

Basic Oral Care K.I.S.S Keep- it -Simple -Staff



Halton Region Health Department Mission Statement

Together with the Halton community, the Health Department works to achieve the best possible health for all.



2

Caregiver Resistance to Providing Oral Care



1. Shortage of time
2. Not the right supplies
3. Fear of being bitten
4. Dealing with behaviours
5. Lack of confidence that the job is being correctly done
6. Health and safety /ergonomics.



3

Timing Daily Oral Care

In order to achieve at least 2 brushings a day:

- Time of day for brushing may need to be changed
- Two caregivers may be required to do the oral care.



4

Basic Supplies



5

Why You Should Not Use Toothpaste

- Foaming action increases the saliva flow and the number of times an individual may want to spit
- Foaming action of toothpaste decreases visibility for the caregiver
- Swallowing defects – a person can choke on the paste
- Many toothpastes have a strong taste that does not appeal to older adults e.g. individuals with advanced dementia

NOTE:

- Toothpaste should only be used when an individual can demonstrate they can spit and swallow properly



6

Toothbrush Type

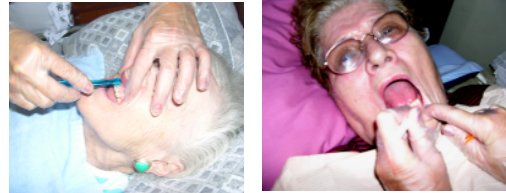


Note:

- the size of the handle
- the length of the handle
- the size of the brush head

Flossing

Not realistic for many caregivers or individuals with dexterity problems – better luck with inter-dental brushes, proxi-brushes and stimudents



Mop and Go Technique

- This method of brushing teeth does not require the individual to have to spit or swallow
- All debris and saliva is mopped up with the 4x4 gauze or disposable j-cloth throughout the brushing procedure



Easy Clean-up



Reducing Aerosol Splatter When Brushing Teeth



Sequence:

1. Mop and go for debris removal
2. Teeth together, if possible
3. Brush upper outside surfaces first using what ever technique works
4. Brush upper inside front teeth next, back and forth
5. Brush upper inside back teeth back and forth or circles

Reducing Aerosol Splatter When Brushing Teeth



6. Brush inside lower front teeth circles or back and forth
7. Lower back teeth inside is the last brushing area

Reminders:

- Sequencing reduces the risk of a gag reflex
- Mop saliva and debris frequently throughout brushing time

Help to Manage Behaviours for Individuals with Dementia

- Try to do oral care in bathroom wh familiar personal items are
- Use rolled up washcloth or soft ba. individuals hands start grabbing
- Distract with music, T.V. etc.
- If 2 person approach is used – have only one person speaking throughout the procedure



Coaching Residents (Early Stages)

Repeat

Remind



Hand-Over-Hand Technique (Mid Stages)



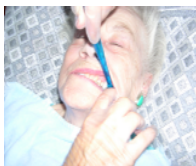
Total Care (Advanced Dementia)

You must evaluate and re-evaluate when clients need:

- Additional caregiver assistance
- When supplies and techniques need to be changed

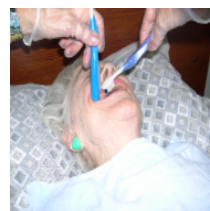


Total Care (Advanced Dementia)



- **Swallowing defects (Dysphagia) management:** mop and go brushing technique
- **Clenching management:** small pointed tooth brushes
- **Denture swallowing risk:** permanently remove a denture especially partial dentures if they appear loose

Reducing the Potential for Staff Being Bitten or Grabbed



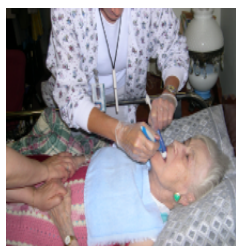
The Hand Hold



The Hug



Bed Method – Hand Holding



- If client is asleep gently wake them and let them know what you are about to do
- Bed rails up
- Use 2 toothbrushes etc.

Wheel Chair Method



- Large wheelchairs often recline making it easy to do the mop and go oral care technique
- A chair with a tray reduces the potential for a kick injury

Resident Prepared for Receiving Oral Care

- Drape resident with hand towel
- Dampen disposable cloth or 4x4 gauze with warm water, wring out excess moisture
- Place small amount of gel on cloth/ gauze



Face Touching



- Helps prepare resident that you are in their private space
- Reassures resident you are friendly

Finger Placement Reminders



Lips That Can "Slip" Easily



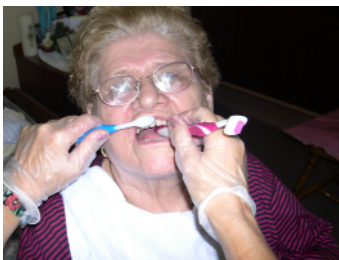
Chipmunk Pouch



Using Toothbrush Handle to Hold Back Cheek



Bite the Bamboo then Baton Twirl to Brush Other Side of Mouth



Allow Client to Bite the Soft Brush Keep Brushing with 2nd Toothbrush



Use of a Disposable Cloth/Gauze to:



- Remove debris prior to brushing
- Moisturize mouth prior to / after brushing (*if needed*)
- Mop up saliva as you brush

Reminder:

Oral care can be performed anywhere using this method

Last Line of Defence

- Note lack of compliance on care plan and in nursing notes
- Contact family, some family members will assist with care
- Contact Physician and Charge Nurse to review meds for sedative use if family agrees
- Arrange for dental treatment to be provided in a hospital operating room

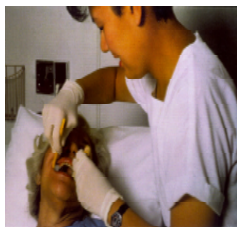
Client Safety



Caregiver Safety and Ergonomics



Daily Oral Care Plan for Natural Teeth



Where to provide care:

- in bathroom
- in geri-chair/wheelchair
- in bed

Supplies:

- customize to the client.

Charge Nurse's Role:

- problem solve for staff
- assist with oral care planning

Daily Oral Care Plan Dentures

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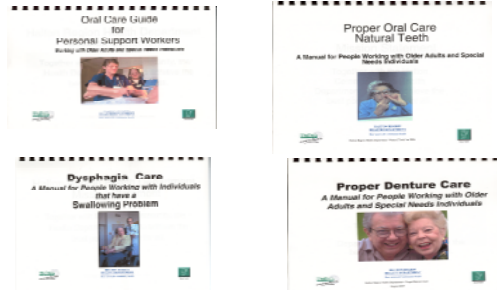


Learning Styles for Staff

- Visual
- Auditory
- Tactile (doing the task)



Educational Opportunities Flip Charts / DVD's/ Train the Trainer



Tools for Oral Health Program Management

Resources:

- Assessment tools
- Oral Care Plans
- Educational Materials
- Service Pamphlets

Assessing Staff's Ability to Provide Daily Oral Care

- Did they learn the appropriate skills ?
- Did you solve your care providers apprehensions about providing oral care ?



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