



Better Oral Health in Residential Care

Facilitator Portfolio

Education and Training Program

Module 2: Protect your Residents' Oral Health



Government of South Australia
SA Health



Better Oral Health
in Residential Care

Prepared by

Adrienne Lewis, SA Dental Service

Anne Fricker, SA Dental Service

This resource was developed by the Better Oral Health in Residential Care Project which was funded by the Australian Government Department of Social Services (previously Department of Health and Ageing) under the Encouraging Better Practice in Aged Care (EBPAC) Initiative (2008-2009).

The Better Oral Health in Residential Care Project was led by SA Dental Service in collaboration with:

- Australian Research Centre for Population Oral Health, The University of Adelaide
- Department of Human Services, Victoria
- Centre for Oral Health Strategy, NSW
- Kara Centre for the Aged, Baptist Community Services, NSW
- Kyabram and District Health Service –Sheridan, Victoria
- Umooona Aged Care Aboriginal Corporation, Coober Pedy, South Australia
- Tanunda Lutheran Home, South Australia
- Resthaven –Craigmore, South Australia
- Helping Hand –Parafield Gardens, South Australia

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was made to ensure the information was accurate and up to date at the time of production, some information may become superseded as future research and new oral hygiene products are developed.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

ISBN 9780730897897

For more information

South Australian (SA) Dental Service

GPO Box 864

Adelaide, SA 5001

+61 8 8222 8222

Email: sadental@health.sa.gov.au



www.ausgoal.gov.au/creative-commons

Public-11-A1

Designed by [slipperyfish](http://slipperyfish.com.au)

www.slipperyfish.com.au

Module 2

Protect your Residents' Oral Health

Module 2 – Competency Outline

Topic

Six best ways to maintain a healthy mouth.
Protect your residents' oral health.

Purpose

To develop oral hygiene skills required to maintain a healthy mouth and how to use oral hygiene aids and products.

Element of Competency	Performance Criteria
1. Provide standard protective oral care	1.1 Describe the six best ways to maintain a healthy mouth: <ul style="list-style-type: none">• brush morning and night• use high fluoride toothpaste• use soft toothbrush• use antibacterial product after lunch• keep the mouth moist• reduce sugar.
2. Provide care of natural teeth	2.1 Demonstrate brushing technique for teeth, gums and tongue. 2.2 Demonstrate toothbrush modification. 2.3 Demonstrate toothbrush care. 2.4 Identify common oral conditions to check daily and report to RN.
3. Provide care of dentures	3.1 Demonstrate denture removal and reinsertion. 3.2 Demonstrate denture brushing and disinfection. 3.3 Demonstrate brushing of gums and tongue. 3.4 Identify common oral conditions to check daily and report to RN.
4. Provide oral care to prevent gum disease	4.1 Demonstrate how to apply antibacterial products.
5. Provide oral care for relief of dry mouth	5.1 Demonstrate how to keep mouth and lips moist. 5.2 Demonstrate how to apply dry mouth products.
6. Provide oral care to reduce tooth decay	6.1 Describe ways in which sugar intake can be reduced.

Module 2 – Session Plan

Module 2 – Protect your Residents’ Oral Health - Activities of Daily Oral Hygiene Workshop		
Topic	Resources	Time
Introduction – Brief review Module 1 <ul style="list-style-type: none"> • quality of life • impact on general health • six best ways to protect a residents’ oral health • daily checks – what to look for 	Computer Projector Screen (or clear wall) Module 2 Facilitator Notes Module 2 <i>Staff Portfolio</i> Poster 2 (Six best ways to maintain a healthy mouth) Resource Kit (oral hygiene aids and products)	5 min
Workshop		
Care of Natural Teeth <ul style="list-style-type: none"> • how to modify a toothbrush • how to use backward & forward bent toothbrush • toothpaste application • positioning alternatives • toothbrushing technique • bleeding gums advice • toothbrush care • other aids 	Optional: AV resource (care of natural teeth) Gloves Tissues Soft toothbrushes (enough for participants) Mug and hot water (to modify brushes) High fluoride toothpaste Tongue depressor for purposes of sampling toothpaste Interproximal brush Toothbrush hand grip Tongue scraper Plastic cup – toothbrush storage	15 min
Care of Dentures <ul style="list-style-type: none"> • denture labelling • daily denture care • how to take full dentures out • how to take partial dentures out • brush gums, tongue and if partial denture remaining teeth • cleaning technique (upper denture, lower denture and partial denture) • putting dentures back in • denture disinfection • removal of calculus and stains • denture adhesives • denture brush and toothbrush care 	Optional: AV resource (care of dentures) Gloves Denture models (full and partial) Denture labelling equipment Denture brush Denture container Liquid soap – mild Denture adhesives White vinegar – removal of calculus Chlorhexidine & denture tablets – denture disinfection Plastic cup – denture brush & toothbrush storage	15 min
Accompanying Oral Care Prevention of gum disease <ul style="list-style-type: none"> • antibacterial product application technique 	Tongue depressor for sampling oral care products Oral Chlorhexidine gel-toothpaste and mouth rinse Gloves Glass of water Spray bottle Lip moisturiser – KY Jelly	15 min
Relief of dry mouth <ul style="list-style-type: none"> • dry mouth product application technique 	Lip moisturiser – KY Jelly Saliva substitutes Oral balance gel or liquid GC Dry mouth gel Aquae mouth spray Tooth mousse Xylitol Tooth friendly lollies	
Reduce tooth decay <ul style="list-style-type: none"> • sugar substitutes • treatment tooth mousse – application technique 		
Conclusion - summarise <ul style="list-style-type: none"> • Ask what was new /interesting/different • Reinforce six best ways to protect a residents’ oral health 		10 min

Total 60 min

Facilitator Notes

Participant Training Numbers

Module 2 is designed to be run as a skills workshop. In other words it is not a lecture but rather an opportunity for participants to interact, practise new skills and ask questions. Small group work at each station is preferred as it promotes greater participation.

You need to know in advance how many participants you will be expecting at the workshop as this will determine how you run the session:

- If numbers are less than 10, you can work through each station sequentially by yourself.

- If numbers are greater than 15, you will need other facilitators to help you (eg. a facilitator for each station). Divide participants into 3 groups and rotate at 15 minute intervals.
- If numbers are more than 20 then the running of a concurrent session is recommended. You will need to adjust for extra facilitators and space or rooms accordingly.

Room Preparation

Room set up needs to be flexible.

Check Resource Kit to ensure you have enough consumable oral hygiene products for participant numbers.

Introduction

The participants will need to be sitting as a group for this.

- explain workshop plan
- provide brief review of module 1. Good oral health is essential for healthy ageing:
 - quality of life
 - impact on general health
 - daily checking and reporting of common oral health conditions
 - Six best ways to protect a resident's oral health.

Workshop setup

Organise 3 separate workstations (ie 3 tables set out with oral hygiene resources):

1. Care of natural teeth
2. Care of dentures
3. Accompanying oral care.

Noise can be a problem if you have 3 groups interacting at the same time. If possible each station should be set up in different spaces or rooms which are close together.

Conclusion

Bring group together at end of workshop.

Review session:

- ask what was new or interesting or different
- reinforce Six best ways to protect a resident's oral health.

Remind participants to bring their *Staff Portfolio* to next session. It will be important as participants will need to refer to scenario descriptions in Module 3.

Facilitator Notes

Care of Natural Teeth

Demonstrate

How to modify a soft toothbrush

Provide 2 sample toothbrushes to each participant (one for bending, the other for brushing).

A **forward bent** toothbrush can be used to brush the inner upper and lower teeth.

A **backward bent** toothbrush can be used to retract the cheek, while a second brush is used to brush the resident's teeth.

Show and ask participants to practise bending a soft toothbrush handle:

- **note:** some toothbrushes are soft enough to bend using your hands, others need to be placed in hot water
- clear plastic toothbrushes are the easiest to bend (for example Colgate professional soft toothbrush no.1228230 'cello wrapped').
- place the brush in a cup of hot water to soften the plastic
- apply downward pressure on the brush until it bends to a 45 degree angle
- take care as some brands of toothbrush may snap

Toothbrushing technique

- Put on gloves
- Pea-size application of high fluoride toothpaste
 - offer taste test using tongue depressor as a spatula, or participant can apply own sample on toothbrush
- Show both cuddle and standing in front positioning
- Demonstrate holding of chin and curling down lower lip often referred to as 'pistol grip' ask participants to practise with holding their own chin.
- Demonstrate toothbrush technique incorporating how to use a forward and backward bent toothbrush
- Stress importance of brushing at gum line
- Demonstrate tongue cleaning
- Spit not rinse.

Toothbrush care (talk this through)

- Rinse toothbrush under running water
- Tap toothbrush on sink
- Store uncovered in a dry place
- Replace when bristles become shaggy or at least every 3 months (eg. with change of each season).

Identify common oral conditions to check daily and report to RN.

- Ask participants what they should check for.

Show and talk through the following:

- Interproximal brush
- Handgrip
- Tongue cleaner.

Facilitator Notes

Care of Dentures

Demonstrate

Denture labelling

- All dentures should be labelled with the resident's name.

Daily cleaning of dentures

- Place cloth or bowl in sink
- Correct way to hold dentures and partial dentures
- Denture brush used to brush all surfaces, morning and night
- If the denture has been relined with a soft cushion liner, use a soft toothbrush to clean it gently
- Use soft toothbrush to clean partial dentures
- Use mild liquid soap – toothpaste can be abrasive and damage denture
- Rinse well and soak in cold water overnight
- Removal of dentures at night
- Clean gums and tongue also remaining teeth (if partial denture) with soft toothbrush.

Weekly denture disinfection

- Chlorhexidine (eg. Savacol) is suitable to use for both full and partial dentures (with metal components)
- Note: some cleaning agents (such as Miltons & denture tablets) will corrode metal parts – product must clearly identify that it is non corrosive if using on partial dentures
- Weekly disinfection of dentures and partial dentures is recommended to reduce risk of fungal infections (eg thrush). Only a short time (10 minutes) is needed rather than soaking overnight which may stain the denture. For example, disinfect dentures while resident is showering.

Denture disinfection – treatment of fungal infection

- If a resident is being treated for a fungal infection, dentures should be disinfected more frequently on a daily basis using chlorhexidine until the infection is resolved
- Denture brush and soft toothbrush should be replaced before and after treatment.

Removal of calculus

- Soak plastic dentures in full strength vinegar for 8 hours (overnight)
- Brush dentures to remove the softened calculus
- You may need to try this more than once if there is heavy staining or calculus deposits
- Not suitable for partial dentures, vinegar will cause corrosion of metal wires – professional cleaning recommended.

Denture brush and soft toothbrush care

- Rinse toothbrush under running water
- Tap toothbrush on sink
- Store uncovered in a dry place
- Replace when bristles become shaggy or at least every 3 months (eg. with change of each season).

Denture adhesives

- Used only if required for poorly fitting dentures
- Remind to only apply small amounts of paste or powder
- Adhesive must be cleaned off each time dentures are brushed.

Identify common oral conditions to check daily and report to RN.

- Ask participants what they should check for.

Facilitator Notes

Accompanying Oral Care

Give each participant a tongue depressor to be used for the purpose of sampling different oral care products. As each product is discussed, place a small amount of product on the tongue depressor so participants can use their finger to taste.

Commence by providing an overview of accompanying oral care products then describe application techniques.

Demonstrate

Prevention of gum disease (gingivitis)

Antibacterial (alcohol free) products for chemical control of dental plaque

Protective daily use:

- Low strength chlorhexidine Curasept (0.12 %) ADS 712 gel-toothpaste (alcohol free and non-teeth staining)
- Apply daily after lunch
- Explain rationale for doing this after lunch
 - chlorhexidine and toothpaste cannot be used with in 2 hours of each other

Treatment of gum disease:

- Higher strength chlorhexidine used
- Curasept (0.50 %) ADS 350 gel
- Curasept (0.20 %) ADS 220 mouth rinse

Relief of dry mouth

Keep mouth moist

- Emphasise the importance of frequently sipping water
- Lubricate lips with water based moisturiser (eg KY jelly)
- Saliva substitutes – provide taste sample of product
- Saliva stimulants show tooth - friendly lollies

Reduce tooth decay

- Emphasise the importance of drinking water to cleanse the mouth after eating
- Show Xylitol (sugar free) products
- Show tooth friendly symbol.

Treatment (strengthening teeth)

- GC Tooth Mousse (also relieves dry mouth).

Application techniques

- Apply pea-size amount of product onto resident's finger and ask the resident to rub the product over their teeth and gums. Never place your fingers between the teeth of a resident.
- Apply pea-size amount of product and wipe with soft toothbrush (rather than brush) over teeth and gums concentrating on gum line.
- In severe cases of gum disease (gingivitis) product can be applied to an interproximal brush and used to brush between the teeth.
- Mouth rinse can be decanted into a spray bottle (this may require a pharmacist and must be labelled). Spray 3 to 4 squirts of product into resident's mouth. This is particularly useful for residents with changed behaviours or residents who are unable to rinse mouth.

Resource Kit Components

Care of Natural Teeth

- Gloves
- High fluoride toothpaste 5000ppm (for example, Colgate NeutraFluor 5000 Plus)
- Soft toothbrushes – sufficient quantity for each participant to practise modifying a toothbrush and to also practise toothbrushing
- Clear plastic toothbrushes are the easiest to bend (for example Colgate professional soft toothbrush no.1228230 'cello wrapped')
- Tongue depressors for purposes of sampling toothpaste etc.
- Cups of hot water – sufficient quantity for staff to practise modifying a toothbrush
- Interproximal brush
- Hand grip
- Tongue cleaner

Care of Dentures

- Denture labelling equipment
- Sample dentures
 - Full upper denture
 - Partial denture (metal components)
- Denture container (denture bath)
- Denture brush
- Soft toothbrush
- Liquid soap
- Chlorhexidine (Savacol) and denture tablet (non-corrosive variety)
- White vinegar
- Denture adhesives
 - Paste – Polident adhesive cream
 - Powder – Polident adhesive powder
 - Strips – Polident comfort seal strips

Accompanying Oral Care

Tongue depressors for purpose of product sampling

Prevention of gum disease

- Curasept (0.12%) ADS 712 gel toothpaste – daily use
- Curasept (0.50%) ADS 350 gel – treatment of gingivitis
- Curasept (0.20%) ADS 220 mouth rinse
 - treatment of gingivitis
- Spray Bottle (opaque as non staining element is light sensitive)

Relief of dry mouth

- Glass of water
- Lip moisturisers (water based) eg KY jelly
- Hamilton Aquae dry mouth spray
- Biotene dry mouth moisturiser
- GC Dry Mouth Gel

Reduce tooth decay

- Xylitol
 - Small container of Xylitol
 - Tooth Friendly lollies
- GC Tooth Mousse

