



# Building Better Oral Health Communities

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## Better Oral Health in Home Care

Activity 4: Care of natural teeth



**Government of South Australia**  
SA Health



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## Better Oral Health in Home Care

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- Helping Hand Aged Care Inc SA
- Aboriginal Elders & Community Care Services Inc SA
- BaptistCare NSW & ACT
- Hunter New England Oral Health, NSW
- The University of Adelaide, SA - School of Nursing & ARCPOH.

### Disclaimer

While every effort was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed. In addition, the information in this resource is not intended as a substitute for a health professional's advice in relation to any oral health issues of concern.

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# Activity 4

## Care of natural teeth

### Learning Outcomes

Knowledge, appreciation and understanding of:

- client positioning
- toothbrushing technique
- toothbrush care
- oral health conditions related to natural teeth.

### Instructions

#### Read

##### Read Better Oral Health in Home Care Part 1

Refer to:

- Care of natural teeth
- Quit smoking
- Reporting oral health changes.

#### Watch

##### Watch Video

Care of natural teeth (10 minutes)

[www.sahealth.sa.gov.au/oralhealthforolderpeoplevideos](http://www.sahealth.sa.gov.au/oralhealthforolderpeoplevideos)



### Answer

#### Characters



**Julie**

Care worker



**Tim**

Julie's partner

1. What are the effects of poor oral health?

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2. Why should Tim try to quit smoking?

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3. How does gum disease occur?

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4. What can contribute to dry mouth?

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5. Why is dry mouth a problem?

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6. What techniques can you use when brushing a client's teeth?

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7. Why do you brush the tongue?

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8. Why is it important to spit and not rinse?

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9. What can you do if a client insists on rinsing?

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10. What is the recommended toothbrush care?

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11. If Tim was a client what oral health changes would you report to the care coordinator?

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