

Implementation of oral care in primary diabetes care in the Netherlands

Submission date 31/01/2017	Recruitment status No longer recruiting	☐ Prospectively registered ☐ Protocol ☐ Statistical analysis plan ☒ Results ☐ Individual participant data
Registration date 01/02/2017	Overall study status Completed	
Last Edited 15/03/2023	Condition category Nutritional, Metabolic, Endocrine	

Plain English summary of protocol

Background and study aims

Type 2 diabetes mellitus (T2DM) is a long term condition where sufferers have difficulty controlling their blood sugar (glucose) as they do not produce enough insulin to function properly (insulin deficiency), or that the body's cells don't react to insulin as they should do (insulin resistance). High blood sugar levels can lead to a range of complications, including damage to the eyes, kidneys and nerves. In the Netherlands, diabetic patients are treated in the primary diabetes care system (so-called "ketenzorg", or chain care), in which several medical specialists work together closely. Patients are checked regularly for the traditional complications, and treated if necessary, to improve their health and quality of life. Besides the classic complications, there is evidence that T2DM can lead to oral (mouth) complications, such as gum disease (periodontitis), dry mouth and mouth ulcers. This has led to the formation of guidelines for the medical community on how to deal with oral health in diabetes mellitus patients. These guidelines encourage close collaboration between healthcare professionals and dental specialists. Regardless of the existence of these guidelines, until now, the Dutch GPs pay little to no attention to oral health, simply because they lack the knowledge, resources and time to do so. Furthermore, the collaboration between GPs and dentists is non-existent. The aim of this study is to look at the effectiveness of incorporating oral care into primary care to see if it can improve the oral health and quality of life of T2DM patients.

Who can participate?

Adults who have T2DM

What does the study involve?

Participating GP practices are included and randomly assigned to either the experimental or control group. The general practitioners or nurse practitioners in the experimental group inform their diabetic patients about the relationship between diabetes and oral health. They also encourage their patients to visit a dentist, using a referral form. The patients also receive an introduction kit that contains preventive dental care products and an information brochure. In the control group, the diabetes care professionals do not pay extra attention to oral health, and perform their usual care protocol. At the start of the study and then again after one year, participants in both groups complete a range of questionnaires to measure their quality of life and have their mouths examined by dentists to assess their oral health.

What are the possible benefits and risks of participating?

Participating in this study will make patients aware of the importance of their oral health, which could lead to them visiting the dentist more often. This could help in the prevention and treatment of oral complications, such as periodontitis and dry mouth, improving their quality of life. There are no anticipated risks involved with participating.

Where is the study run from?

24 GP practices located in the area of Amsterdam (Netherlands)

When is study starting and how long is it expected to run for?

January 2015 to December 2017

Who is funding the study?

Sunstar Suisse SA (Switzerland)

Who is the main contact?

Mr Martin Verhulst

m.verhulst@acta.nl

Contact information

Type(s)

Scientific

Contact name

Mr Martijn Verhulst

Contact details

Academisch Centrum Tandheelkunde Amsterdam

Afdeling Mondgezondheidswetenschappen, sectie Parodontologie & Orale Biochemie

Gustav Mahlerlaan 3004

Amsterdam

Netherlands

1081 LA

+31 20 598 0173

m.verhulst@acta.nl

Additional identifiers

Protocol serial number

14/585

Study information

Scientific Title

Best practice model for interdisciplinary medicine in treating diabetes patients. The need for implementation of oral care

Study objectives

Primary research questions:

1. Will incorporation of oral care, using a strict protocol, in primary diabetes care result in improvement of diagnosis of oral complications, like periodontitis and other oral diseases?
2. Will the improvement in diagnosis of oral diseases lead to prevention and/or treatment of oral complications?
3. Will this preventive strategy, including the use of oral care products, lead to improvement of oral health, general health and quality of life in diabetes patients?

Ethics approval required

Old ethics approval format

Ethics approval(s)

The Medical Ethics Review Committee VU University Medical Center (registered with the OHRP as IRB00002991) discussed the application. On 29 January 2015, it was confirmed that the Medical Research Involving Human Subjects ACT (WMO) did not apply for this study, and an official approval of this study by the committee was not required.

Primary study design

Interventional

Study design

Multi-centre cluster randomized controlled trial

Study type(s)

Quality of life

Health condition(s) or problem(s) studied

Diabetes Mellitus Type 2

Interventions

24 participating GP practices are randomly allocated to either the control group or the intervention group, using the SNOSE (sequentially numbered, opaque, sealed envelopes) protocol.

Intervention group: Nurse practitioners at participating practices are were instructed to pay extra attention to oral health during their consultation hours, on top of their usual care. This consists of:

1. Informing the diabetes patients about the relationship between oral health and diabetes mellitus, and emphasizing it's important to take care of their oral health.
2. Actively stimulating the patients to visit the dentist at least once/twice a year, using a standard referral letter. This referral letter also contained a return form, meant for the dentist. When the patient actually visited the dental office, the dentist would fill in this form and send it back to the GP practice.
3. Providing the patients with an introduction kit, containing (preventive) oral care products (e.g. oral rinse, tooth paste, interdental brushes etc.)

Control group: Nurse practitioners provide care as usual, without paying extra attention to oral health.

For all participants, the follow-up time is 12 months. Usually, a patient visits the GP/nurse practitioner every three months in the Dutch primary care, and these moments were used to continue motivating the participating patients to visit a dentist during the 12 months follow-up.

Intervention Type

Behavioural

Primary outcome(s)

1. Self-reported oral health, using a questionnaire based on large epidemiological studies from the United States, measured at baseline and 12 months
2. Oral health is assessed using an oral examination by a dentist at baseline and 12 months
3. Oral health related quality of life is assessed using the OHIP-14 questionnaire at baseline and 12 months
4. General quality of life is assessed using the SF-36 questionnaire at baseline and 12 months

Key secondary outcome(s)

Parameters of protocolization and optimalization:

1. Number of patients which are referred to a specialist by the dentist during the 12 months follow up. This is registered by the dentist on the return form that the patient received at baseline.
2. Number of patients which are seen by the dentist is measured by the number of return forms that the GP practices received during the 12 months follow-up
3. Number of patients which are treated by the dentist is registered on the return forms that they received during the 12 months follow-up
4. Feasibility and effectiveness of our intervention protocol is assessed using a questionnaire related to the opinion of diabetes practitioners, measured as soon as they finished the follow-up period.

Change in general health as recorded by the diabetes practitioner:

1. Number and severity of diabetes-related complications is assessed through medical record review at baseline and 12 months
2. (Bio)markers of metabolic control of diabetes mellitus (Glucose, HbA1c, Lipids, etc..) is assessed through medical record review at baseline and 12 months
3. General characteristics (BMI, smoking habits, diet, etc..) is assessed through medical record review at baseline and 12 months
4. Medication use is assessed through medical record review at baseline and 12 months

Completion date

31/12/2017

Eligibility

Key inclusion criteria

1. Aged 18 years and over
2. Diabetes mellitus Type 2
3. Follows the standardized primary diabetes care protocol
4. Understands spoken and written Dutch

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Lower age limit

18 Years

Sex

All

Total final enrolment

764

Key exclusion criteria

1. Don't understand spoken and written Dutch
2. Attend secondary diabetes care (i.e. internal medicine at the hospital)

Date of first enrolment

01/03/2015

Date of final enrolment

07/09/2016

Locations**Countries of recruitment**

Netherlands

Study participating centre

Huisartsenmaatschap Holtrop & Sieben

's-Gravesandeplein 19-B

Amsterdam

Netherlands

1091 BB

Study participating centre

Reinds en Hogewind Huisartsen

Meer en Vaart 58

Amsterdam

Netherlands

1068 ZZ

Study participating centre
Thiel en van Maanen-Thiel, huisartsen
Ekingenstraat 23
Amsterdam
Netherlands
1069 DA

Study participating centre
Huisartsencentrum pniël
Bos en lommerweg 189
Amsterdam
Netherlands
1055 DT

Study participating centre
Gezondheidscentrum Vlaanderen
Laan van Vlaanderen 466
Amsterdam
Netherlands
1066 MT

Study participating centre
Huisartsenpraktijk van Raalte
Gerard Terborgstraat 46
Amsterdam
Netherlands
1071 TP

Study participating centre
J.G. van der Veen, Huisarts
Gerard Terborgstraat 46
Amsterdam
Netherlands
1071 TP

Study participating centre
Huisartsenpraktijk Amsteldorp
Fahrenheitsingel 32
Amsterdam
Netherlands
1097 NS

Study participating centre
Huisartsenpraktijk Dr. J. van Keimpema
Osdorper Ban 92
Amsterdam
Netherlands
1068 MK

Study participating centre
Huisartsenpraktijk de Lairesse Acherman & Woertman
De Lairessestraat 42
Amsterdam
Netherlands
1071 PB

Study participating centre
Huisartsenpraktijk Swart
Pascalstraat 10
Amsterdam
Netherlands
1098 PB

Study participating centre
Huisartsenpraktijk Reguliersgracht
Reguliersgracht 78C
Amsterdam
Netherlands
1017 LV

Study participating centre
Gezondheidscentrum Helmersstraat
Anna Spenglerstraat 101
Amsterdam
Netherlands
1054 NJ

Study participating centre
Huisartsenpraktijk Kappeyne
Nassaukade 116

Amsterdam
Netherlands
1052 EB

Study participating centre

M Staal Huisarts
Sumatrastraat 84
Amsterdam
Netherlands
1094 NJ

Study participating centre

Praktijk H.L. Kieviet
Keizer Karelweg 94 C
Amstelveen
Netherlands
1185 HX

Study participating centre

Huisartspraktijk van Wijngaarden
Lootsstraat 35
Amsterdam
Netherlands
1053 VN

Study participating centre

Gezondheidscentrum Staatsliedenbuurt
Van Hallstraat 200
Amsterdam
Netherlands
1051 HL

Study participating centre

Huisartsenpraktijk Nijpels & van Drooge
Meester P.N. Arntzeniusweg 84
Amsterdam
Netherlands
1098 GS

Study participating centre**Huisartsenpraktijk Oud**

Oosterpark 62
Amsterdam
Netherlands
1092 AR

Study participating centre**Huisartsenpraktijk Luykx**

Graaf Aelbrechtlaan 108
Amstelveen
Netherlands
1181 SX

Study participating centre**Huisartsenpraktijk Javaeiland**

Azartplein 45-47
Amsterdam
Netherlands
1019 PA

Study participating centre**Huisartsenpraktijk Verhaar**

C.J. van Houtenlaan 1 C
Weesp
Netherlands
1381 CN

Study participating centre**Huisartsen Diemen Centrum; Praktijk Bruinsel & Praktijk van Griek**

Prinses Beatrixlaan 7
Diemen
Netherlands
1111 EX

Sponsor information

Organisation

Academisch Centrum Tandheelkunde Amsterdam

ROR

<https://ror.org/04x5wnb75>

Funder(s)

Funder type

Industry

Funder Name

Sunstar Suisse SA

Results and Publications

Individual participant data (IPD) sharing plan

The datasets generated during and/or analysed during the current study are/will be available upon request from Martijn Verhulst (m.verhulst@acta.nl)

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		18/06/2019	15/03/2023	Yes	No
Results article		10/05/2021	15/03/2023	Yes	No