



## Fluoride Varnish

### Case Study

#### **Case Study: Maryland's Mouths Matter: Fluoride Varnish and oral Health Screening Program for Kids**

The state of Maryland Department of Health fluoride varnish program reimburses physicians and nurse practitioners for the application of fluoride varnish for children who are Maryland Medicaid recipients and who are 9 to 36 months in age. [1] The program is administered by Doral Dental Services of Maryland. Medicaid programs in the U.S. are funded 55 percent by the federal government and 45 percent by the state government.

The goal of the Maryland's Mouth Matter program is to reduce the incidence of tooth decay in children age 3 and under and contribute to the establishment of a dental home.

[2] The program includes six components:

- Oral health screening
- Dental caries risk assessment
- Anticipatory guidance on dental development
- Fluoride varnish application
- Referral to a dentist
- Billing for Medicaid reimbursement

The Program Manual gives criteria for determining increased risk for dental caries. These risk factors are used in targeting children at high risk for developing tooth decay. Fluoride varnish programs are described in the Program Manual as being adaptable for use by various health and welfare agencies. Advantages include:

- It is inexpensive
- Minimal training is required in most countries
- It is easy to apply
- No special equipment is required
- A professional dental cleaning is not required



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- It dries immediately upon contact with saliva
- Dental insurance plans will reimburse both medical and dental providers

The Program Manual also includes several components for the administration of a fluoride varnish program. This protocol describes needed supplies and equipment, schedules and dosages, oral health screening procedures, fluoride varnish application procedures, and the eligibility criteria and record keeping forms for program administration.

For more information contact the Office of Oral Health at [fvprogram@dhmh.state.md.us](mailto:fvprogram@dhmh.state.md.us).



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## References:

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