

PRE-APPOINTMENT PATIENT QUESTIONNAIRE

Please complete the following questions ahead of your appointment to help inform your dental professional about your oral health.

1. What time of day do you usually brush your teeth?

- a. Morning only
- b. Evening only
- c. Morning & evening
- d. More often

2. Which of the following do you use EVERY DAY?

- a. Fluoride toothpaste
- b. Mouthwash
- c. Sugar free chewing gum
- d. Floss
- e. Interdental brushes
- f. Fluoride tablets / drops
- g. Other (please state)

3. Do you have any concerns about your teeth, gums or mouth currently?

- a. Yes (please state)
- b. No

4. Do you have a family history of gum disease?

- a. Yes
- b. No

5. In your view, how does the health of your teeth affect your overall wellbeing?

(on a scale of 1 to 10 where 10 is very likely and 1 is very unlikely)

1 2 3 4 5 6 7 8 9 10 VERY LIKELY

6. How important is it to brush twice a day and clean interdentally with floss or brushes every day in order to keep your natural teeth?

(on a scale of 1 to 10 where 10 is very important and 1 is very unimportant)

1 2 3 4 5 6 7 8 9 10 VERY IMPORTANT

7. How confident are you that you could brush twice a day and clean interdentally every day?

(on a scale of 1 to 10 where 10 is very confident and 1 is not confident)

1 2 3 4 5 6 7 8 9 10 VERY CONFIDENT

NOTES FOR HEALTHCARE PROFESSIONALS

This short patient questionnaire has been created for use prior to dental appointments to aid sharing of patient information in order to support behaviour change.

The final three questions on the assessment are designed to help you understand a patient's level of commitment to behaviour change. These techniques form part of **motivational interviewing (MI)**, a patient-centred but directive technique that aims to help people to change their behaviour.¹

Question 6 uses an '**importance ruler**' which can be used to understand the patient's assessment of their own goal.¹ The overall score is not of interest but rather the way it can be used to support change.

- **If a patient gives a high score** e.g. 9, follow up with a comment on how high this is and establish that the behaviour change is something that must be very important to them. This will then lead to the patient agreeing that the action is important
- **If a patient gives a low score** e.g. 3, follow up with the question 'why not 2 (x-1)?' This is generally counterintuitive to what most clinicians would say to someone who rated the importance of an oral care behaviour low. By focusing on the lower end of the scale patients become aware that although they rate the behaviour as not terribly important, they are not totally disinterested. The conversation can then move to explore why they are at all interested.

Question 7 is designed to facilitate discussion around the patient's **belief and confidence that they can achieve a task**. It uses a **confidence ruler** and the aim is to enhance the patient's confidence that he/she can succeed by using previous behaviour examples.¹

Scores are discussed in a similar way to the importance ruler – if a low score is selected ask the patient why they did not choose a lower figure as a way to reinforce the presence of confidence.

References: 1. Asimakopoulou K, Newton T. Success with motivational interviewing techniques in the dental clinic: a case for the use of iMI-GPS. Dental Update May 2018: 462-467.

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