



COLLEGE OF
DENTAL HYGIENISTS
OF MANITOBA

INTERPRETATION GUIDELINE: Interim Stabilization Therapy (IST)

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The College of Dental Hygienists of Manitoba is responsible for developing professional resource documents for dental hygienists and in serving the public interest. Council approves these documents, of which, the purpose is to explain, enhance, add, or guide dental hygiene practice in accordance with The Dental Hygienists Act and Regulation. It is the responsibility of the dental hygienist to understand and comply with these documents.

College of Dental Hygienists of Manitoba's Interpretation Guideline: Interim Stabilization Therapy (IST)

Purpose

This interpretation guideline is to inform registrants of the College of Dental Hygienists of Manitoba (CDHM) of the provision for Interim Stabilization Therapy (IST).

Background

IST was developed in Canada and first adopted by the Ontario region First Nations Inuit Health Branch (FNIHB), Children's Oral Health Initiative (COHI) program. It is a non-invasive, temporary restorative procedure which arrests or stabilizes dental caries/decay through a therapeutic release of fluoride from a glass ionomer cement (GIC).

IST does not require local anaesthetic and does not involve the removal of any tooth structure and is ideal for single surface temporary restorations for both primary and permanent teeth.

IST is intended to provide the client with temporary relief and improved tooth integrity until a permanent restoration can be placed by a dentist and can be beneficial to vulnerable populations with limited access to dental care, including remote locations as well as the frail and elderly.

Requirement

- Dental hygienists cannot diagnose dental decay; however, they can identify a client's unmet needs according to the Human Needs Conceptual Model of Care. An unmet need of biologically sound dentition would be addressed by temporarily stabilizing the tooth by applying IST.
- Dental hygienists can place temporary restorations; however, the removal of sound tooth structure is not within the scope of practice. Dental hygienists may remove soft debris, plaque, and/or food debris prior to the placement of IST materials.
- Prior to providing IST, dental hygienists must obtain informed consent, ensuring that the client (or representative) understands the temporary nature of the therapeutic intervention. Dental hygienists must refer the client to a dentist for further permanent treatment.

NOTE: See the CDHM Interpretation Guideline for Temporary Restorations for more information about this treatment option.

*This Interpretation Guideline reflects current knowledge and is subject to periodic review and revision according to on-going research.

References

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2. Khan N, Sharma P. (2017). Interim Stabilization Therapy: A focused practice question [Internet]. Retrieved from <https://www.peelregion.ca/health/library/pdf/IST-FPQ-report.pdf>
3. MacDonald L, Bowen DM. Theory analysis of the Dental Hygiene Human Needs Conceptual Model. *Int J Dent Hyg.* 2017 Nov;15(4):e163-e172. [Internet] Available from: <https://onlinelibrary.wiley.com/doi/10.1111/idh.12256>
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