

Extended dental services to provide oral health promotion text messages for older patients - OHP-TOP study

Submission date 23/09/2019	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
Registration date 25/09/2019	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan <input checked="" type="checkbox"/> Results
Last Edited 17/01/2023	Condition category Oral Health	<input type="checkbox"/> Individual participant data

Plain English summary of protocol

Background and study aims

The University of Portsmouth Dental Academy (UPDA) serves a broad range of patients for complex care, prevention, receipt of dental treatment and dental advice through a NHS contract. UPDA has previously shown that patient appointment attendance can be improved through text messaging reminders. Studies show older patients may experience a variety of barriers in accessing dental services and maintaining good oral health; including challenges complying with daily tooth-brushing behaviours. The aim of this study is to investigate the impact of extended, regular oral health advice communicated via text messages for older patients attending UPDA.

Who can participate?

Dental patients aged 65 and over from the existing pool of patients at UPDA

What does the study involve?

Participants are randomly allocated to receive dental health information via a sole leaflet or text messages over 10 weeks. All receive a dental examination and complete quality of life questionnaires at the start of the study. The text message group receive three messages per week for 10 weeks and after 6 months from the initial text, three additional text messages are sent. Also at this time, a two-way evaluation message regarding the intervention is sent to evaluate how useful they found the service. The control group only receive a single leaflet at the start of the study. After 12 months from the initial text, all participants complete quality of life questionnaires again and their dental records are examined to establish changes in dental health outcomes and dental attendance.

What are the possible benefits and risks of participating?

The findings will be submitted to the funders of the study (the NHS) to support decisions to extend services for older patients to improve oral health.

Where is the study run from?

University of Portsmouth Dental Academy (UK)

When is the study starting and how long is it expected to run for?
December 2018 to September 2021

Who is funding the study?
NHS England

Who is the main contact?
Dr Kristina Wanyonyi
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Contact information

Type(s)
Scientific

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Additional identifiers

EudraCT/CTIS number
Nil known

IRAS number

ClinicalTrials.gov number
Nil known

Secondary identifying numbers
CPMS: 41501

Study information

Scientific Title

A pilot project to research extending dental services through the use of a text messaging intervention to improve the oral health of older patients

Acronym

OHP-TOP

Study objectives

The University of Portsmouth Dental Academy (UPDA) serves a broad range of patients for complex care, prevention, receipt of dental treatment and dental advice through an NHS contract. UPDA has previously shown that patient appointment attendance can be improved through text messaging reminders. Studies show older patients may experience a variety of barriers in accessing dental services and maintaining good oral health; including challenges complying with daily tooth-brushing behaviours (Borreani et al., 2008). The aim of this study is to investigate the impact of extended, regular oral health advice communicated via text messages for older patients attending UPDA.

Ethics approval required

Old ethics approval format

Ethics approval(s)

Approved 30/03/2019, East Midlands - Nottingham 1 Research Ethics Committee (The Old Chapel Royal Standard Place Nottingham NG1 6FS, UK, Tel: +44 (0)207 104 8101, +44 (0)207 104 8056; Email: NRESCommittee.EastMidlands-Nottingham1@nhs.net), ref: 19/EM/0092

Study design

Randomised; Both; Design type: Prevention, Process of Care, Education or Self-Management, Management of Care, Cross-sectional

Primary study design

Interventional

Secondary study design

Randomised controlled trial

Study setting(s)

Other

Study type(s)

Treatment

Participant information sheet

Not available in web format, please use the contact details to request a patient information sheet

Health condition(s) or problem(s) studied

Oral health of older patients

Interventions

UPDA sees approximately 400 patients over 65 years old. They will be recruited into this extended intervention service by a research nurse to explain the study and undertake consenting protocols. Participants will receive dental health information via a sole leaflet or text

messages over 10 weeks. All will receive a dental examination and undertake quality of life questionnaires at the start of the study.

The text message intervention (TMI) group (n=101) will receive three messages per week for 10 weeks and after 6 months from the initial text, three additional text messages will be provided. Also at this time, a two-way evaluation message regarding the intervention will be sent to evaluate how useful they found the service. The control group (n=101) will only receive a single leaflet at the start of the study.

After 12 months from the initial text, all participants will complete quality of life questionnaires again and their dental records will be examined to establish changes in dental health outcomes and dental attendance.

Intervention Type

Other

Primary outcome measure

1. Oral health status (clinical outcomes) measured using plaque score, bleeding index, BPE, DMFT, number of sound teeth, RAG (red, amber and green disease risk) rating at baseline and after 12 months
2. Attitude and behaviour of patients assessed using two-evaluation text message at 6 months after the intervention

Secondary outcome measures

1. Perceived oral health-related quality of life and general health measured using OHIP 14 validated questionnaire at baseline at 12 months
2. The acceptability of the text messaging interventions for this age bracket assessed using two-way evaluation text-messages at 6 months

Overall study start date

01/12/2018

Completion date

30/09/2021

Eligibility

Key inclusion criteria

1. Dental patients aged 65 and over from the existing pool of patients at UPDA
2. Dentate
3. Able to consent to this project
4. Own a mobile device capable of receiving text messages
5. Possess an acceptable level of the English language

The latter two requirements will be assessed by whether they are currently in receipt of appointment reminders. The assessment of patient capability will be on the onus of the consenting participant and the dental care team.

Participant type(s)

Patient

Age group

Senior

Sex

Both

Target number of participants

Planned Sample Size: 202; UK Sample Size: 202

Total final enrolment

150

Key exclusion criteria

1. Dental patients below 65 years old who attend UPDA
2. Dental patients who do not currently attend UPDA
3. Patients who are edentulous and patients who do not or have been deemed to not have the capacity to consent to the text messaging intervention, either by themselves or the dental care team
4. Patients who do not own a mobile phone and are therefore unable to receive text messages
5. Patients who do not possess an acceptable level of the English language

Date of first enrolment

01/05/2019

Date of final enrolment

19/12/2019

Locations**Countries of recruitment**

England

United Kingdom

Study participating centre

University of Portsmouth Dental Academy

William Beatty Building

Hampshire Terrace

Portsmouth

United Kingdom

PO1 2QG

Sponsor information**Organisation**

University of Portsmouth

Sponsor details

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Sponsor type

University/education

ROR

<https://ror.org/03ykbk197>

Funder(s)

Funder type

Hospital/treatment centre

Funder Name

NHS England

Results and Publications

Publication and dissemination plan

Findings disseminated through peer-reviewed articles, reports and the UPDA website.

Intention to publish date

31/07/2022

Individual participant data (IPD) sharing plan

The datasets generated and/or analysed during the current study during this study will be included in the subsequent results publication

IPD sharing plan summary

Other

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Protocol file	version v2	12/03/2019	25/09/2019	No	No

Results article	20/05/2021	02/08/2021	Yes	No
Abstract results	20/06/2022	17/01/2023	No	No
HRA research summary		28/06/2023	No	No