Preventive dentistry will be at the core of oral health care in the future. With Prevention One, Swiss-based oral health care provider Curaden gives dental practices a new business model for additional revenue. It sets new standards in preventive planning and preventive actions, combining therapy with products and services that extend into the patient’s home. Through Prevention One, preventive dentistry becomes not just an offer by your dental office, but a part of your daily routine.

Prevention One is more than a comprehensive programme for oral health care. It represents a new business model for the dental practice to activate, reactivate or develop new services. It provides a marketing and communication kit, such as posters, brochures, visuals or a specially designed treatment table, for the dental practice. Fourth, it offers software solutions for monitoring performance and profitability, optimized appointment coordination and patient communication. Finally, it provides a means of evaluation, monitoring and management of the patient’s oral health using a newly designed scoring tool aimed at developing individual strategies to improve oral health. Clients will not only feel the improvement in their overall health but will actually see it.

Proven expertise and success

Prevention One was developed using the combined experience of Curaden in partnership with experts in business development and oral health prevention. “Many patients do not know what they should pay attention to and how important oral health is for their overall well-being. They do not know what tools and instruments they should use, what quality they should be looking for and how they should apply them,” explained Clifford zur Nieden, a member of the Curaden board of directors. “We will guide and coach them and provide continuous education and support. The actual training is done by the patient, or now called the client, himself or herself, but he or she receives the proper introduction, guidance, information and motivation to stay on track. That is why we like to call Prevention One a dental fitness programme.”

The trainer or Prevention One (P1) coach, is a dental hygienist or dental assistant in the dental practice. The P1 coach designs a specific individual score. At the end of the appointment, the patient receives a general score—the P1-Score—which can be compared to past and future scores to show overall improvement in their oral health. Theodora Little, a dental hygienist and therapist from London, has introduced the P1 scoring tool to her patients this year. She considers Prevention One the next step to improving her patients’ overall health. “Prevention One is a modern and very effective approach to prevention. It combines tailored individual dental care with oral hygiene programs and individual coaching using a scoring system.”

The score guides your patient through a multiple-choice questionnaire, beginning with oral hygiene aids and how often they are used. It continues with the frequency of visits to a dentist and/or hygienist. The second part includes a health and lifestyle questionnaire, and the third part includes the oral examination, which quantifies a plaque and bleeding index. At the end of these sections, the patient receives a percentage score. The patient and the coach look at the data together and discuss where and how to improve the individual score.

At the end of the appointment, the patient receives a general score—the P1-Score—which can then be compared to past and future scores to show overall improvement in a patient’s health. Theodora Little states: “This method motivates my patients to carry out effective oral hygiene at home because they want an improvement in their score at our next appointment. Even if a score only shows a small improvement, the patient feels happy and empowered by his or her own efforts.” The positive information from the P1 score can encourage the patient to progress further and put forth a greater effort in brushing their teeth.