42,455

Phonsuda: the same as a dental students.

118

00:05:42,455 --> 00:05:45,470

Phonsuda: So we're taking the same class, same exams,

119

00:05:45,470 --> 00:05:47,030

Phonsuda: and to get our license,

120

00:05:47,030 --> 00:05:49,955

Phonsuda: we're taking the same exams as dental students as well.

121

00:05:49,955 --> 00:05:51,980

Phonsuda: Which a lot of people don't understand,

122

00:05:51,980 --> 00:05:54,469

Phonsuda: which is why there's so much pushback

123

00:05:54,469 --> 00:05:56,780

Phonsuda: on dental therapy is like are they,

124

00:05:56,780 --> 00:05:58,640

Phonsuda: Is it safe? Are they getting

125

00:05:58,640 --> 00:06:00,110

Phonsuda: the same education? Is this is

126

00:06:00,110 --> 00:06:02,495

Phonsuda: just a masters compared to a doctorate?

127

00:06:02,495 --> 00:06:05,030

Phonsuda: However, we're taking the same exams and

128

00:06:05,030 --> 00:06:07,610

Phonsuda: we're taking the same class side-by-side with

129

00:06:07,610 --> 00:06:09,095

Phonsuda: the dental students and

130

00:06:09,095 --> 00:06:12,740

Phonsuda: the people don't know when we're taking these exams.

131

00:06:12,740 --> 00:06:16,385

Phonsuda: Who was a DT and who's a dental student.

132

Phonsuda: So from my perspective,

134

00:06:22,280 --> 00:06:24,110

Phonsuda: when I go to the doctor's office,

135

00:06:24,110 --> 00:06:26,000

Phonsuda: I'm not seeing an actual MD, I'm

136

00:06:26,000 --> 00:06:28,430

Phonsuda: seem a physician's assistant

or nurse practitioner.

137

00:06:28,430 --> 00:06:32,510

Phonsuda: So I guess that's kind of my goal and what I

138

00:06:32,510 --> 00:06:37,010

Phonsuda: want to see Dental therapy become.

140

00:06:38,255 --> 00:06:43,730

Abby: And does your work or dental therapy in general address

141

00:06:43,730 --> 00:06:45,395

Abby: issues of health equity?

142

00:06:45,395 --> 00:06:49,325

Abby: I know you touched a little bit on oral health disparities.

143

00:06:49,325 --> 00:06:51,665

Abby: But could you explain a little bit more about that?

144

00:06:51,665 --> 00:06:55,790

Phonsuda: Yeah. Yeah. So I guess, like I said before,

145

00:06:55,790 --> 00:07:01,730

Phonsuda: the reason dental therapy was brought up is to go at

146

00:07:01,730 --> 00:07:05,090

Phonsuda: this issue of the silent epidemic that no one

147

00:07:05,090 --> 00:07:08,720
Phonsuda: really understands or talks about.

148
00:07:08,720 --> 00:07:12,800
Phonsuda: And our main goal is to expand access to care.

149
00:07:12,800 --> 00:07:16,475
Phonsuda: I guess the big focus is,

150
00:07:16,475 --> 00:07:20,330
Phonsuda: serving low income, uninsured, underserved populations.

151
00:07:20,330 --> 00:07:23,240
Phonsuda: And that's where dental therapists basically

152
00:07:23,240 --> 00:07:25,280
Phonsuda: provide the most care

153
00:07:25,280 --> 00:07:27,620
Phonsuda: for is the people who are on state insurance.

154
00:07:27,620 --> 00:07:29,480
Phonsuda: who don't have insurance.

155
00:07:29,480 --> 00:07:32,045
Phonsuda: And most dental offices

156
00:07:32,045 --> 00:07:35,375
Phonsuda: only accept private insurance or cash and.

157
00:07:35,375 --> 00:07:38,840

That's a barrier right there
that people can't afford it.

158

00:07:38,840 --> 00:07:41,360

Phonsuda: And with dental therapy,

159

00:07:41,360 --> 00:07:43,610

Phonsuda: these dental therapists
are able to see

160

00:07:43,610 --> 00:07:46,460

Phonsuda: these patients and expand
access to care and

161

00:07:46,460 --> 00:07:49,069

Phonsuda: allow patients to come in to see

162

00:07:49,069 --> 00:07:51,920

Phonsuda: us for the cavity fillings
rather than wait and go

163

00:07:51,920 --> 00:07:53,330

Phonsuda: to the emergency room and pay

164

00:07:53,330 --> 00:07:54,950

Phonsuda: thousands of dollars for someone

165

00:07:54,950 --> 00:07:57,260

Phonsuda: to give them antibiotics

166

00:07:57,260 --> 00:08:00,455

Phonsuda: when they really mean
something else, you know.

167

00:08:00,455 --> 00:08:03,740

Phonsuda: So I guess, yeah,

168

00:08:03,740 --> 00:08:07,085

Phonsuda: we really are here
for that purpose.

169

00:08:07,085 --> 00:08:09,635

Phonsuda: And with time coming up,

170

00:08:09,635 --> 00:08:13,550

Phonsuda: baby boomers are turning
65, people are retiring.

171

00:08:13,550 --> 00:08:15,560

Phonsuda: Like, I know, I don't

172

00:08:15,560 --> 00:08:17,600

Phonsuda: know if this is like the
specific statistics,

173

00:08:17,600 --> 00:08:20,480

Phonsuda: but like almost
half of the rural,

174

00:08:20,480 --> 00:08:23,540

Phonsuda: boomer dentists are going to retire and

175

00:08:23,540 --> 00:08:24,890

Phonsuda: there's not going to be access to

176

00:08:24,890 --> 00:08:26,960

Phonsuda: care and no one's going to replace them.

177

00:08:26,960 --> 00:08:28,610
So the whole thought of

178
00:08:28,610 --> 00:08:31,430
Phonsuda: Dental therapy is that
we would go rural.

179
00:08:31,430 --> 00:08:33,500
Phonsuda: But also if you want
to think about it,

180
00:08:33,500 --> 00:08:38,495
Phonsuda: a lot of the metro area
is considered low-income,

181
00:08:38,495 --> 00:08:39,935
Phonsuda: underserved populations,

182
00:08:39,935 --> 00:08:43,130
Phonsuda: specifically with
dental professionals.

183
00:08:43,130 --> 00:08:48,950
Phonsuda: So I guess like barriers to
care we are able to reach out

184
00:08:48,950 --> 00:08:51,095
Phonsuda: to those who don't have

185
00:08:51,095 --> 00:08:53,900
Phonsuda: insurance and don't
have access to care.

186
00:08:53,900 --> 00:08:56,735
Phonsuda: I know something that

we are currently doing.

187

00:08:56,735 --> 00:08:59,855

Phonsuda: There's some dental therapists who do mobile clinics.

188

00:08:59,855 --> 00:09:01,370

Phonsuda: So they will drive around to

189

00:09:01,370 --> 00:09:04,460

Phonsuda: different schools and different communities

190

00:09:04,460 --> 00:09:07,500

Phonsuda: is to provide dental care.

191

00:09:07,570 --> 00:09:12,350

Phonsuda: Access to care is such a big thing and

192

00:09:12,350 --> 00:09:14,150

Phonsuda: Dental therapy is bringing down

193

00:09:14,150 --> 00:09:17,045

Phonsuda: those barriers to care in those ways.

194

00:09:17,045 --> 00:09:19,055

Abby:: And kind of related to that,

196

00:09:23,990 --> 00:09:26,330

Abby: what are the major recent trends that you're seeing

197

00:09:26,330 --> 00:09:29,645

in dental therapy or
oral health disparities?

199

00:09:33,065 --> 00:09:34,730

Abby: Are there any things that you're

200

00:09:34,730 --> 00:09:37,850

Abby: looking out for
after you graduate?

201

00:09:37,850 --> 00:09:41,720

Phonsuda: Yeah. I know like
discussing with my DDS,

202

00:09:41,720 --> 00:09:44,165

Phonsuda: Doctorates of Dental
Surgery at counterparts,

203

00:09:44,165 --> 00:09:48,890

Phonsuda: we are able to work
together and as a DT,

204

00:09:48,890 --> 00:09:51,590

Phonsuda: it allows us to do
the restorative work.

205

00:09:51,590 --> 00:09:54,830

Phonsuda: So they're lower level scope of practice,

206

00:09:54,830 --> 00:09:57,665

Phonsuda: but we're a practice saying to our scope of practice.

207

00:09:57,665 --> 00:10:00,770

Phonsuda: And in collaboration
with the dentists,

208

00:10:00,770 --> 00:10:02,180

Phonsuda: they are able to practice to

209

00:10:02,180 --> 00:10:03,845

Phonsuda: their full scope of practice.

210

00:10:03,845 --> 00:10:05,630

Phonsuda: So from a business aspect,

211

00:10:05,630 --> 00:10:08,870

Phonsuda: we are able to expand
access to care,

212

00:10:08,870 --> 00:10:12,200

Phonsuda: allow us to provide more
care to these patients.

213

00:10:12,200 --> 00:10:14,855

Phonsuda: And they are able to perform

214

00:10:14,855 --> 00:10:18,470

Phonsuda: more difficult stuff
like root canals,

215

00:10:18,470 --> 00:10:21,320

Phonsuda: crowns and stuff that well,

216

00:10:21,320 --> 00:10:24,620

Phonsuda: they can do what they
want to do and we are

217

00:10:24,620 --> 00:10:27,080

Phonsuda: able to help with

218

00:10:27,080 --> 00:10:29,345

Phonsuda: the main- the exams just like

219

00:10:29,345 --> 00:10:32,150

Phonsuda: the the lower level end I guess,

220

00:10:32,150 --> 00:10:34,880

Phonsuda: but also it's one of the most important things because

221

00:10:34,880 --> 00:10:38,585

Phonsuda: people aren't able to access this care.

222

00:10:38,585 --> 00:10:41,990

Phonsuda: And it also,

223

00:10:41,990 --> 00:10:46,370

Phonsuda: what I guess I'm seeing in the world is

224

00:10:46,370 --> 00:10:47,960

Phonsuda: that it all depends on

225

00:10:47,960 --> 00:10:49,400

Phonsuda: the collaborative agreement that you

226

00:10:49,400 --> 00:10:51,230

Phonsuda: have with the dentists that you're working with.

227

00:10:51,230 --> 00:10:56,360

Phonsuda: So I know some DTs You can do more than others.

228

00:10:56,360 --> 00:10:58,700

Phonsuda: And I guess something that I forgot to mention

229

00:10:58,700 --> 00:11:01,580

Phonsuda: is that when I graduate,

230

00:11:01,580 --> 00:11:03,440

Phonsuda: I will get my masters of dental therapy.

231

00:11:03,440 --> 00:11:05,270

Phonsuda: But there are people out there who have

232

00:11:05,270 --> 00:11:07,445

Phonsuda: their advanced dental therapy degree.

241

00:11:30,770 --> 00:11:35,480

Phonsuda: So the difference is that they can do

242

00:11:35,480 --> 00:11:40,520

Phonsuda: more under direct or general supervision of a DDS.

243

00:11:40,520 --> 00:11:42,080

Phonsuda: So like, for example,

244

00:11:42,080 --> 00:11:43,730

Phonsuda: an advanced dental therapist

245-7

00:11:51,199 --> 00:11:52,670

Phonsuda: And they would be able to

248

00:11:52,670 --> 00:11:54,440

Phonsuda: manage everything and still be in

249

00:11:54,440 --> 00:11:58,745

Phonsuda: communication via tele-dentistry with a doctor.

250

00:11:58,745 --> 00:12:00,590

Phonsuda: That trend is super cool.

251

00:12:00,590 --> 00:12:02,450

Phonsuda: I think that'll spike up

252

00:12:02,450 --> 00:12:04,700

Phonsuda: soon once people start
accepting dental

253

00:12:04,700 --> 00:12:08,480

Phonsuda: therapy more and understanding
and understanding

254

00:12:08,480 --> 00:12:10,235

Phonsuda: really how much it will

255

00:12:10,235 --> 00:12:14,300

Phonsuda: benefit the communities
that we serve.

257

00:12:17,720 --> 00:12:20,660

Phonsuda: Just focusing on
the patient in general,

258

00:12:20,660 --> 00:12:23,390

Phonsuda: we are able to spend more
time with these patients

259

00:12:23,390 --> 00:12:27,170

Phonsuda: where the dentist
isn't able to sit

260

00:12:27,170 --> 00:12:30,410

Phonsuda: and communicate and talk
about preventative care

261

00:12:30,410 --> 00:12:34,775

Phonsuda: and educate patients on their oral health literacy.

262

00:12:34,775 --> 00:12:36,470

Phonsuda: These dentists have so much to do.

263

00:12:36,470 --> 00:12:37,490

Phonsuda: They have to run a business.

264

00:12:37,490 --> 00:12:39,230

Phonsuda: They have to do

265

00:12:39,230 --> 00:12:41,270

Phonsuda: all these difficult procedures

266

00:12:41,270 --> 00:12:43,460

Phonsuda: where we have this time to I guess

267

00:12:43,460 --> 00:12:44,690

that's kind of where the name dental

268

00:12:44,690 --> 00:12:46,220

Phonsuda: therapist comes in is

269

00:12:46,220 --> 00:12:49,790

Phonsuda: Talk, talking to the patients about oral health,

270

00:12:49,790 --> 00:12:53,670

Phonsuda: educating on what's important.

271

00:12:54,160 --> 00:12:57,590

Abby: And could you talk a little bit more about

272

00:12:57,590 --> 00:13:00,020

Abby: Tele-dentistry for folks

273

00:13:00,020 --> 00:13:01,310

Abby: who might not be familiar with that.

274

00:13:01,310 --> 00:13:05,915

Phonsuda: Yeah, so tele-dentistry is,

275

00:13:05,915 --> 00:13:09,890

Phonsuda: a person can be

276

00:13:09,890 --> 00:13:11,780

Phonsuda: in another place and the dentist we're

277

00:13:11,780 --> 00:13:13,820

Phonsuda: communicating with could be in another place.

278

00:13:13,820 --> 00:13:15,665

Phonsuda: So we do it all

279

00:13:15,665 --> 00:13:18,649

Phonsuda: electronically and everything gets transferred.

280

00:13:18,649 --> 00:13:23,300

Phonsuda: So a regular appointment would be the dental therapists,

281

00:13:23,300 --> 00:13:27,275

Phonsuda: it's down does the cleaning, the hygiene aspect of it.

282

00:13:27,275 --> 00:13:28,880

Phonsuda: And we can take.

283

00:13:28,880 --> 00:13:30,380

Phonsuda: Intraoral picture.

284

00:13:30,380 --> 00:13:32,180

Phonsuda: So just this little camera that goes

285

00:13:32,180 --> 00:13:34,310

Phonsuda: around the mouth and we would take

286

00:13:34,310 --> 00:13:36,965

Phonsuda: a picture of each tooth and we would take

287

00:13:36,965 --> 00:13:40,610

Phonsuda: X-ray images and we would send our quote,

288

00:13:40,610 --> 00:13:42,710

Phonsuda: unquote dental
therapy diagnosis to

289

00:13:42,710 --> 00:13:45,140

Phonsuda: the dentist and they
can confirm yes.

290

00:13:45,140 --> 00:13:47,420

Phonsuda: This is a specific
treatment that they need.

291

00:13:47,420 --> 00:13:50,539

Phonsuda: You can go ahead. No,

292

00:13:50,539 --> 00:13:53,420

Phonsuda: Please refer them to
this and this and this.

293

00:13:53,420 --> 00:13:56,630

Phonsuda: So tele-dentistry
really allows us

294

00:13:56,630 --> 00:14:00,260

Phonsuda: to bring this care
to this community,

295

00:14:00,260 --> 00:14:04,115

Phonsuda: but also have it be
overseen by the dentist,

296

00:14:04,115 --> 00:14:09,305

Phonsuda: which is super important that is needed as a dental therapist.

297

00:14:09,305 --> 00:14:12,440

Phonsuda: Yeah, and tele-dentistry really allows us

298

00:14:12,440 --> 00:14:15,290

Phonsuda: to go in to these communities

299

00:14:15,290 --> 00:14:18,590

Phonsuda: and not having the dentist come

300

00:14:18,590 --> 00:14:20,360

Phonsuda: with us when they have something else

301

00:14:20,360 --> 00:14:22,190

Phonsuda: to do where they are.

302

00:14:22,190 --> 00:14:25,040

Phonsuda: So it's very nice and

303

00:14:25,040 --> 00:14:27,260

Phonsuda: the technology that we have today

304

00:14:27,260 --> 00:14:29,930

Phonsuda: really allows us to do that smoothly.

306

00:14:32,600 --> 00:14:36,080

Abby: And from your perspective,

307

00:14:36,080 --> 00:14:37,855

Abby: Why are oral health disparities

308

00:14:37,855 --> 00:14:40,160

Abby: something that we should
be concerned about?

309

00:14:40,160 --> 00:14:42,919

Abby: And then what are the
potential consequences

310

00:14:42,919 --> 00:14:44,915

Abby: of ignoring this issue?

311

00:14:44,915 --> 00:14:49,505

Phonsuda: Yeah, so I guess in the
medical world everything is,

312

00:14:49,505 --> 00:14:53,210

Phonsuda: the whole body is so
complicated and usually

313

00:14:53,210 --> 00:14:55,370

Phonsuda: the oral aspect of it kinda

314

00:14:55,370 --> 00:14:58,310

Phonsuda: gets pushed back and not really cared for.

315

00:14:58,310 --> 00:15:03,005

Phonsuda: But what I've seen in clinical practice, well,

316

00:15:03,005 --> 00:15:05,570

Phonsuda: throughout school and just learning is that

317

00:15:05,570 --> 00:15:08,660

Phonsuda: oral and systemic conditions really do

318

00:15:08,660 --> 00:15:11,120

Phonsuda: coincide and oral effects

319

00:15:11,120 --> 00:15:14,180

Phonsuda: have effects on stuff
like heart conditions,

320

00:15:14,180 --> 00:15:18,260

Phonsuda: diabetes, smoking, HPV,
HIV aids and more.

321

00:15:18,260 --> 00:15:20,000

Phonsuda: And people don't
really understand

322

00:15:20,000 --> 00:15:21,965

Phonsuda: how that affects each other.

323

00:15:21,965 --> 00:15:24,770

Phonsuda: And it's super important.
A lot of people don't

337

00:15:58,295 --> 00:16:00,680

Phonsuda: think about the effects that

338

00:16:00,680 --> 00:16:04,980

Phonsuda: oral diseases have on
the systemic conditions.

339

00:16:05,110 --> 00:16:09,470

Phonsuda: Yeah. And something that
I'm also very concerned

340

00:16:09,470 --> 00:16:14,010

Phonsuda: about is the preventative aspect of it.

341

00:16:14,080 --> 00:16:17,930

Phonsuda: Cavities are preventable and people don't know that.

342

00:16:17,930 --> 00:16:20,750

Phonsuda: It's like, oh, like I'm going to have

343

00:16:20,750 --> 00:16:24,005

Phonsuda: a cavity whenever it'll come. It'll come.

344

00:16:24,005 --> 00:16:26,990

Phonsuda: But this is a preventative disease.

345

00:16:26,990 --> 00:16:29,090

Phonsuda: It is a disease because it spreads through

346

00:16:29,090 --> 00:16:31,580

Phonsuda: your mouth and it can

347

00:16:31,580 --> 00:16:33,290

Phonsuda: spread all over to the rest of

348

00:16:33,290 --> 00:16:37,250

Phonsuda: your body with like infections of the nerve.

349

00:16:37,250 --> 00:16:39,890
Phonsuda: And it's a preventable
disease that people don't

350
00:16:39,890 --> 00:16:42,140
Phonsuda: understand how we can

351
00:16:42,140 --> 00:16:44,090
Phonsuda: really prevent this by

352
00:16:44,090 --> 00:16:46,700
Phonsuda: just going to see the
dentist every six months.

353
00:16:46,700 --> 00:16:51,830
Phonsuda: Bringing your child in
frequently to get fluoride.

363
00:17:17,225 --> 00:17:21,680
Phonsuda: I hear a lot of people say
about their kids like my

364
00:17:21,680 --> 00:17:23,930
Phonsuda: why is it important that
I take care of my kids

365
00:17:23,930 --> 00:17:26,630
Phonsuda: teeth because they're
just going to lose them.

366
00:17:26,630 --> 00:17:30,365
Phonsuda: However, if they lose
them to infection,

367
00:17:30,365 --> 00:17:32,450

Phonsuda: it could affect the permanent tooth

368

00:17:32,450 --> 00:17:34,220

Phonsuda: that's under the primary tooth.

369

00:17:34,220 --> 00:17:38,930

Phonsuda: It could affect the spacing around their mouth.

370

00:17:38,930 --> 00:17:40,910

Phonsuda: It could affect how

371

00:17:40,910 --> 00:17:43,580

Phonsuda: their mouths develop in the future as,

372

00:17:43,580 --> 00:17:45,410

Phonsuda: they in, as they get into their adult life.

373

00:17:45,410 --> 00:17:47,585

Phonsuda: But most importantly, it affects

374

00:17:47,585 --> 00:17:52,010

Phonsuda: their attitudes towards preventative care,

375

00:17:52,010 --> 00:17:54,095

Phonsuda: attitudes towards brushing, attitudes

376

00:17:54,095 --> 00:17:57,725

Phonsuda: towards caring for their mouth.

390

00:18:28,430 --> 00:18:33,845

Phonsuda: I think this

is super important.

391

00:18:33,845 --> 00:18:36,620

Phonsuda: And consequences such as

392

00:18:36,620 --> 00:18:39,980

Phonsuda: people who don't take
care of their teeth,

393

00:18:39,980 --> 00:18:44,570

Phonsuda: lose their teeth and gum
disease becomes an issue.

394

00:18:44,570 --> 00:18:50,000

Phonsuda: And it's just a chronic disease
that is so preventative.

396

00:18:54,425 --> 00:18:56,165

Phonsuda: And it's a lot

397

00:18:56,165 --> 00:18:58,610

Phonsuda: cheaper for
preventative procedures

398

00:18:58,610 --> 00:19:00,395

Phonsuda: rather than getting

399

00:19:00,395 --> 00:19:03,800

Phonsuda: surgical procedures and getting dentures,

400

00:19:03,800 --> 00:19:08,465

Phonsuda: which is another issue that you have to be worried about.

401

00:19:08,465 --> 00:19:10,700

Phonsuda: So there's a lot of

402

00:19:10,700 --> 00:19:16,530

Phonsuda: consequences with not taking care of your teeth.

403

00:19:16,960 --> 00:19:20,480

Abby: And for, for folks who are

404

00:19:20,480 --> 00:19:22,340

Abby: interested in getting more involved

405

00:19:22,340 --> 00:19:24,515

Abby: in the preventative work,

406

00:19:24,515 --> 00:19:26,210

Abby:health equity work around oral

407

00:19:26,210 --> 00:19:28,925

Abby: health what would you recommend?

408

00:19:28,925 --> 00:19:31,730

Phonsuda: Yes, though actually yesterday,

409

00:19:31,730 --> 00:19:36,065

Phonsuda: we got to the dental hygiene program

410

00:19:36,065 --> 00:19:37,655

Phonsuda: in collaboration with the Minnesota

411

00:19:37,655 --> 00:19:39,650
Phonsuda: Dental Hygiene Association,

412
00:19:39,650 --> 00:19:42,005
Phonsuda: set up a day,

413
00:19:42,005 --> 00:19:44,749
Phonsuda: a dental day at the
state capital.

414
00:19:44,749 --> 00:19:47,315
Phonsuda: So we got to talk to
our representatives

415
00:19:47,315 --> 00:19:50,405
Phonsuda: about laws that we want to get

416
00:19:50,405 --> 00:19:53,195
Phonsuda: change and some bills that
we want to implement.

417
00:19:53,195 --> 00:19:54,590
Phonsuda: It was so cool.

418
00:19:54,590 --> 00:19:56,780
Phonsuda: It was a really cool opportunity

419
00:19:56,780 --> 00:19:59,135
Phonsuda: to be able to go up to them and say,

420
00:19:59,135 --> 00:20:02,075
Phonsuda: this is the issue that I want to address like.

421
00:20:02,075 --> 00:20:04,295

Phonsuda: I guess for the public, you,

422

00:20:04,295 --> 00:20:07,160

Phonsuda: it's really nice to see people supporting us.

423

00:20:07,160 --> 00:20:11,780

Phonsuda: Supporting dental hygienists, supporting what we do.

425

00:20:15,575 --> 00:20:18,544

Phonsuda: I guess, spreading the word is really important,

426

00:20:18,544 --> 00:20:21,200

Phonsuda: specifically in dental therapy.

427

00:20:21,200 --> 00:20:23,420

Phonsuda: Not a lot of people know what Dental therapy is.

438-9

00:20:48,815 --> 00:20:51,770

Phonsuda: I guess becoming

440

00:20:51,770 --> 00:20:55,040

Phonsuda: involved in supporting oral health disparities

441

00:20:55,040 --> 00:20:58,400

Phonsuda: Is, supporting bills such as bringing

442

00:20:58,400 --> 00:21:02,660

Phonsuda: Medicaid, coverage for Medicaid for adults back.

443

00:21:02,660 --> 00:21:04,520
Phonsuda: That was taken away in 2009.

444
00:21:04,520 --> 00:21:07,145
Phonsuda: So basically everything
was cut in half.

445
00:21:07,145 --> 00:21:13,985
Phonsuda: And that access to care really
hindered our profession.

446
00:21:13,985 --> 00:21:16,040
Phonsuda: One of, I guess one of

447
00:21:16,040 --> 00:21:18,080
Phonsuda: the important things that

448
00:21:18,080 --> 00:21:20,135
Phonsuda: we're working on is, in the bill.

449
00:21:20,135 --> 00:21:23,360
Phonsuda: It's about periodontal
maintenance.

450
00:21:23,360 --> 00:21:27,290
Phonsuda: So patients who have gum disease undergo

451
00:21:27,290 --> 00:21:28,925
Phonsuda: a deep cleaning called

452
00:21:28,925 --> 00:21:32,720
Phonsuda: non-surgical periodontal scaling and root planing.

453
00:21:32,720 --> 00:21:34,580

Phonsuda: And after that procedure,

454

00:21:34,580 --> 00:21:35,930

Phonsuda: they are forever in their

455

00:21:35,930 --> 00:21:38,780

Phonsuda: life on a cleaning called
periodontal maintenance.

456

00:21:38,780 --> 00:21:40,775

Phonsuda: So it's not like a
regular cleaning.

457

00:21:40,775 --> 00:21:43,490

Phonsuda: It's a maintenance of this
disease because we want to

458

00:21:43,490 --> 00:21:46,790

Phonsuda: maintain what they
have in their mouth.

459

00:21:46,790 --> 00:21:51,020

Phonsuda: And without that,
patients aren't,

460

00:21:51,020 --> 00:21:53,120

Phonsuda: will continue to have
this disease and

461

00:21:53,120 --> 00:21:55,220

Phonsuda: continued to lose
teeth because of it.

462

00:21:55,220 --> 00:21:58,475

Phonsuda: And this isn't covered,

covered under Medicaid.

463

00:21:58,475 --> 00:22:00,095

Phonsuda: And I wonder like,

464

00:22:00,095 --> 00:22:01,775

Phonsuda: Why is a cleaning covered?

465

00:22:01,775 --> 00:22:03,260

Phonsuda: Why isn't this covered?

466

00:22:03,260 --> 00:22:06,530

Phonsuda: Because it's basically
a regular cleaning

467

00:22:06,530 --> 00:22:08,630

Phonsuda: for patients who have
periodontal disease.

468

00:22:08,630 --> 00:22:10,775

Phonsuda: And it's so concerning,

469

00:22:10,775 --> 00:22:13,220

Phonsuda: even just patients who

470

00:22:13,220 --> 00:22:15,485

Phonsuda: I see who are on
Perio maintenance,

471

00:22:15,485 --> 00:22:17,480

Phonsuda: I want to see them
every four months,

472

00:22:17,480 --> 00:22:20,225

Phonsuda: every three months, or every- even six months.

473

00:22:20,225 --> 00:22:22,670

Phonsuda: Or if the insurance could just cover once a year,

474

00:22:22,670 --> 00:22:24,305

Phonsuda: it'll just help the patient,

475

00:22:24,305 --> 00:22:27,425

Phonsuda: like cost-wise, they have to pay this out-of-pocket.

476

00:22:27,425 --> 00:22:31,430

Phonsuda: It's so frustrating when they we bring this

477

00:22:31,430 --> 00:22:33,440

Phonsuda: up and then they we want to provide

478

00:22:33,440 --> 00:22:35,720

Phonsuda: the best care we can, but they can't afford it.

479

00:22:35,720 --> 00:22:39,095

Phonsuda: So patients don't come in because they can't afford it.

480

00:22:39,095 --> 00:22:42,185

Phonsuda: So it's super important to,

481

00:22:42,185 --> 00:22:47,675

Phonsuda: I guess, support these bills

that we want to get passed.

482

00:22:47,675 --> 00:22:50,720

Phonsuda: And support organizations such as

483

00:22:50,720 --> 00:22:53,150

Phonsuda: the Minnesota Dental Hygiene Association,

484

00:22:53,150 --> 00:22:57,635

Phonsuda: the Minnesota Board of Dentistry, Dental Therapy

485

00:22:57,635 --> 00:23:00,350

Phonsuda: And yeah, my main thing is spread

486

00:23:00,350 --> 00:23:04,350

Phonsuda: the word. People will hear.

[cue outro music Night Air]

Hannah: Thank you so much, Phonsuda, for taking the time to speak with us. We hope that providing a student perspective on oral health has helped our listeners better understand this issue.

Abby: Before we close this episode, let's return to our quiz. Hey Hannah, what's your answer to our quiz question?

Hannah: Well Abby, it turns out that **60%** of the more than 4,000 dental health professional shortage areas were located in non-metropolitan areas. I guess that goes to show how much of a divide there is in rural vs urban dental care access.

Abby: Thank you so much for listening to this episode of Perspectives. We would love to hear your thoughts and reactions to this episode. Please connect with us on Twitter or Facebook with the tag @pubhealthreview.

[cue outro music Night Air]

Resources:

Dental Therapy at the University of Minnesota:

<https://www.dentistry.umn.edu/degrees-programs/dental-therapy>

Minnesota Board of Dentistry

<https://mn.gov/boards/dentistry/>

Minnesota Dental Hygienists Association

<https://www.mndha.com/index.html>