

The purpose of this presentation is to provide a short inservice to caregiver staff (PSWs and health care aides) who provide assistance to residents in their “activities of daily living”.

It is designed to take approximately 10 minutes to complete and provides an opportunity for you to help the LTC administration meet its obligations of providing inservice education while at the same time educating the audience about the importance of oral health.

This presentation is copywrited to the ODHA and may not be changed or modified.

Introduce yourself – remember you are a dental hygienist (not a hygienist) it might also be helpful to give a bit of your background/story

Directions to speaker:

The notes highlight the key pieces of information to be conveyed when showing the slide – it is intended that the presenter as a dental hygienist will augment the information where possible and needed

Presenter should also demonstrate techniques to assist the audience’s understanding

Plaque

- Soft for approx. 24 hours
- Needs to be removed with a soft toothbrush



Sticky

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Plaque begins to harden onto the teeth after 24 hours therefore it can be easily removed if the teeth are brushed with a soft toothbrush at least once a day. Daily brushing will also remove the soft food particles
Remember – it's never too late to brush –

Swabs are not effective in removing plaque.

Many residents experience dry mouth which makes plaque build-up worse
Dry mouth is a reduction in saliva (spit) [or very thick viscous saliva] caused by

- Age
- Medications
- diseases
- some medical treatment
- Mouth breathing
- dry home air (in the home/residence)

[Transition to next slide]

There are a few reasons why we are concerned about plaque and the first one is tooth decay or cavities -

Cavities

The Causes of Tooth Decay




DentalCare



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When plaque is not brushed away daily, acid causes the tooth surface to break down
 this can happen around a filling or on any tooth surface creating a cavity

poor oral hygiene can cause the gums to shrink (or recede) and expose the root of the tooth which is not covered or protected by enamel

The root is the softest part of the tooth – root cavities can lead to increased tooth breakage and tooth loss and possibly pain which may impact quality of life

[Transition to next slide]

Another reason we are concerned about plaque is that it causes gum disease

Gum Disease

- Bleeding gums
- Root exposure
- Loose teeth



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Gum disease includes gingivitis and periodontitis

Gingivitis begins as red swollen bleeding gums which can be reversed by brushing daily

Without daily /routine oral care gingivitis can progress to periodontitis where the damage spreads into the surrounding bone and gums causing tooth loosening and eventual loss of teeth –

(transition to next slide)

Lift the lips to make sure there is no food stuck on the gums.

Oral health and overall health

- Diabetes
- Heart Disease
- Pneumonia
- Alzheimer's

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Diabetes

Evidence that:

- people with diabetes are more likely to develop gum disease
- good oral hygiene helps control blood sugar levels
- individuals with diabetes who keep their mouths clean and healthy require less insulin
- Since diabetes can lead to complications with vision, kidney function, neuropathy, wound healing, cardiac function, and cerebrovascular and peripheral vascular problems – good oral health helps to reduce the risk of further complications.

Heart disease

- Some bacteria in mouth plaque has been found to be the same as bacteria in arterial plaque

Pneumonia

- Aspiration may result in the bacteria from the mouth infecting the lungs
- Poor oral hygiene will make the potential for infection greater

Alzheimer's

- Studies suggest that there may be a connection between the bacteria in

mouth plaque and the bacteria in plaque deposits found in the brain

Brushing

Ideally – twice a day

- Before bedtime and after breakfast
- Before bedtime MOST important

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Whatever time of day – it is important that it be thorough at least once a day.

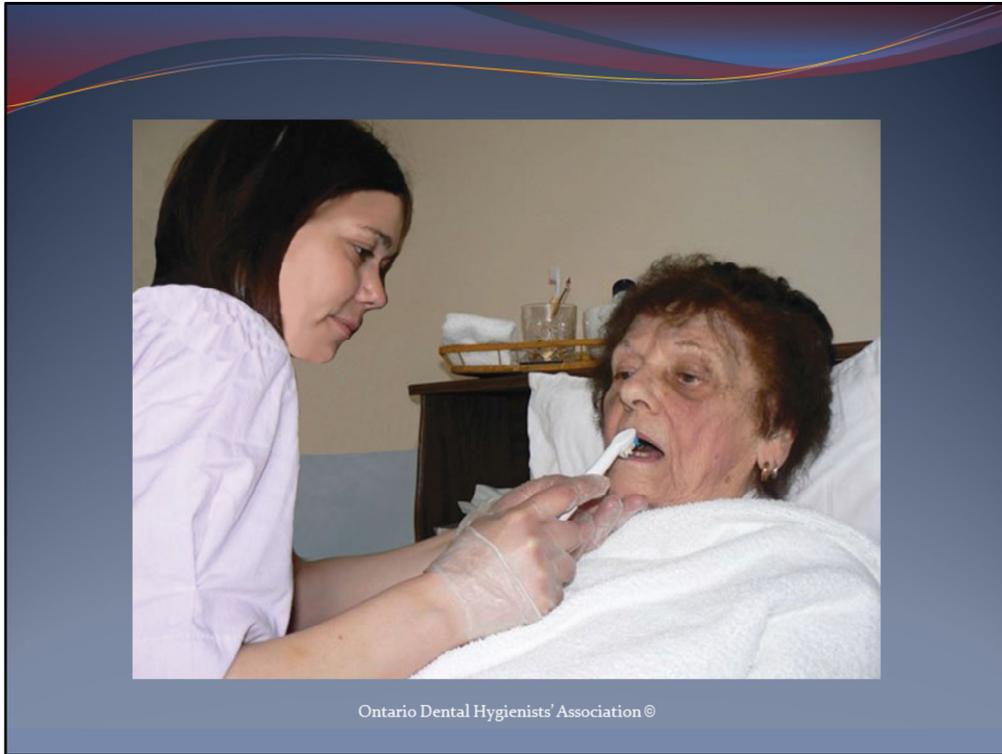
If you see something that doesn't look right it probably isn't right so let someone know so that it can be followed up.



Gather materials needed— soft brush & toothpaste, gloves, towel, kidney dish

Soft toothbrush is preferable / sometimes a child sized toothbrush would work better

Remember that a resident may not tolerate a power brush

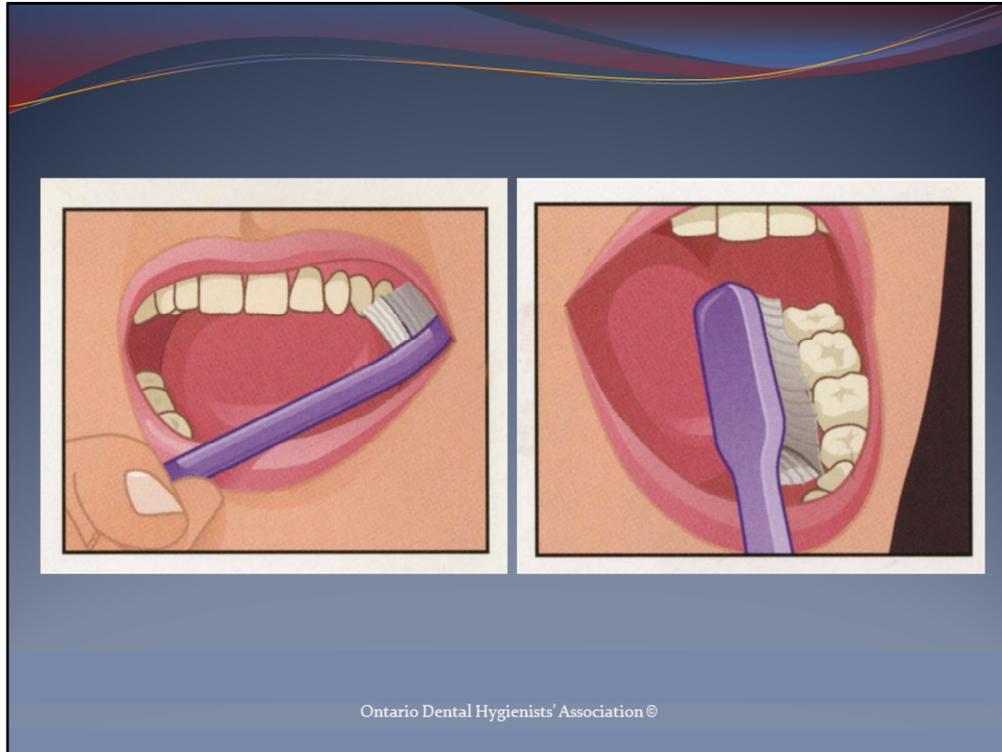


Position resident directly in front of you or facing mirror and work from side or behind



Smear a very small amount (pea-size) of toothpaste into the bristles

If resistance is due to toothpaste you can use a toothbrush without or dip the toothbrush in mouthwash



Gentle / light touch – don't "scrub"

Explain / demonstrate roll method

All sides of teeth – top and bottom

Important to brush all the teeth around the gum line

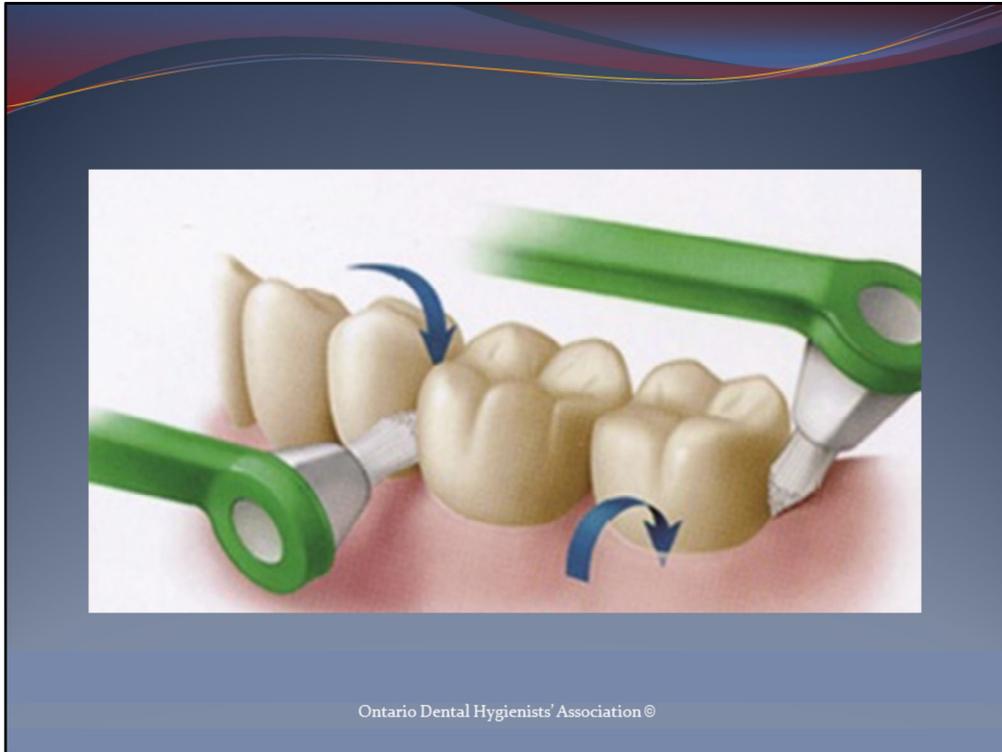
You should also replace a resident's toothbrush after an illness or every three months

Don't forget to replace all toothbrushes after an outbreak

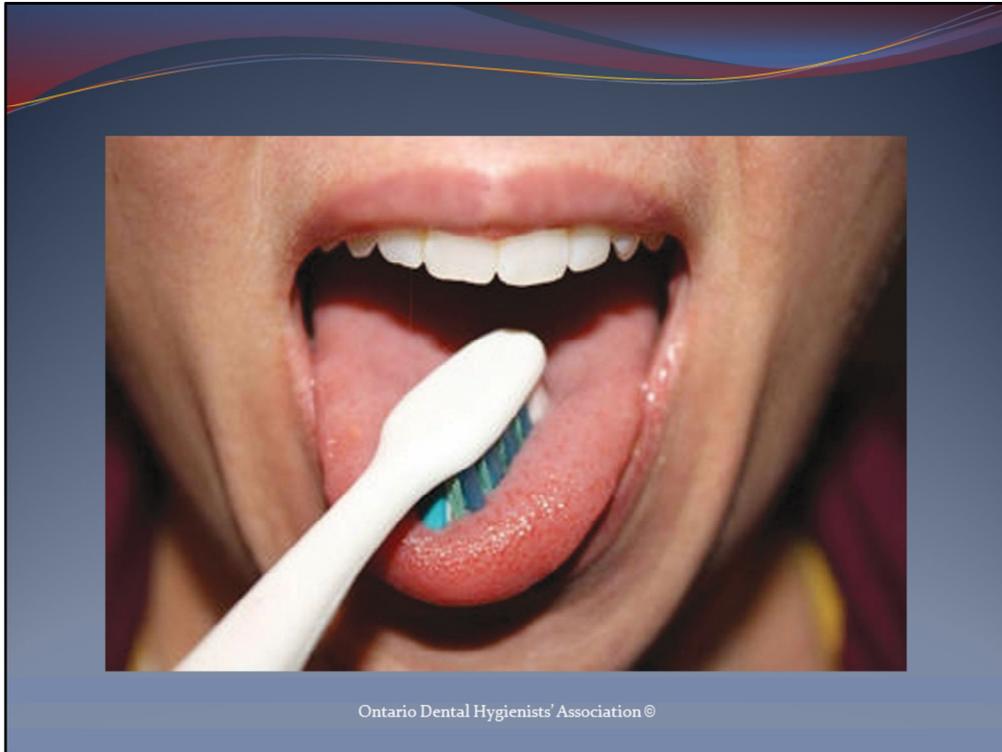
If the resident has a power toothbrush

– let the toothbrush do the work

- **DO NOT SCRUB**
- **Gently** set the toothbrush where the gum and tooth meet and slowly move the toothbrush along the gum line
- Not uncommon for unhealthy gums to bleed



If possible clean between the teeth – if you need assistance or a demonstration let me (presenter) know



Once again – if possible

brush one way or sweep the tongue – don't scrub it

Plaque gets trapped on the tongue surface

Denture Care



Remove and clean dentures – daily – brush all surfaces inside and out (teeth and pink acrylic)

when the dentures are not in use - Soak in fresh water or denture cleaning solution (make sure to change either solution daily)

Rinse denture before returning to mouth

Do not use toothpaste to clean the dentures



Make sure the Resident's back is supported

If seated have the resident's back supported using a chair with a back (e.g. do not try to use the bed)

Stand on the right side of the resident

Tell them what you are going to do .."I'm going to brush your teeth now"

Gently place moistened, gloved finger in corner of mouth to break suction of pressed lips

Gently press finger on lower front gums or along the inside of the cheek beside the teeth (but not between the teeth) to open the teeth and brush all surfaces

Could possibility use a second person to assist or distract the resident
Two toothbrush method – one toothbrush to go between the teeth to hold the teeth apart and the second to brush

presenter to demonstrate