Dental Checkups
CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR DENTAL PROVIDERS

Child and Teen Checkups C&TC
Dentists and medical providers share responsibilities, but have unique roles, in supporting the oral health of children 0 through 20 years who are eligible for C&TC.

C&TC is Minnesota’s Early Periodic Screening, Diagnosis, and Treatment (EPSDT) program, a federally funded program that pays for medical and dental care for children who are eligible for Medicaid. Due to their lower socio-economic status these children are at high risk for oral health problems.

Periodic examinations or screenings are delivered according to a set schedule:

- Medical providers follow the C&TC Schedule of Age Related Screening Standards (www.dhs.state.mn.us), also known as the C&TC Periodicity Schedule.
- Dental providers follow the Schedule of Age-Related Dental Standards (www.dhs.state.mn.us).

Dental Care Providers’ Role

Requirements
The C&TC program includes dental services. When seeing a C&TC-eligible child in the dental clinic, it is important that dental providers:

- Complete an oral health history, physical examination of the oral surfaces, assessment of oral development, and caries risk assessment.
- Provide radiographic screening as indicated by clinical findings.
- Ensure application of topical fluoride and prophylaxis, and provide fluoride supplementation as indicated by clinical findings Dental Fluoride Supplements (www.ada.org).
- Assess and treat developing malocclusion.
- Assess for and place dental sealants.
- Assess and/or remove third molars.
- Give anticipatory guidance/counseling on oral hygiene, dietary habits, tobacco use, injury prevention, nonnutritive habits, speech/language development, substance use, and intraoral/perioral piercing.
- Assist with transition to adult care.

Medical Care Provider’s Role

Medical providers are required to do the following when seeing a child for routine C&TC visits in the primary healthcare setting:

- Complete a head-to-toe physical exam, including the child’s dentition and oral soft tissues.
- Give anticipatory guidance regarding oral hygiene, nutrition, and the importance of establishing a dental home.
- Give a verbal referral for examination by a qualified dental professional at every C&TC visit, starting with the eruption of the first tooth or no later than 12 months of age. One goal of C&TC is to establish a dental home for each child.
- Refer children to a qualified dental professional for sealants as soon as the permanent molars emerge, around 6 and 12 years of age.

Fluoride Varnish Application (FVA) Recommendations

Fluoride varnish during routine C&TC visits,
especially for those children who do not have access to a dental home.

It is recommended that young children receive FVA to their primary teeth, up to four times a year, beginning when the first tooth erupts or no later than 12 months of age.

FVA may be performed at all locations where C&TC services are provided, in both medical and dental clinics.

For more information about FVA refer to Fluoride varnish in the C&TC setting (www.health.state.mn.us).

Personnel
Upon successful completion of a recommended training course, the following healthcare providers may perform the FVA procedure:

▪ Physicians, Physician Assistants, Nurse Practitioners and Registered Nurses.
▪ Trained clinical staff under supervision of the Physician or Dentist, after completion of a recommended online training course.

Resources
Minnesota Department of Human Services
▪ Minnesota Health Care Programs Provider Manual C&TC Section (www.dhs.state.mn.us)
▪ Fluoride Varnish Information for Providers (www.dhs.state.mn.us)

Minnesota Department of Health
▪ Child and Teen Checkups (www.health.state.mn.us).
▪ C&TC Dental Fact Sheet for Primary Care (www.health.state.mn.us)
▪ Fluoride Varnish in the Child and Teen Checkups Setting (www.health.state.us.mn)

American Dental Association
▪ Dental Fluoride Supplements (www.ada.org)