

Health Program Planning: POARE Model

Problem

Decide which oral health problems are of the greatest concern in your community. You can do this by using local or national oral health data. Also take into consideration the health problems that community members are most concerned with. You might identify a number of oral health problems. Based on your resources and the interest in your community, you will need to select the most appropriate problem(s) to address. After you decide on a problem to focus on, your problem statement should contain the following elements:

- Determine the extent of the problem (use data if available).
- Choose a target population that you would like to focus on.
- Make sure appropriate interventions to address the problem are available.
- Make sure that there is community support for the interventions. You don't want to choose a problem that the community is not interested in.

Sample Problem Statement

Children 12 years of age in X Community have more than 3 DMFT. (based on a goal set by the World Health Organization)

OR

___ percent of children under five years of age have dental decay in their primary teeth.

For high-risk children, dental caries begins with the acquisition of bacteria during the first years of life. By targeting infants and young children, we can implement topical fluoride interventions and use PRAT to prevent dental caries, both in the primary and permanent teeth.

Note: If your problem is dental caries in 3-5 year olds and you plan to survey this age group before and after the interventions, your interventions need to be focused on children under two years of age. Whatever age group you collect baseline and evaluation data on; your interventions to prevent the disease must be targeted to much younger children.

Objectives

Write one or more objectives that addresses your problem and what you can realistically achieve. Try to make each objective specific, relevant, and measurable. It must also have a time frame attached to it. Ask yourself, how will I know if we achieved this objective?

- Structure Objectives: writing policies, purchasing equipment, hiring people, and other objectives that will build structure to support your other objectives
- Process Objectives: implement a training or proven interventions
- Outcome Objectives: address disease outcomes or other measurable outcomes
- Objectives may be short term or long term

SMART Checklist to Evaluate Objectives

S=Specific

The statement is clear and concise. Vague terms or words should be avoided.

Vague Action Words

Help the community

Set up a school program

Do more fluoride varnish

Specific Action Words

Decrease dental caries...

Establish a school-based program at Grant elementary School

Increase fluoride varnish applications by 25%

M=Measurable

Objectives need to be worded so the desired result can be clearly measured or observed.

A-Attainable

The objective should be challenging but realistic. If you set your objectives too high and you don't meet them, it looks like you failed when maybe you did a lot of good in your community.



R=Relevant

The objective should be science-based and relevant to your community.

T=Time-based

The objective needs to have a time frame in which the desired result is expected to be achieved.

Assumptions: For each objective that you write, consider what assumptions you may be making. Are you assuming that parents care about baby teeth? Are you assuming that medical providers or other community members will want to work with you? You might want to check with people during your Community Workshop to make sure that your assumptions are accurate.

Sample Community Oral Health Objectives

When you write your own Oral Health Plans, you will probably want to include a mix of structure, process, and outcome objectives.

Structure Objectives

- Work with medical personnel to develop a policy to include fluoride varnish treatments during immunizations.
- Raise money to hire a community-based oral health worker.

Process Objectives

- Recruit 25 community members to attend a Community Workshop in March 2010.
- Train 80% of the medical staff at X Medical Clinic to apply fluoride varnish during immunization visits.
- Implement a community-wide media campaign by June 2010 to promote the daily use of fluoride toothpaste for children ages 0-5, beginning when the first tooth erupts.
- Implement a school-based program, beginning September 2010, to provide PRAT and fluoride varnish for 80% of children ages 6-12.

Outcome Objectives

- Decrease the prevalence of ECC among 3 year olds by 25% over the next three years.
- Apply fluoride varnish three times a year for 90% of the children attending the four daycare centers in X Community.

Activities

What actions or activities will you implement to reach your objectives? This should include the who, what, when, where, and how of the interventions. You might include buying supplies, fund raising, training community members, and so on. It will help if you list your activities under each objective that you have written. You are trying here to make lists of every step you need to take to achieve your objectives. It will also help if you write down who you might enlist to help with each activity and when it should be completed.

Sample Activities

- Order fluoride varnish and other supplies
- Meet with daycare administrators to schedule dental visits
- Meet with community medical providers who provide immunizations

Resources

How much money and other resources will you need to achieve your plan? Items might include personnel, volunteers, materials, equipment, funding and approvals. Start out by thinking big. You can make reductions later if you have to. The people who get their budget increased have positive attitudes about resources. You have to think big and play to win.

Resources will need to be identified for each objective and activity. You can also do this by completing a traditional budget. Be sure to include in-kind resources such as teachers or others being paid by other organizations. Also include any items that will be donated, as these are all part of your available resources.

If you plan to do some fundraising or grant writing to obtain resources, you will need to write a justification for each item on your resource list. Be careful not to cut your budget too tight because often prices rise before we receive the money and then we have to cut our programs.

Sample Resources

- Printing and Copying (Trainings, Education materials for families, etc.)
- Fluoride varnish for 750 applications, toothbrushes, gloves, and paper products
- Incentive gifts for fluoride varnish program (stickers, coloring books, etc.)

Evaluation

Put simply, how will you know if you have met your objectives? Review each objective and write a plan to evaluate it.

There are two ways to look at evaluation:

- **Quantitative Methods:** Uses numerical data to evaluate objectives. Using this alone may tell you if you met your objectives, but it will provide little information about why the intervention did or didn't work, whether participants were satisfied with the interventions, and so on.
- **Qualitative Methods:** This information can be collected through observations, satisfaction surveys, interview with providers or program participants, and other methods to get at the quality of the interventions.

Sample Evaluation Strategies

Let's look again at the Sample Objectives and list ways that we could evaluate each objective.

Structure Objectives

- Work with medical personnel to develop a policy to include fluoride varnish treatments during immunizations. Complete this policy by January 2010.

Evaluation: Keep lists and notes of all communications and meetings with medical personnel and document all attempts to finalize this policy and whether it was ever finalized or not. If not, document what you think went wrong to assist in any future efforts.

- Raise \$\$\$ to hire a community-based oral health worker by June 2010.

Evaluation: Keep a record of all efforts at fundraising and copies of requests and answers. Document how much money was raised and the source of each contribution. Finally, document whether the objective was achieved.

Process Objectives

- Recruit 25 community members to attend a Community Workshop in March 2010.

Evaluation: Have a sign in sheet at the Community Workshop to document the number of community members trained. For qualitative evaluation, you would also want them to complete evaluation forms.

- Train 80% of the medical staff at X Medical Clinic by January 2010 to apply fluoride varnish during immunization visits.

Evaluation: Keep a list of all medical staff trained and compare the number to the total number of medical staff at X Medical Clinic.

- Implement a community-wide media campaign by June 2010 to promote the daily use of fluoride toothpaste for children ages 0-5, beginning when the first tooth erupts.

Evaluation: Document all media outcomes such as news articles, radio advertisements, etc. For qualitative evaluation, you might want to ask community members if they noticed the messages, and if they liked them or not.

- Implement a school-based program, beginning September 2010, to provide PRAT and fluoride varnish for 80% of children ages 6-12.

Evaluation: Keep records of the names of all of the children seen during the school program and compare the number to the total number of children enrolled at the school. For qualitative evaluation, you could keep track of how the process went and how you might improve it the following school year.

Outcome Objectives

- Decrease the prevalence of ECC among 3 year olds by 25% over the next three years.

Evaluation: Survey three year old children in a daycare or preschool center before and after the interventions and compare DMFT scores to calculate the percentage of decrease or increase in dental caries over the 3 year time period.

- Apply fluoride varnish three times a year for 90% of the children attending the four daycare centers in X Community.

Evaluation: Keep a spreadsheet of the names of all of the children seen at the daycare centers and the dates of each fluoride varnish treatment. Compare the number of children who received three treatments to the total number of children enrolled at the school to calculate the percentage of children meeting the objective. For qualitative evaluation, you could keep track of how the process went and how you might improve it the following year.

SAMPLE: POARE Health Planning Worksheet

Health Problem

50% of Community X children ages 3-5 years have dental caries.

Objective(s)

Reduce the prevalence of dental caries among 3-5 year olds by 25% during the next five years.

Train 90% of medical providers to apply 4 fluoride varnish treatments during immunization visits for 80% of children ages 9-24 months of age.

Activities	Who	When
DMFT survey of 3-5 year olds this year		
Train medical providers to apply fluoride varnish to children under three years of age during immunizations <ul style="list-style-type: none"> • Arrange training facility • Set training date • Meet with medical administrators • Invite medical providers to training • Purchase needed supplies for demonstrations and practices 	Me	3 months
Create task force to improve oral health among children in our community <ul style="list-style-type: none"> • Contact key community members, parents, and teachers • Set a date and place for the meetings • Arrange for food during the meetings 	Me	3 months
Promote daily brushing with fluoride toothpaste by developing radio and newspaper messages. <ul style="list-style-type: none"> • Develop community oral health messages • Designate task force members to contact media • Document all media messages by date and content 	Task Force	6 months
DMFT survey of 3-5 year olds in five years		

Resources

Coordinator's Time (your time)

Medical Providers time to attend training and provide fluoride varnish during immunizations.

Training space and food for training

Meeting space and food for meetings

Supplies for fluoride varnish

Gloves, gauze, fluoride varnish, toothbrushes

Costs associated with development and distribution of media messages

Costs associated with DMFT surveys

Evaluation and Follow-up

Survey a sample of 3-5 year olds this year and again in five years at same location (preschool) to assess the effectiveness of the interventions. If possible, stratify data by number of fluoride varnishes received between 9 months and 3 years of age.

Document number of medical providers trained and compare this number to the total number of medical providers to see if objective of 90% trained is met.

Medical chart audits of a sample of three year olds to see what percentage received four fluoride varnish treatments.

Resources

Evaluation and Follow-up