

# Integrated Specialist Public Health Nursing School Nursing Newsletter

June 2022

The core ambition of the Integrated Specialist Public Health Nursing Service (ISPHNS) School Nursing team is to promote healthier, happier children and young people, who are ready to take advantage of positive opportunities and able to reach their full potential.

## NATIONAL SMILE MONTH

**A HEALTHY SMILE IS IMPORTANT** • For making good first impressions • To boost your confidence • For clear communication • For eating and enjoying food. If you don't look after your teeth and gums you can suffer from: • Bad breath • Tooth decay • Tooth loss • Gum disease • Dental erosion

**ORAL HYGIENE** Brush teeth and gums twice a day with a pea sized amount of 1450 ppm fluoride toothpaste twice a day for two minutes. – unless advised otherwise by your dentist. Use a small headed toothbrush with medium bristles.. Use a dry toothbrush to clean more effectively. Spit out toothpaste but don't rinse with water – this allows the fluoride in your toothpaste to be absorbed by your teeth and help strengthen enamel. Only use alcohol free fluoride mouthwash (unless instructed by your dentist) and use at a different time from brushing.

Floss once a day to help remove bits of food and plaque from between your teeth .

**BRACES** for your braces to be a success it is essential that your oral hygiene is of the highest standard and many orthodontists recommend using a daily fluoride mouthwash to reduce the chance of decay around your brace .



## **A HEALTHY DIET**

A healthy varied diet is important for general health and just as important for good oral health. Keep sugary snacks to mealtimes only and in between meals consider eating healthy snacks, such as fruit, vegetable sticks and rice cakes.

**DRINKS** Plain water and plain milk are the safest drinks for teeth. Fruit juices are a good source of vitamins and minerals, but safer for teeth if you keep them to mealtimes.

All fizzy drinks are acidic and cause damage to teeth. Although diet drinks don't contain sugar they contain acid and will still cause dental erosion. Erosion is when acid wears away tooth enamel (the outside part of the tooth). This can cause teeth to look discoloured and become sensitive. It is most commonly caused by regular consumption of acidic drinks.

To reduce the risk of erosion, use a straw when drinking fizzy drinks and juices as this reduces contact with the teeth. Limiting these drinks to mealtimes will also reduce the risk. Where possible, avoid brushing immediately after eating or drinking anything acidic. Remember to try and avoid adding sugar to hot drinks.

**OTHER THINGS** to think about are wearing mouth guards when taking part in contact sports such as rugby.

Smoking and drinking alcohol can lead to tooth staining, gum disease and more seriously mouth cancers.



## **Useful resources/websites**

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/take-care-of-your-teeth-and-gums/>

[Water, drinks and your health - NHS \(www.nhs.uk\)](https://www.nhs.uk/live-well/healthy-teeth-and-gums/dental-check-ups/)

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<https://www.nhs.uk/live-well/healthy-teeth-and-gums/take-care-of-your-teeth->

## **Helpline numbers**

### **Helplines**

Childline 0800 1111

Samaritans 116123

CAMHS Crisis 01482 301701

Text SHOUT to 85258

Young Minds Textline-Text 'YM' to 85258

## **School Nurse DROP-IN**

If you are aged between 12 and 19 (25), you can access confidential NHS advice about your health, safety and emotional wellbeing. We play an important role in educating young people about making healthy choices and offer help and advice.

To find out when your drop-in is, speak to student services or take a look here

[School Nurse Drop-in | Humber ISPHN](#)

Our website contains lots of reliable health and wellbeing information you may find useful, take a look at page

[Key Topics for ages 12 - 19 | Humber ISPHN](#)

[Key Topics \(SEND\) | Humber ISPHN](#)

## **CHAT HEALTH**

**TEXT 07507 332891**

A confidential texting service to support young people in the East Riding with their health needs, and to discuss issues that may be impacting on them emotionally.

This provides young people with quick, accessible and confidential support from our School Nursing Team.

Young people can remain anonymous if they choose to, but can also access face-to-face support and/or be sign-posted to local services if they choose to share their details.



Thank you for taking the time to read our newsletter.

If you would like to learn more about our service, please visit our website

[humberisphn.nhs.uk](https://humberisphn.nhs.uk)

