

Rural Health Conference Flagstaff Presentation

Jack Dillenberg, DDS, MPH

Dean Emeritus, Arizona School of Dentistry & Oral Health

A.T. Still University


Former Mayor, Jerome, Arizona

Objectives

- Explain the qualities needed for success in the emerging value based healthcare system.
- Describe the importance of innovative technology to improve access, social determinants of health, health literacy and improved health for the under served and at risk – including people with disabilities.
- Recognize what qualities an effective leader must have to create positive change.

Quote at ASDOH Learning Center Entrance

- “I slept and dreamt that life was joy.
I woke and saw that life was service
- I acted and behold I saw that service was joy.”
- Rabindranath Tagore (1861-1941)
- Bengali poet, philosopher, artist, playwright, composer and novelist..



**Creativity is thinking up new
things. Innovation is doing
new things.**

- Theodore Levitt

Collaboration



Jack's Definition:

Col – Lab – Oration

Col = the lowest point of a ridge or saddle between two peaks, typically affording a pass from one side of a mountain range to another.



Lab = a place providing the opportunity for experimentation, observation, or practice in a field of study.



Oration = a speech, conversation,
especially for a special occasion



TEAMWORK





Some Oral Health Facts

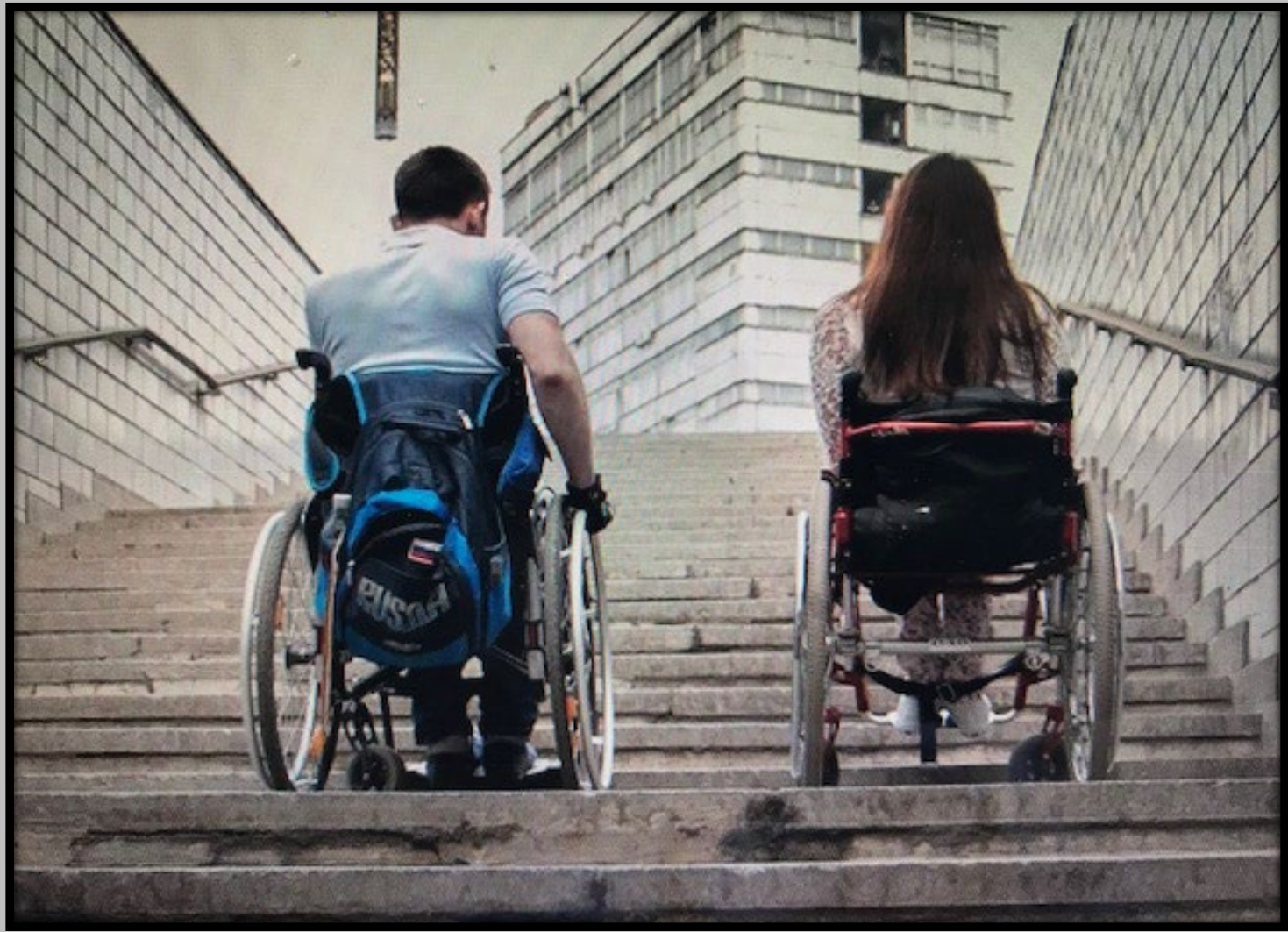
- 60-90% of school children and nearly 96% of adults 65 or older have dental cavities
- About 30% of people aged 65-74 have no natural teeth
- Severe periodontal disease is found in 15-20% of adults 35-44 years; 68% aged 65 or older.



Needs of Special Care Patients

- Intellectually Developmentally Disabled
- Medically Complex and Mentally ill
- Elderly
- Physically Disabled – Homebound
- Poverty - Homeless





A young man and woman in wheelchairs negotiate the stairs at the Metro in Moscow.

America's Seniors need a Dental Benefit in Medicare

Over 60 million people rely on the Medicare program – and only about one-third of them have any coverage for oral health care. The Medicare statute currently excludes coverage for almost all oral health care.

Without coverage for prevention and care, seniors are at great risk for tooth decay and disease

- Nearly three out of five seniors, and more than three-fourths of low-income seniors, do not visit a dentist during a typical year.
- One in five seniors has untreated tooth decay.
- One in five seniors, and two out of five low-income seniors, have complete tooth loss.

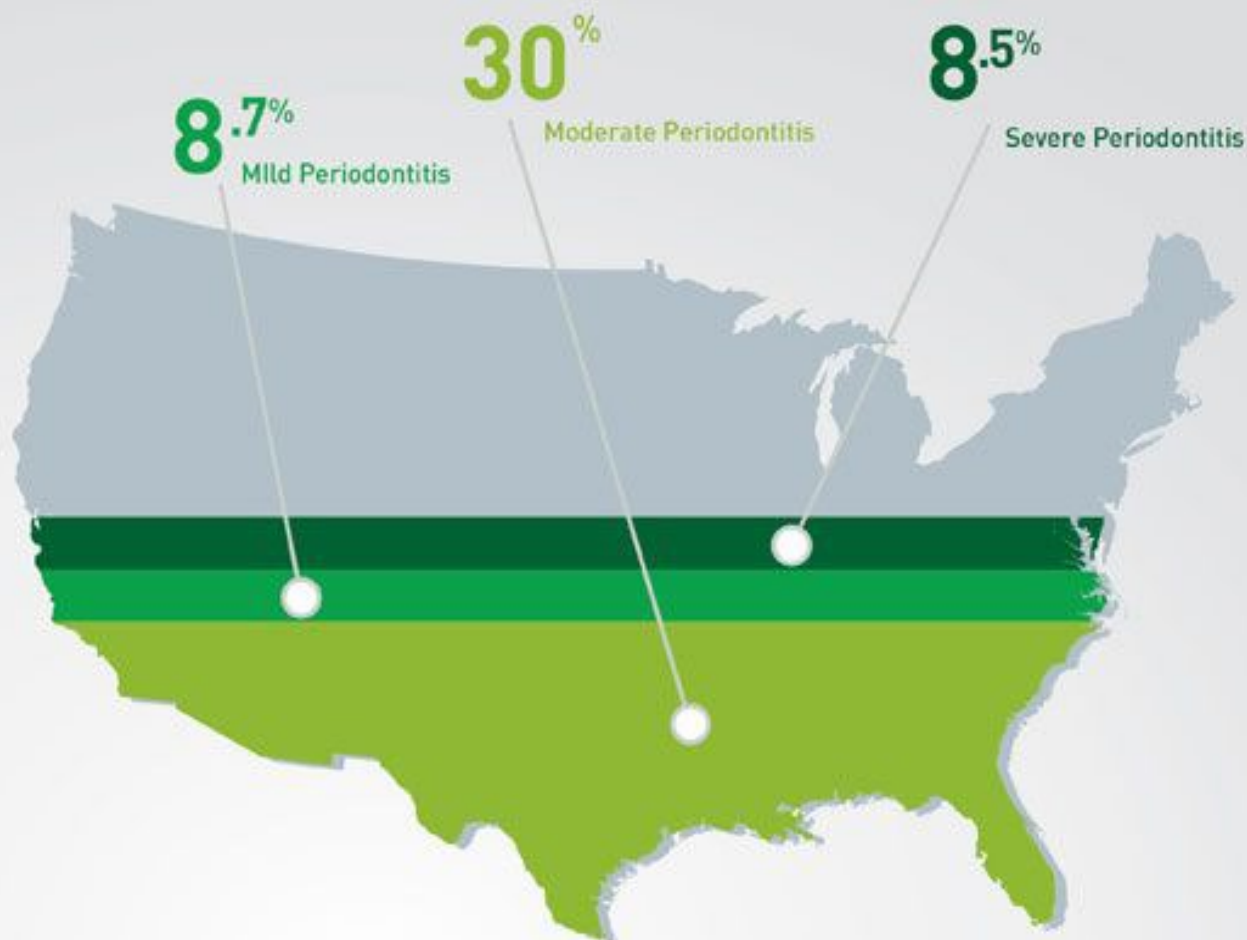
* THE AMERICAN ACADEMY OF PERIODONTOLOGY WARNS OF A SIGNIFICANT PUBLIC HEALTH PROBLEM

HALF OF AMERICAN ADULTS SUFFER FROM GUM DISEASE

47.2%
Have periodontitis

THAT'S

64.7
Million
Adults 30 years
and older



Oral Cancer

- In U.S., oral cancer is the only cancer that has increased in prevalence in each of the past five years.
- There was an estimated 54,000 new cases in 2020 – with 10,850 deaths.
- New risk factors, i.e. HPV. HPV is the leading cause of oropharyngeal cancer!

Improving the U.S. health care system requires simultaneous pursuit of three aims:

- Improve the patient experience of care (including quality, empathy and availability)
- Improve the health of populations
- Reduce the per capita cost of health care.



Possible Fourth Aim

- Improving the work life of health care clinicians and staff
- High suicide rate among U.S. physicians and medical students



A little history !

“Public Tooth-drawer”, 1523, woodcut, by Lucas van Leyden; earliest known engraving of a tooth-drawer at work. Note that assistant has hand in patient’s pocket.

According to Otto*, public perception may not have changed after 500 years

*Otto, M. *Teeth, The Story of Beauty, Inequality, and the Struggle for Oral Health in America* (The New Press, 2017)



Vujicic M, Israelson H, Antoon J, Kiesling R, Paumier T, Zust M. Guest editorial –
A Profession in Transition
Journal of the American Dental Association
February 2014

Current Health Delivery Models

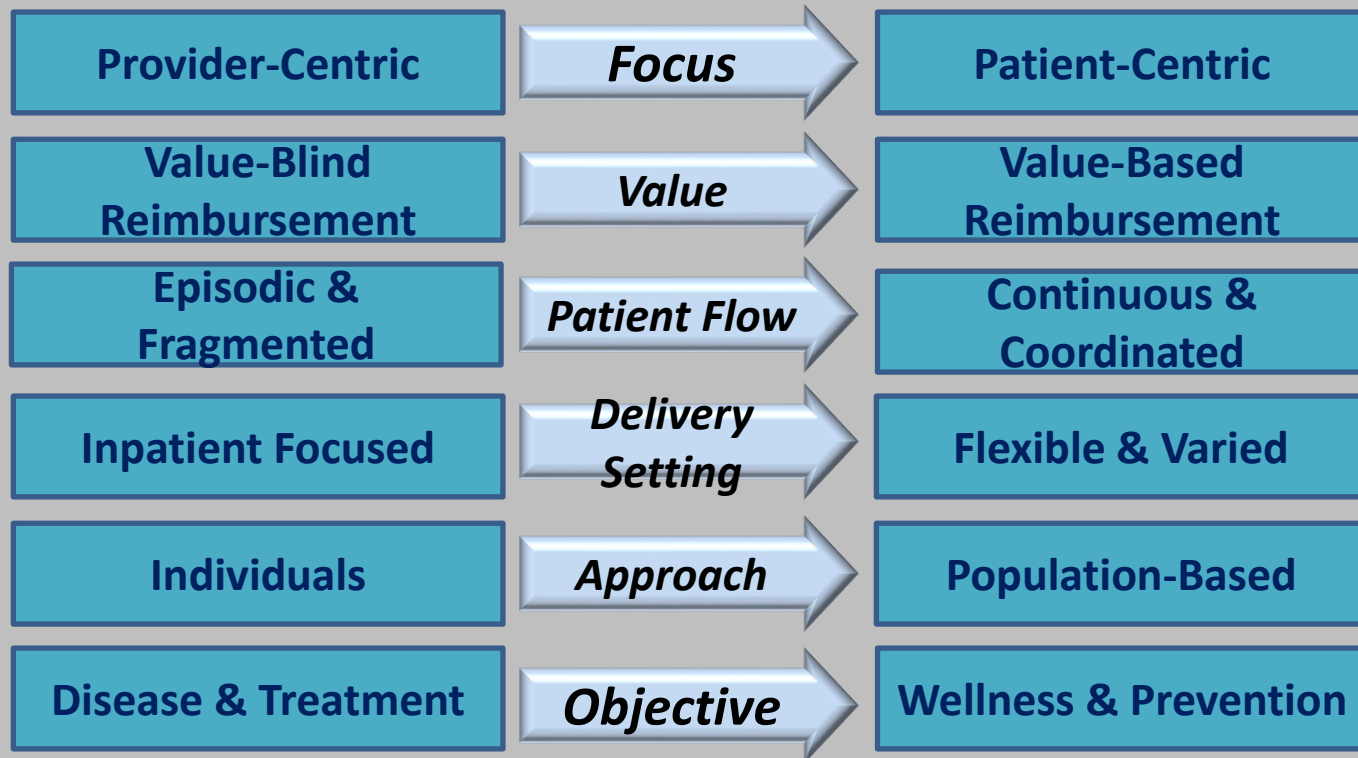
- Medical Home
- Dental Home
- Behavioral Home

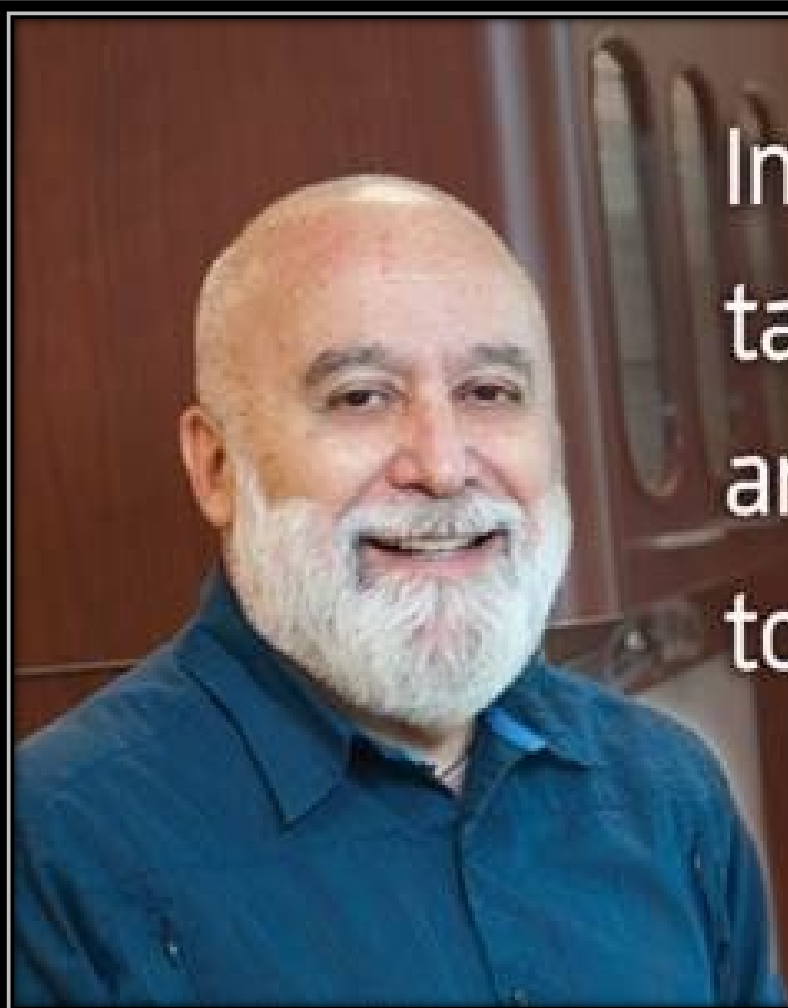


**Future = Health Home = New Oral Health
Providers**

Mid-level dental provider = Dental Therapist

Era of Accountability





Integrated healthcare is
taking the 'i' out of illness
and replacing it with 'we'
to achieve wellness.

– Jack Dillenberg DDS, MPH



- Oral Health Literacy
- Better Prepared Workforce
 - Including Leadership and “Soft” Skills
 - Social Determinants of Health
 - Innovative Technology
- Integration into Primary Care
- Special Needs - Medically Complex
- Aging Population
- Innovative preventive intervention –SDF, Nutrition/Tobacco, TeleDentistry

The Future of Our Profession



Improving Access to Care Through Innovative Technology



Teledentistry Can Improve Access to Care

☐ Develop a Program that Will

- Bring oral health to patients -Utilize midlevel providers
- Focus on prevention
- Work with underserved populations

☐ Barriers Broken Down

- Cost
- Time
- Distance

☐ Goal

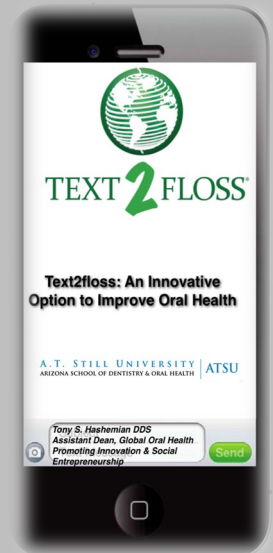
- Bring prevention to the patient and decrease the need for surgical interventions

Examples of Effective Social Media

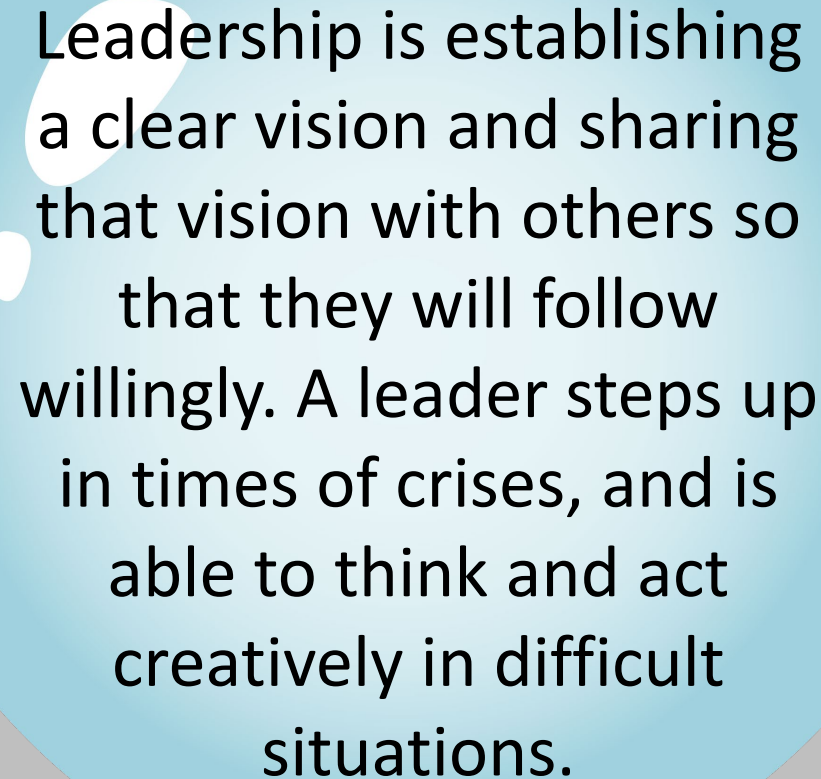
Text2Floss: An Innovative Option to Improve Oral Health



In 2011, A.T. Still University (ATSU) devised a series of text message programs designed to reach, educate, and remind current patients about preventive and ongoing initiatives of health and wellness.



Leadership – essential for success!



Leadership is establishing a clear vision and sharing that vision with others so that they will follow willingly. A leader steps up in times of crises, and is able to think and act creatively in difficult situations.

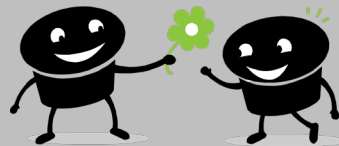
Courage and Discipline



Jack's Suggestions for Good Leadership

1. Work at something you enjoy and is worthy of your time and talent.

2. Give people more than they expect and do it cheerfully.



3. Become the most positive and enthusiastic person you know.



Jack's Suggestions for Good Leadership

4. Be forgiving of yourself and others.



5. Be generous.

6. Have a grateful heart.



Jack's Suggestions for Good Leadership

7. Persistence, persistence, persistence.



Jack's Suggestions for Good Leadership

8. Be loyal.



9. Be honest.

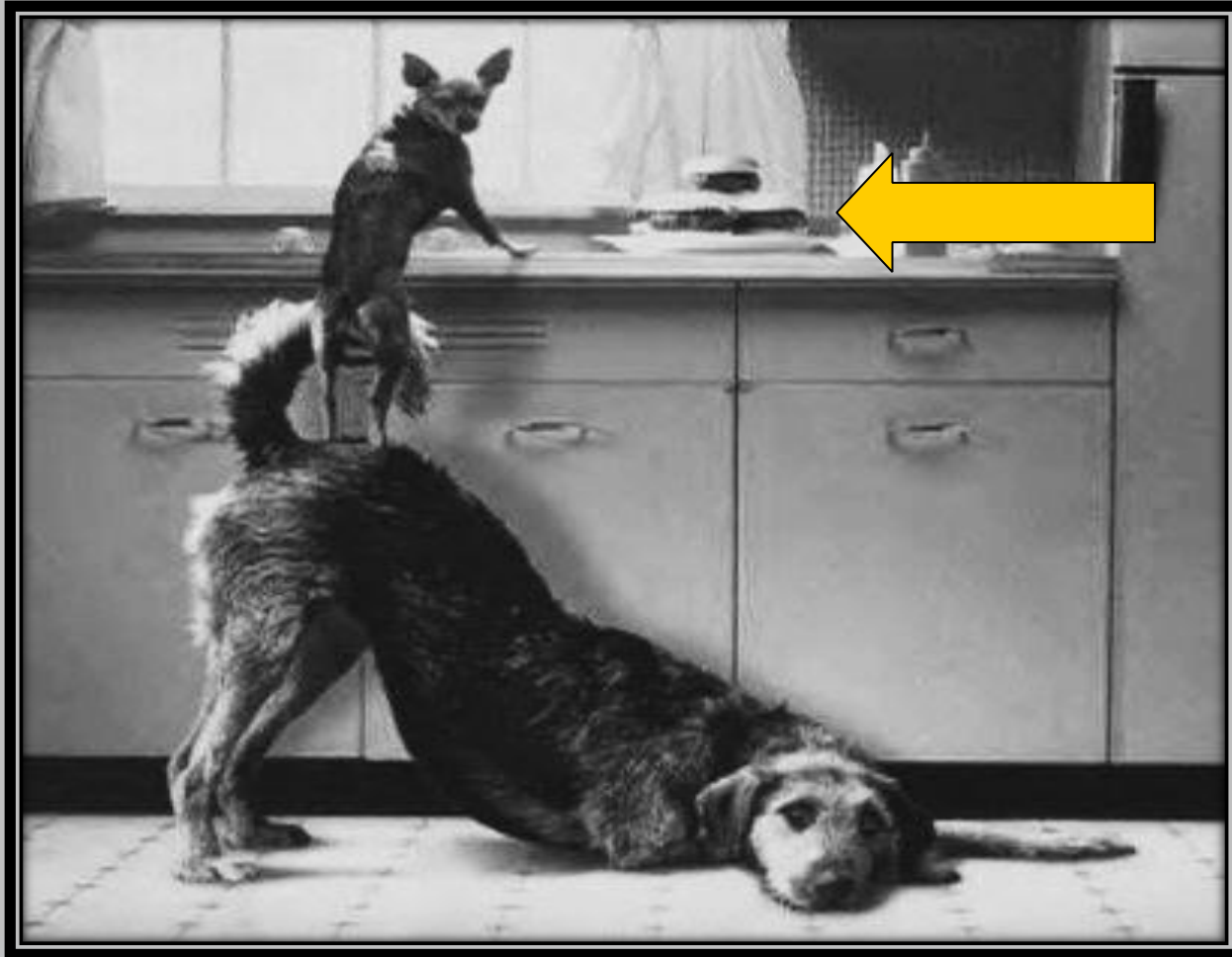


10. Be bold & courageous.

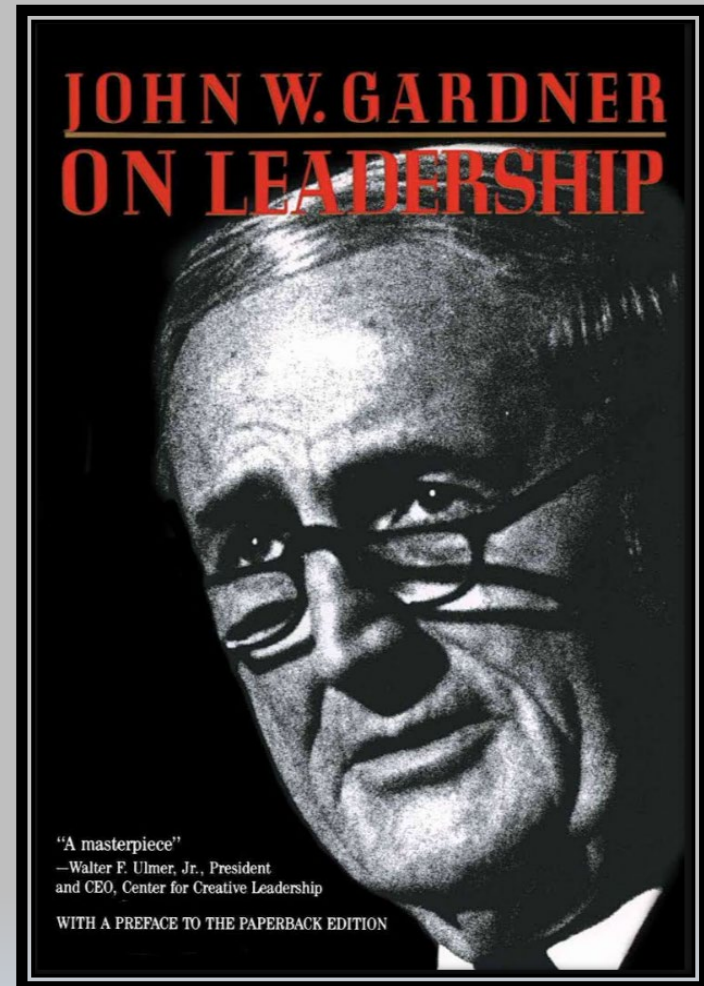
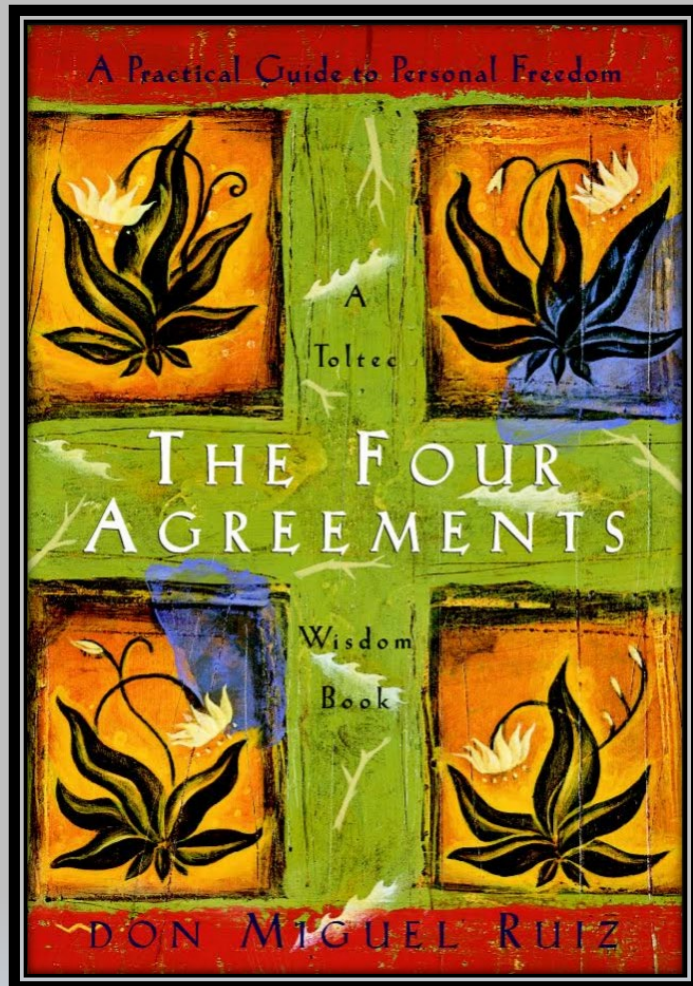
When you look back on your life, you'll regret the things you didn't do more than the ones you did.



Teamwork



Recommended Reading



The Four Agreements Are:

1. Be Impeccable with your Word

Speak with integrity. Say only what you mean. Avoid using the Word to speak against yourself or to gossip about others. Use the power of your Word in the direction of truth and love.

2. Don't Take Anything Personally

Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and actions of others, you won't be the victim of needless suffering.

3. Don't Make Assumptions

Find the courage to ask questions and to express what you really want. Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama. With just this one agreement, you can completely transform your life.

4. Always Do Your Best

Your best is going to change from moment to moment; it will be different when you are healthy as opposed to sick. Under any circumstance, simply do your best, and you will avoid self-judgment, self-abuse, and regret.