



Better Oral Health in Residential Care

# Education and Training Program

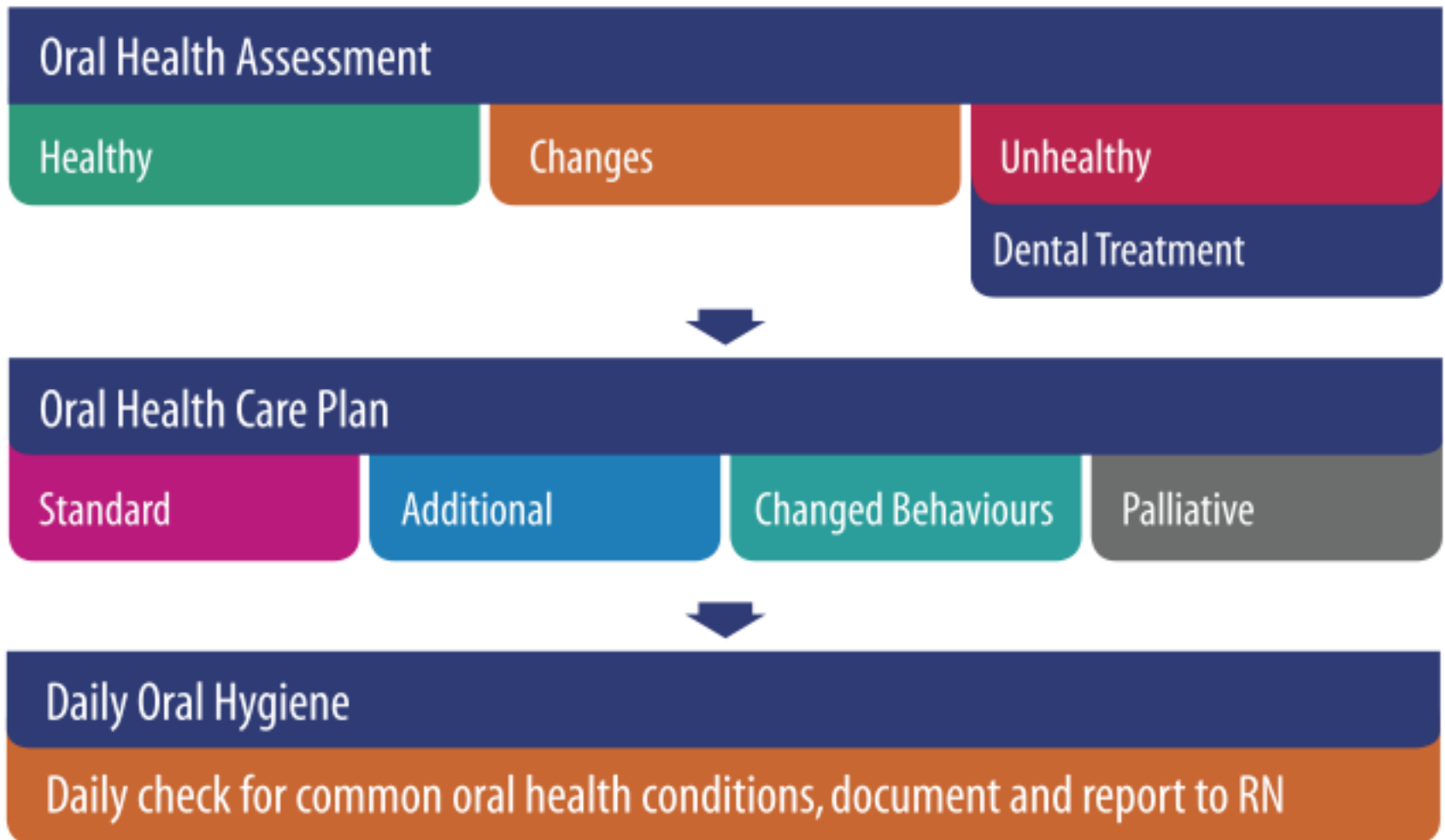
Supports Key Process – Daily Oral Hygiene

# Better Oral Health in Residential Care

A Project under the *Encouraging Better Practice in Aged Care* (EBPAC) Program

Australia's first Nursing Home Oral and Dental Plan

# Flow Chart Showing Key Processes



# Education and Training Program

**Module 1** Good oral health is essential for healthy ageing

**Module 2** Protect your resident's oral health - daily oral hygiene

**Module 3** It takes a team approach to maintain a healthy mouth

# Good Oral Health is essential for Healthy Ageing

## Quality of Life

Bad breath

Bleeding gums

Tooth decay

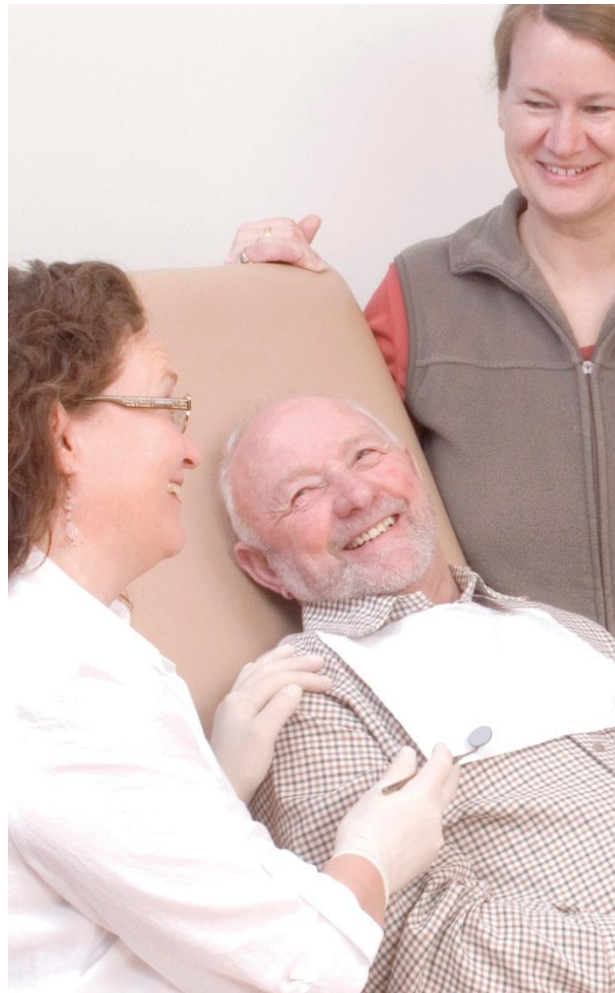
Self esteem

Speech

Ability to eat

Dental pain

Changed Behaviour



## Impact on General Health

Aspiration pneumonia

Heart attack

Stroke

Lowered immunity

Poor diabetic control

# The Facts

More aged care residents have their natural teeth.

Many residents take medications that contribute to dry mouth.

The onset of major oral health problems takes place well before an older person moves into residential aged care.

Frail and dependent residents are at high risk of their oral health worsening if their daily oral hygiene is not maintained adequately.

A simple protective oral health care regimen will maintain good oral health.

# Oral Health Assessment by GP or RN

### Oral Health Assessment Tool

Resident: \_\_\_\_\_ Completed by: \_\_\_\_\_ Date: \_\_\_\_\_

Resident:  is independent  needs reminding  needs supervision  needs full assistance

Will not open mouth  Grinding or chewing  Head faces down  Refuses treatment

is aggressive  Bites  Excessive head movement  Cannot swallow well

Cannot rinse and spit  Will not take dentures out at night

Healthy	Changes	Unhealthy	Dental Referral	Healthy	Changes	Unhealthy	Dental Referral
<b>Lips</b>				<b>Natural Teeth</b>			
<input type="checkbox"/> Smooth, pink, moist	<input type="checkbox"/> Dry, chapped or red at corners	<input type="checkbox"/> Swelling or lump, red/white/ulcerated; bleeding/ulcerated at corners*	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> No decayed or broken teeth or roots	<input type="checkbox"/> 1-3 decayed or broken teeth/roots, or teeth very worn down	<input type="checkbox"/> 4 or more decayed or broken teeth/roots or fewer than 4 teeth, or very worn down teeth*	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Tongue</b>				<b>Dentures</b>			
<input type="checkbox"/> Normal moist, roughness, pink	<input type="checkbox"/> Patchy, fissured, red, coated	<input type="checkbox"/> Patch that is red and/or white/ulcerated, swollen*	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> No broken areas or teeth, worn regularly, and named	<input type="checkbox"/> 1 broken area or tooth, or worn 1-2 hours per day only or not named	<input type="checkbox"/> ≥ 1 broken area or tooth, denture missing/not worn, need adhesive or not named*	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Gums and Oral Tissue</b>				<b>Oral Cleanliness</b>			
<input type="checkbox"/> Moist, pink, smooth, no bleeding	<input type="checkbox"/> Dry, shiny, rough, red, swollen, sore, one ulcer/sore spot, sore under dentures	<input type="checkbox"/> Swollen, bleeding, ulcers, white/red patches, generalised redness under dentures*	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Clean and no food particles or tartar in mouth or on dentures	<input type="checkbox"/> Food tartar, plaque 1-2 areas of mouth, or on small area of dentures	<input type="checkbox"/> Food particles, tartar, plaque most areas of mouth, or on most of dentures*	<input type="checkbox"/> Yes <input type="checkbox"/> No
<b>Saliva</b>				<b>Dental Pain</b>			
<input type="checkbox"/> Moist tissues watery and free flowing	<input type="checkbox"/> Dry, sticky tissues, little saliva present, resident thinks they have a dry mouth	<input type="checkbox"/> Tissues parched and red, very little/no saliva present, saliva is thick, resident thinks they have a dry mouth*	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> No behavioural, verbal or physical signs of dental pain	<input type="checkbox"/> Verbal &/or behavioural signs of pain such as pulling at face, chewing lips, not eating, aggression	<input type="checkbox"/> Physical pain signs (swelling of cheek or gum, broken teeth, ulcers), as well as verbal &/or behavioural signs (pulling at face, not eating, aggression)*	<input type="checkbox"/> Yes <input type="checkbox"/> No

\* Unhealthy signs usually indicate referral to a dentist is necessary

Assessor Comments

# Standard Protective Care

Six of the best ways to maintain a healthy mouth

Brush morning  
and night



High fluoride  
toothpaste  
on teeth



Soft toothbrush  
on gums, tongue  
& teeth



Antibacterial  
product after  
lunch



Keep the  
mouth moist



Cut down  
on sugar





# Daily check, document and report to RN

There are many common oral health conditions experienced by residents.

Early detection means early treatment and relief for the resident.

# Lips

Sore corners of the mouth

Angular Cheilitis



# Tongue

Sore Tongue  
Glossitis



Thrush  
Candidiasis



# Gums and Oral Tissue

Gum Disease  
Gingivitis



Severe Gum Disease  
Periodontitis



Oral Cancers



# Gums and Oral Tissue

## Ulcers and Sore Spots



## Sore Mouth Stomatitis



# Saliva

Dry Mouth

Xerostomia



# Natural Teeth

Tooth Decay  
Caries



Root Decay  
Root Caries



Retained Roots



# Dentures

Requiring Attention



Poorly Fitting





# Oral Cleanliness

## Poor Oral Hygiene



# Dental Pain

## Changed behaviour

Refusing to open mouth

Fear of being touched

Confused

Uncooperative

Grabbing or hitting out

# Changed Behaviour

## Effective Communication

Talk clearly

Caring attitude

Right environment

Body language

# Improving access to the mouth

Overcoming fear of being touched

Bridging

Chaining

Hand over hand

Distraction

Rescuing

Modified oral care techniques

Show DVD

*Dental Rescue: A Guide for Carers of the Elderly*