Title: Dental Hygiene Outreach in an underserved Latino Population

Grant Category: Curriculum Transformation

Primary Project Lead: Lisa Bilich

Project Partners: EWU Chicano Education Department, Spokane Regional Health Department, Smiles Forever

Contact information for Project Lead:
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Spokane, WA 99202
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Project Summary

Three dental hygiene students and 2 dental hygiene mentors will go to South America to work with the new dental hygiene and dental assisting program in Cochabamba, Bolivia in cooperation with the Seattle nonprofit organization, Smiles Forever. A portion of the funds will be used for airfare to and from Bolivia, passport fees, food, and transportation for two weeks. Smiles Forever has agreed to donate in-kind housing. Our students will help the Bolivian dental hygiene students conduct a community project which will impact 1,000 people in Cochabamba. The EWU students will then be required to return to Washington State, recruit additional students, including at least two students from Eastern’s Chicano Education program to serve as interpreters, and repeat the project in a predominantly Latino area in the state of Washington. In addition, the three students will be required to present their project at a University sponsored event. This project will help improve oral health in the Latino populations in Bolivia and in Washington State while encouraging Service Learning in EWU’s Dental Hygiene Students and Chicano Education students. This project also meets the EWU Strategic Planning Goal of engaging the community that touches the world.
Detailed Proposal

Statement Of the Issue:
Bolivia is a country with a population of about 6.5 million people, with 64% living at or below the poverty line. Bolivia’s third largest city, Cochabamba, has a population of 1.4 million. Poverty is directly linked to a low level of education and is most common among the indigenous population. While in Bolivia the three EWU dental hygiene students will help the Bolivian students in the two-year dental hygiene training program conduct a community service project which includes providing fluoride varnish and preventative education to impoverished Bolivians. This project will impact approximately 1,000 people in Cochabamba that have little or no access to dental care. The EWU students will then be required to return to the state and repeat the project for an underserved Latino population.

In the United States, the Latino population is one of the largest growing minority populations. This is creating a larger demand on oral care for Latino’s. Some barriers to care that have been identified in the Latino population are lack of insurance, lack of income, lack of culturally appropriate care and lack of transportation (California Program on Access to Care 2004). By taking fluoride varnish to an underserved Latino population, this helps overcome the barriers to care. Fluoride varnish has been shown to decrease caries. Teaching oral self care in Spanish will help this underserved population continue care after the project has been completed.

Fluoride Varnish is 5% Sodium Fluoride that has been proven to decrease tooth decay (ADA Topics, Fluoride Varnish). Fluoride varnish requires painting on a sticky substance that contains sodium fluoride. Varnish releases fluoride over time unlike fluoride foam or gel. Toxicity decreases in this fluoride application because it stays on the teeth. Fluoride varnish has been the fluoride of choice in high-risk populations.

The application of fluoride varnish on a large number of Latino children and seniors with significant root exposure will be conducted as part of this grant. It is well documented in the surveys of Washington State’s oral health status that the Latino populations remain at high risk for dental caries as well as untreated dental caries. In the Smile Survey 2000, 65% of the low income, children of color in the state had untreated dental caries This project can have an impact on both the education and caries prevention aspects of this undeserved population.

The trip to a predominantly Latino area of the state of Washington will also serve as a recruitment tool for the profession of dental hygiene. While the students are there performing their community service, a simultaneous health fair can take place which can expose children and the adults of the community to the profession of dental hygiene. Diversity is a priority for EWU and Dental Hygiene. This is an excellent opportunity to educate and inspire Latino populations about the opportunities in all aspects of dental professions. The health fair can also inform the community about an existing project, Dental Camp for the Latino population.
An important component of the EWU Dental Hygiene curriculum is the incorporation of cultural competence in most courses. Our mission includes a goal of “facilitating the development of responsible professionals who can function effectively in a constantly changing society.” Our society is changing dramatically in terms of cultural populations. Research shows that the Latino student population in our Washington State universities and colleges have grown by 30% between 1999 and 2003. With this comes a Latino patient population that will require culturally-sensitive health professionals to treat it. While we feel very confident about our graduates’ abilities to relate to many cultures, certainly nothing can compare to the real-life experience of this project. Not only will our students be able to immerse themselves into the Bolivian culture, but they will be able to teach the Bolivian students through both out-of-clinic academic tutoring and actual in-clinic practice. Smiles Forever and the EWU Department of Dental Hygiene feel very strongly that absolutely nothing can prepare students to treat Latino populations better than total immersion in the culture.

**Project Objectives and Project Design:**

- **Increase the awareness of different cultures for EWU Dental Hygiene Students**
  By immersing students in a Latino culture and then having them work with Latino populations in the state, these students will graduate from our program with an enhanced ability to relate to and work with this increasing population. This will help EWU students meet cultural competency.

- **Help foster interdisciplinary relationships among Chicano department and Dental Hygiene department**
  Dental Hygiene students and Chicano Education students must communicate, coordinate and execute a community project in a predominately Latino area in Washington State. The planning of this project will take educating each other in their respective disciplines to encourage success of the project.

- **Encourage project management in a community project designed to serve an underserved population for EWU students**
  Dental Hygiene students must apply for this project. The student must describe what he/she can bring to the project. Latino students will be given priority due to the fact they can bring an unique prospective to the project. A Latino student can share their experiences with the Latino population they will be working with in Washington State. Organization skills will be determined in the application process.

- **Increase awareness in the Latino population in EWU and in the dental field**
  A Health Fair will be held in conjunction with the fluoride varnish community project. Latinos are underrepresented in the health fields. This fair will encourage Latinos to think about dental professions. This fair will also advertise a hands-on project that the EWU Dental Hygiene Department participates in, Dental Camp for Latino children.

- **Enhance relationships among EWU and the Latino population**
  EWU dental hygiene students will work with Chicano Education students to
research appropriate cultural views on oral care. This in turn will help the students understand Latino beliefs in oral care.

**Role and Expertise of Participants:**

Lisa Bilich-Project Lead
Lisa will oversee the project. Her role in the project is to help facilitate application process with dental hygiene students and faculty/alumni participants. She will also help arrange travel and coordinate with the non-profit organization Smiles Forever to arrange a community project in Cochabamba, Bolivia. Her role in the community-based project in an underserved Latino area in Washington would be to help arrange transportation, collect supplies for the project and arrange with appropriate venues for the project.

Sandy Kemper-Director of Smiles Forever
Sandy will arrange accommodations in Cochabamba and coordinate the community project for the dental hygiene students and faculty/alumni. She will facilitate the learning projects for the dental hygiene students in Bolivia.

Carlos Maldonado-Chair of the Chicano Education Program
Carlos will help Lisa in identifying appropriate student translators for the project in Washington State. He will also help identify appropriate groups to contact in Washington State to meet the needs of the Latino population.

**Dissemination Plan:**

Students will contact appropriate groups to present their trip to Bolivia, some examples of appropriate groups are: STAHR-Students Taking Action in Health in Rural Setting and ISA-International Student Association.

The Dental Hygiene Department will work with KDNA, a public radio station that transmits in Spanish exclusively, to provide announcements for the fluoride project in a rural setting in Washington.

**Timetable:**

1. Week of November 19th-Start taking applications from Dental Hygiene Students and faculty for interested parties in going to Bolivia to perform community service
2. Week of November 26th-Notify applicants of approval and start Passport process
3. Week of January 14th-Meeting with students and faculty that are involved in Bolivia trip, start to gather donated items to take to Bolivia (clothes, pencils, stickers, etc)
4. Week of February 11th-finalize travel plans, make sure passports are obtained and discuss plans for community project in Bolivia
5. March 19-29th Trip to Bolivia
6. Spring quarter-appropriate presentations

7. First week of Spring Quarter-Identify Dental Hygiene Students and Chicano Education Students who would like to participate in Community project in Washington State

8. One Saturday in April-Travel to underserved Latino community to perform community project and Health fair

4. Budget
Grant total: $13,900
This total includes expenses for traveling to Bolivia to perform a community project and expenses for traveling to a Latino area in Washington State to perform a community project.

<table>
<thead>
<tr>
<th>Line Item Expenditures</th>
<th>$ Amount</th>
<th>Comments</th>
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<tbody>
<tr>
<td>Airfare for 3 students and 1 mentor</td>
<td>$7,200</td>
<td>1,800 each</td>
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<tr>
<td>Food in Bolivia for 3 students and 2 mentors</td>
<td>$750</td>
<td>$150 each, over a period of two weeks</td>
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<td>Passport fees for 3 students</td>
<td>$300</td>
<td>$100 each</td>
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<td>Transportation fees while in Bolivia for 3 students and 2 mentors</td>
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<td>$50 each, over a period of two weeks</td>
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<td>Travel Visas for 3 students, 2 mentors</td>
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<td>Transportation fees for 19 students + 1 faculty member to underserved area</td>
<td>$1,500</td>
<td>$1,500 round trip per travel day—Laidlaw bus system quote for 20 people</td>
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<td>Fluoride varnish for treatment on 200 Latino children and seniors</td>
<td>$300</td>
<td>$1.50 per fluoride varnish application</td>
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<td>Disposable supplies for Latino treatment day in underserved area</td>
<td>$600</td>
<td>Includes gloves, masks, patient bibs, tray covers, toothbrushes, floss, plastic disposables, etc. (600 per day)</td>
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<tr>
<td>Informational brochures for community presentation</td>
<td>$1,000</td>
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<td>Food for 19 students (17 dental hygiene and 2 Chicano Ed) + 1 faculty member</td>
<td>$1000</td>
<td>$25 per student/faculty per travel day.</td>
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<td>Community presentation table clinic materials for 5 years</td>
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<td>Materials to purchase to make professional presentation board</td>
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<td><strong>Subtotal for Community project in Washington State</strong></td>
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<td>Smiles Forever will provide housing for 3 students and 2 mentors for 10 days</td>
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<td></td>
<td>$1,800</td>
<td>1 mentor will provide their own travel to Cochabamba Bolivia</td>
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<td></td>
<td>$200</td>
<td>Both mentors will provide their own passport fees</td>
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<td>$300</td>
<td>Fluoride Varnish provided by Smiles Forever</td>
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<td><strong>Total In-kind Donations</strong></td>
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EWU Reference Person:
Janet Nord
Email: JNord@mail.ewu.edu
Previous Volunteer with Smiles Forever and Dental Hygiene Faculty
I. CURRENT POSITION

Assistant Professor of Dental Hygiene, Tenure Track

II. EDUCATIONAL HISTORY

2006   Master of Science Degree in Education, University of Idaho

2003   Clinical Teaching Practicum, Eastern Washington University

1989   Bachelor of Science Degree in Dental Hygiene, Eastern Washington University

1985-1986 Boise State University, pre-requisite course work

III. ACADEMIC EXPERIENCE

2005-Present Clinical Lead instructor for DNHY 350-352, Second year dental hygiene students, Eastern Washington University

2005-Present Instructor for DNHY 421, 422 Periodontology I, II, Second and Third year dental hygiene students, Eastern Washington University

2007   Instructor for DNHY 499 Independent Study Course, Periodontal Case Studies

2007   Mentor 3rd year Dental Hygiene Student on Research project “High Caries Risk in Endurance Athletes”, publication and presentation

2006   Instructor for DNHY 499 Independent Study Course, Identification of Root Anatomy

NEW CURRICULUM DEVELOPMENTS

2005 Developed a OSHA update project involving Second Year and Third Year students
2004-Present  Developed a Communication Project involving First Years and Third Year students

2003-2004  Interdisciplinary Project involving Physical Therapy students and First Year Dental Hygiene students

SCHOLARLY PRESENTATIONS

2007  Presentation “Treating Periodontal Disease in an Evidence Based World”, Continuing Education Course, Eastern Washington University

2005  Co-presenter, “Clinical Updates and Changes: Putting the Puzzle together”, hosted by University Texas Health Science Center, San Antonio, TX

2005  Presentation on “Mentoring: Help mentor a Student”, Faculty inservice at Eastern Washington University

2004  Co-Instructor, “How to Place Sealants that Last”, Inland Northwest Dental Conference, hosted by Spokane District Dental Society, Spokane, WA