



Building Better Oral Health Communities

Better Oral Health in Home Care Facilitator Guide

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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With acknowledgement

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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was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed.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 Answers

Care of 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



Answer

Characters



Julie

Care worker



Tim

Julie's partner

1. What are the effects of poor oral health?

- Linked to heart disease and stroke
- Chest infections
- Makes it harder to control diabetes.

2. Why should Tim try to quit smoking?

- Increases the risk of oral and lung cancers
- Causes unsightly stains on teeth, bad breath and increases incidence of dry mouth
- Increases risk of gum disease resulting in tooth loss and pain
- Increases risk of high blood pressure, stroke, and vascular disease
- Makes chronic diseases such as diabetes harder to control
- Contributes to poor wound healing after oral surgery or tooth extractions.

3. How does gum disease occur?

- If you don't clean where the gum meets the tooth, the bacteria goes deeper and deeper under the gum till the gum becomes red and inflamed. After that the bone starts to shrink away from the tooth and the tooth becomes loose and falls out.

4. What can contribute to dry mouth?

- Some medications
- Drinking too much caffeine such as tea and coffee
- Sugary foods, juices and drinks
- Alcohol
- Dry or salty or spicy foods
- Smoking.

5. Why is dry mouth a problem?

- Your saliva fights tooth decay and gum disease
- It is uncomfortable
- Affects a person's ability to speak and to eat and swallow food.

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

- Use a pea sized amount of toothpaste on the toothbrush
- Use a soft toothbrush
- Approach the client from the side
- Show them the brush so they know what you are going to do
- Cradle their head into the crook of arm so you can better see their mouth
- Index finger on the chin, thumb holding down the lower lip so you can get to the front of the lower teeth. Fingers away from the throat
- Clean the outside, biting side and inside of every part of the mouth making sure you focus on the gum line where the tooth meets the gums
- You can use another toothbrush to retract the cheek to get a better look in the mouth.

7. Why do you brush the tongue?

- The tongue collects bacteria and contributes to bad breath.

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

- A bit of fluoride toothpaste left in the mouth helps fight tooth decay.

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

- If the client insists on rinsing wipe a little bit of toothpaste on their front teeth after they have rinsed.

10. What is the recommended toothbrush care?

- Thoroughly rinse the toothbrush, tap it dry and store it in an open space to dry out
- A toothbrush should be changed every 3 months (A good way to remember is at the change of each season).

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

- Bleeding gums
- Red, inflamed gums.

