

Oral Health Video Impact on Parental Self-Efficacy and Knowledge Retention

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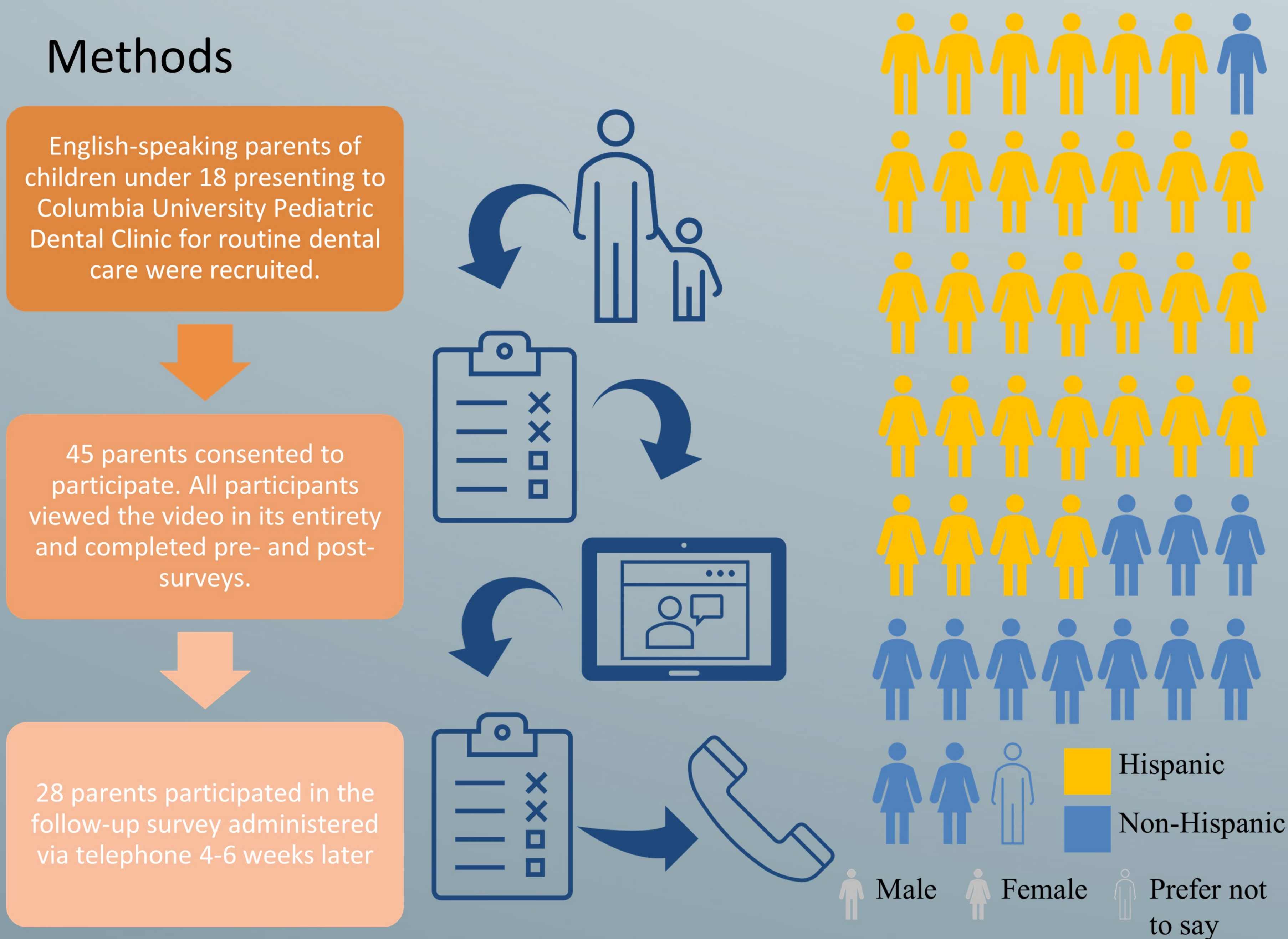
Background

Dental self-efficacy is an important factor in achieving meaningful behavioral changes to support oral health. This project leverages the valuable experience of community health workers (CHWs) by developing an educational video designed to raise salience and inform parents of children at risk for dental decay. In this video, experienced CHWs explain caries initiation, risk, and progression in a straightforward, culturally and linguistically appropriate manner. It includes success stories from the field and translates complex caries science to low-literacy parents in ways that raise awareness about caries risks while advising families on how to take specific preventive action.

Objectives

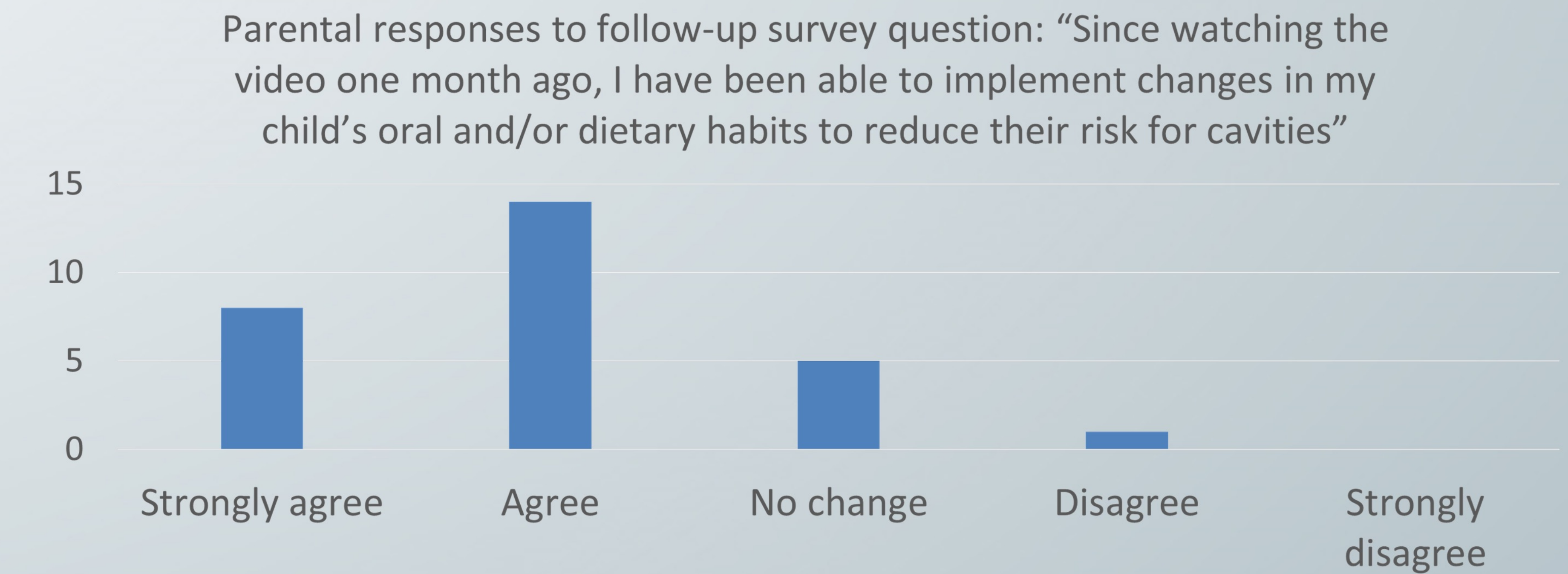
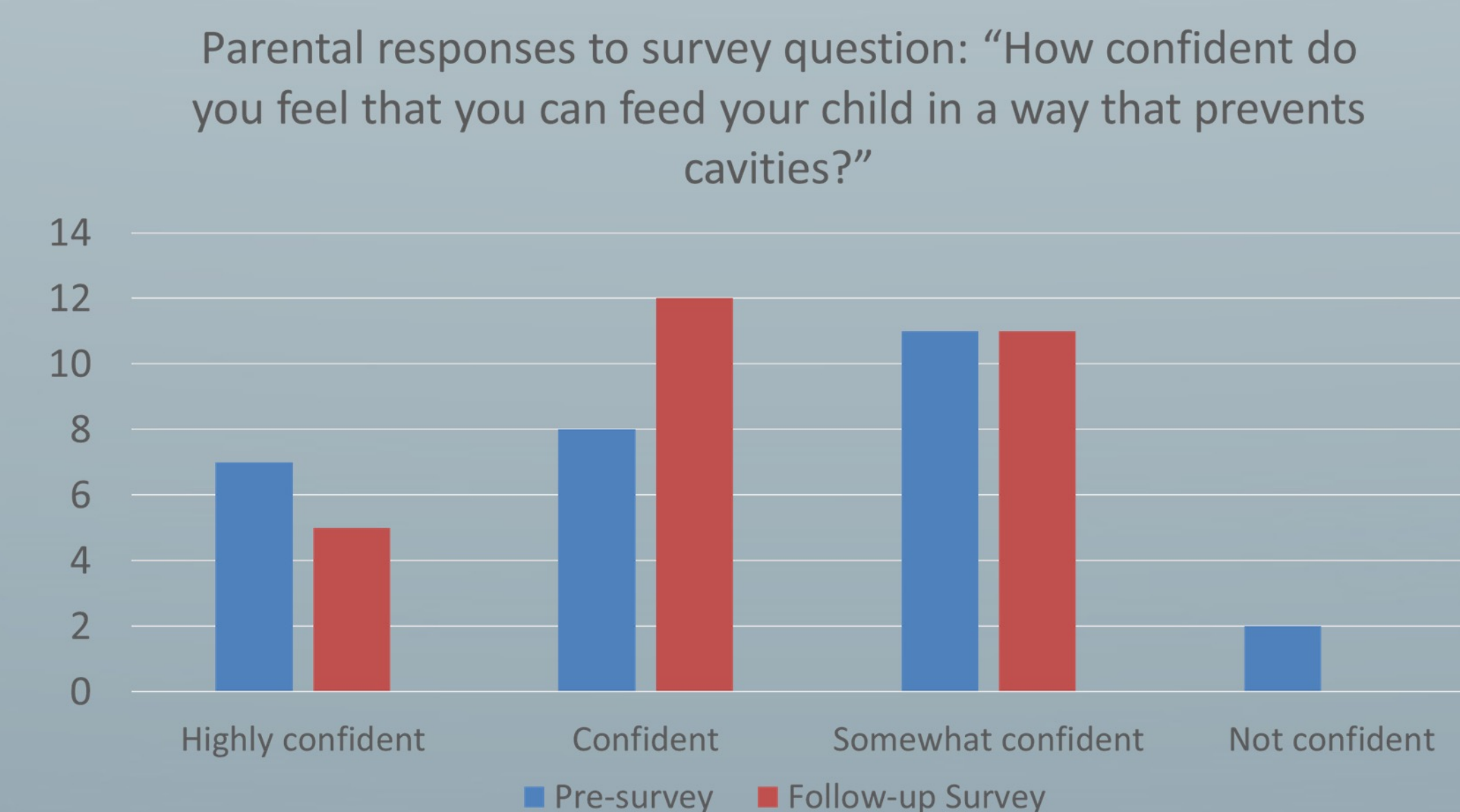
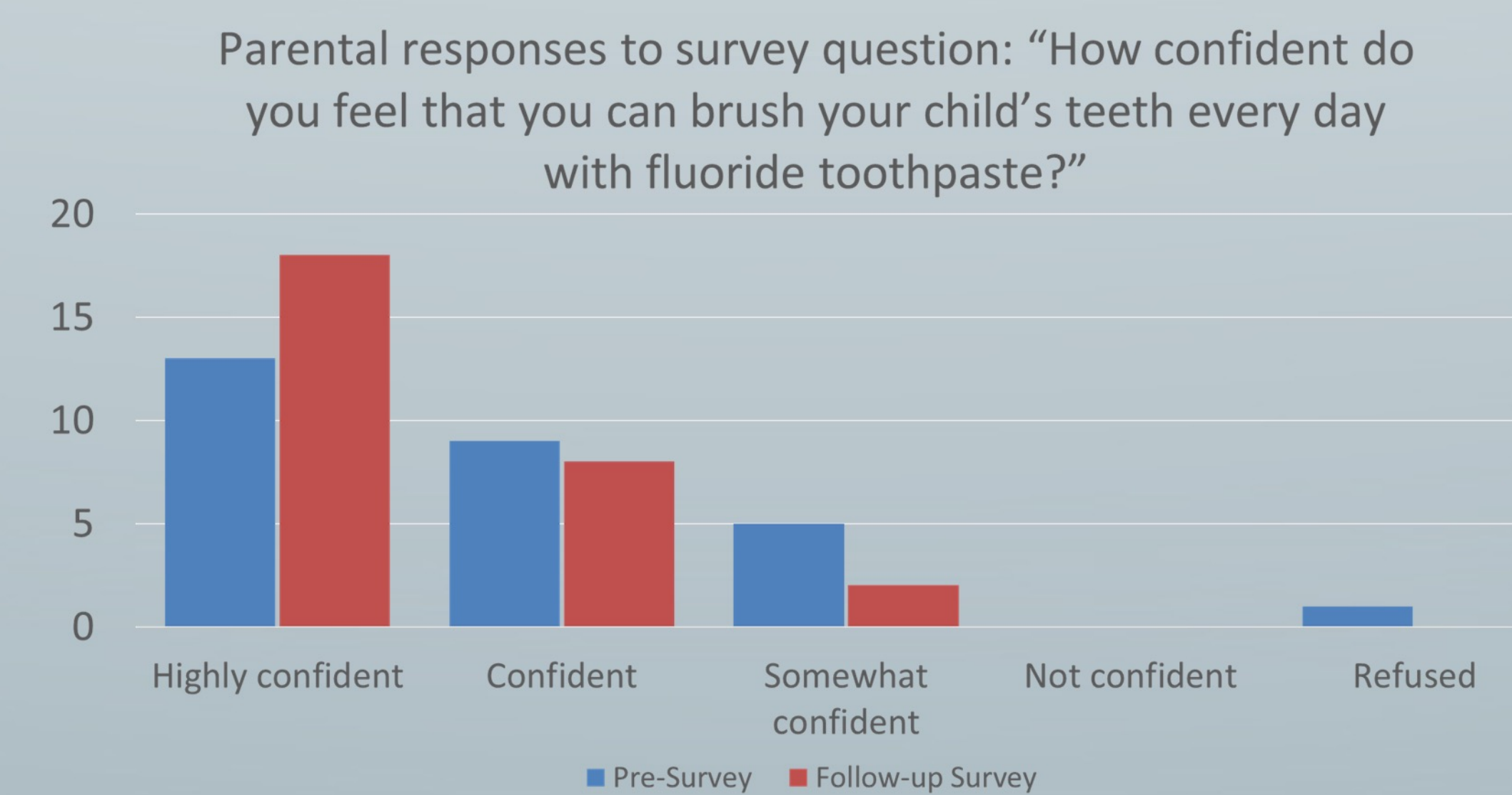
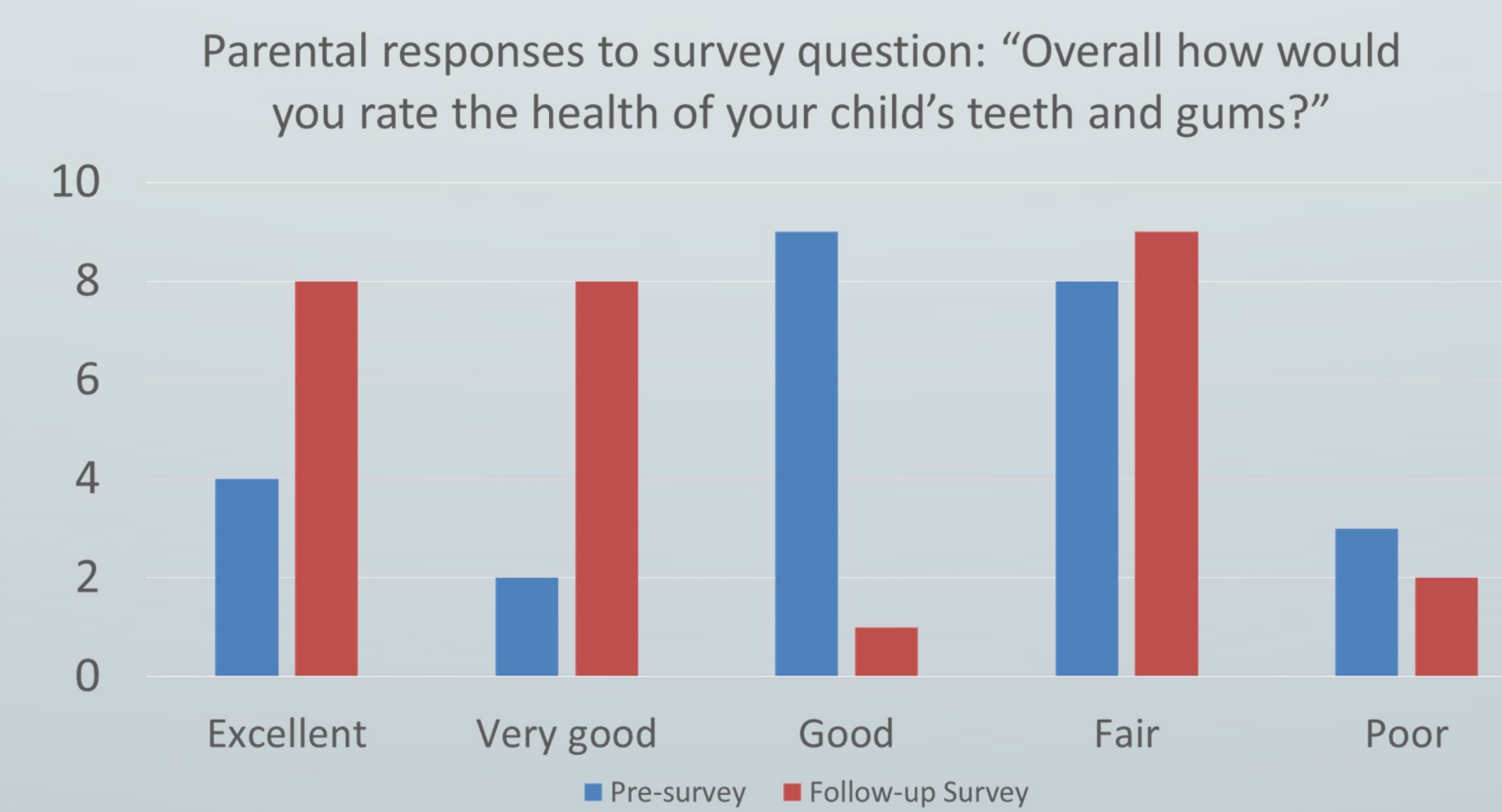
To evaluate the influence of an oral health education video by community health workers on parental self-efficacy, an important factor in achieving meaningful behavioral changes, and knowledge retention to promote children's oral health and prevent caries.

Methods



Results

Parental responses to self-efficacy questions were recorded in the pre-survey and follow-up telephone survey (n=28). Statistically significant differences were found between pre- and post-intervention responses to the question “Overall, how would you rate the health of your child’s teeth and gums?” (p=0.013).



22 of 28 parents reported that they “strongly agree” or “agree” that since watching the video one month ago, they have been able to implement changes in their child’s oral and/or dietary habits to reduce their risk for cavities.



Discussion

Although statistically significant differences were not found between pre- and post-intervention for the questions regarding parental self-efficacy, the responses were overall positive and trended towards higher confidence following intervention. The open-ended questions revealed overall positive responses and suggested an increased self-perceived confidence in the parent's ability to care for his/her child's teeth. Limitations of this study include a small sample size and large loss to follow-up.

Conclusion

Educational videos utilizing the experience and knowledge of community health workers can be a useful tool in improving oral health knowledge and have a meaningful effect on dental self-efficacy in high-risk populations.