

Uitblinkers in Childsmile (2020-2023)

Principle investigator



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Short Description

The 'Uitblinkers' intervention (translated: 'Brilliant stars') is a semi-structured interview method for oral healthcare professionals (OHPs), targeting parents of 2 to 10-year-old children. Using effective conversation techniques, the interview focusses on two components: 1) identification of possible barriers that parents may experience with brushing their children's teeth, and 2) exploration of possible parenting strategies to tackle the identified barriers. The intervention is based around social learning theories and parenting techniques, and is delivered by OHPs using a "toolkit" (brightly illustrated cards and script) to guide the interview. 'Uitblinkers' has been developed by a working group of researchers with expertise in paediatric dentistry, dental public health, educational psychology, behavioural therapy and pedagogy.

Feasibility testing has been done among 21 dental therapists from 12 dental practices in The Netherlands, which showed that the intervention can be implemented in dental practice. In addition, a collaboration has started with the University of Glasgow to evaluate whether the 'Uitblinkers approach' can be delivered within the national Childsmile programme (www.child-smile.org) by lay health workers (Dental Health Support Workers) during home visits to vulnerable families across Scotland.

As a next step, the aim is to trial the 'Uitblinkers' intervention in dental practices in the Netherlands, in order to evaluate whether the intervention is effective in improving children's tooth brushing rates, oral hygiene and ultimately, their oral health over a period of 24 months.

Staff involved

Department Social Dentistry:

- dr. D. Duijster

Outside department:

- dr. M. de Jong-Lenters, Department of Conservative and Preventive Dentistry

Collaborations/affiliations

- Glasgow University, prof. dr. Lorna McPherson, dr. Andrea Sherrif
- Erika Polika, ontwikkelingspsycholoog en gedragstherapeut, opvoedpoli, Amsterdam
- Monique l'Hoir, orthopedagoog en psycholoog en expert in slaap en opvoeding, GGD Noord- en Oost-Gelderland (GGDNOG)

Grants

- Grant based on a grant Glaxo Smith Kline, granted: £22.964. (2020 – 2023).
- Grant Amsterdams Universiteitsfonds: € 10.000
- Grant Nederlandse Vereniging voor Kindertandheelkunde: € 8500

Publications

- de Jong-Lenters, M., van Bussel, J., Polak, E., L- Hoir, M., **Duijster, D.** (2020) Toepasbaarheid van de 'Uitblinkers-interventie' om tandenpoetsen bij kinderen te verbeteren: een pilotonderzoek. Nederlands Tijdschrift voor Tandheelkunde vol. 127, no. 3, pp. 189-198

More information: <https://stichtingblinkers.nl/>