

Open Your Mouth Quiz: innovative approach to engage HIV health care professionals in oral health during the COVID-19 pandemic.

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Background:

Poor oral health can significantly impact the quality of life of people living with HIV (PLHIV). In 2019 the HIV Oral Health Promotion working group reviewed and updated the Open Your Mouth: Assessment and Referral Tool for HIV Health Care Professionals (HIVHCPs). The updated tool was distributed state-wide with the aim to encourage HIVHCPs to discuss oral health and link their clients into oral health care.

Methods:

In conjunction with World Oral Health Day an online quiz (Survey Monkey) was distributed to HIVHCPs in the greater Sydney metro area. The 15 item survey assessed oral health knowledge and utilisation of the oral tool in participants practice. Descriptive analysis was done using Survey Monkey.

Results:

Thirty-six HIVHCPs completed the quiz. Forty-one percent (n=14) of respondents indicated that they have used the tool. For those who have used the tool, 71% (n=8) and 25% (n=3) rated the tool as excellent and good. Quiz results also showed high levels of oral health knowledge among HIVHCPs with 91% (n=31) noting medication induced dry mouth can increase the risk of tooth decay, 71% (n=24) knew that sugar-free gum is recommended to manage dry mouth and 79% (n=23) knew that snacking daily causes more dental plaque.

Conclusion:

The online quiz was an effective approach to engage HIVHCPs in oral health during COVID-19 pandemic. The quiz results demonstrated that HIVHCPs had good knowledge of oral health practices but low utilisation levels of the assessment tool. Targeted promotion of the tool should be prioritised.