

# Dental Checkups

## CHILD AND TEEN CHECKUPS (C&TC) FACT SHEET FOR DENTAL PROFESSIONALS

### Dental Professionals and C&TC

Dentists and medical providers share responsibilities but have unique roles in supporting the oral health of children birth 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 \(www.dhs.state.mn.us\)](http://www.dhs.state.mn.us), also known as the C&TC Periodicity Schedule.
- Dental providers follow the [Schedule of Age-Related Dental Standards \(www.dhs.state.mn.us\)](http://www.dhs.state.mn.us).

### C&TC Oral Health Requirements

#### For Dental Professionals

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. Dental providers may apply fluoride varnish every six months.

- FVA is an allowable C&TC service in non-dental settings, and by [non-dental health providers \(www.dhs.state.mn.us\)](http://www.dhs.state.mn.us), including community health workers under the supervision of a dentist.
- Provide fluoride supplementation as indicated by clinical findings: [Dental Fluoride Supplements \(www.ada.org\)](http://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.

#### For Medical Professionals

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.
- Provide fluoride varnish application (FVA) at each C&TC visit from the eruption of the first tooth (6-12 months of age) through age 5 years. Refer to [Fluoride Varnish in the Child and Teen Checkups Setting \(www.health.state.mn.us\)](http://www.health.state.mn.us) for more information.
- Give a verbal referral for preventive care 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.

Refer to the policy published by the American Academy of Pediatrics (AAP) Section on Oral Health (2014): [Maintaining and improving the Oral Health of Young Children](#) ([www.aappublications.org](http://www.aappublications.org)).

## Resources

### Minnesota Department of Human Services

- [Minnesota Health Care Programs, C&TC Section](#) ([www.dhs.state.mn.us](http://www.dhs.state.mn.us)): scroll to Covered Services – Dental Screening

### Minnesota Department of Health

- [Fluoride Varnish in the C&TC Setting](#) ([www.health.state.mn.us](http://www.health.state.mn.us))
- [Healthy Teeth. Healthy Baby](#) ([www.health.state.mn.us](http://www.health.state.mn.us))
- [Child and Teen Checkups](#) ([www.health.state.mn.us](http://www.health.state.mn.us))

## For More Information

The Child and Teen Checkups (C&TC) program is administered through a partnership between the Minnesota Department of Human Services and the Minnesota Department of Health.

For questions about this fact sheet or to obtain this information in a different format, call 651-201-3760 email [health.childteencheckups@state.mn.us](mailto:health.childteencheckups@state.mn.us).

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