

Oral Health of Older Adults

Primary Care: Oral Health Knowledge Test

1. In general, research confirms that poor oral health conditions can have an effect on an individual's general health and quality of life.
 - a. True
 - b. False

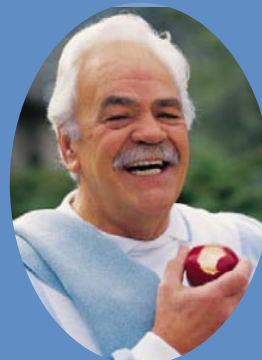
2. The pain & disability associated with poor oral health in older adults can affect:
 - a. Their ability to eat properly
 - b. Weight loss
 - c. Ability to resist systemic diseases
 - d. Ability to communicate & socialize effectively
 - e. (a), (b), & (d)
 - f. (a), (b), & (c)
 - g. All of the above

3. Of the following, which factor(s) contribute to an older adult's risk for oral disease?
 - a. Cognitive impairment
 - b. Dependency on others for their care
 - c. Xerostomia (dry mouth)
 - d. High carbohydrate diet
 - e. (c) and (d)
 - f. (b) and (d)
 - g. All of the above

4. Bacterial plaque and tartar do not form on dentures since they are made of acrylic.
 - a. True
 - b. False

5. Of the following, which is NOT a way to manage xerostomia (dry mouth)?
 - a. Chewing a sugar-free gum
 - b. Prescription for pilocarpine drops
 - c. Use of lemon and glycerine swabs
 - d. Topical spray of water on tongue and oral tissue

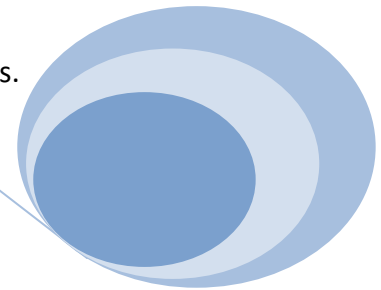
6. It has been found that older adults with dementia have:
 - a. Decline in saliva flow
 - b. Greater accumulation of plaque on teeth and dentures
 - c. Increased responsive behaviours during oral care
 - d. Higher levels of tooth decay, missing teeth and gum disease
 - e. (a) and (c)
 - f. (b) and (c)
 - g. All of the above



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7. Soaking dentures overnight in water with a denture tablet added is an ideal way to ensure dentures are clean.
- True
 - False
8. How often should denture cups be scrubbed to prevent bacterial or fungal growth?
- Daily
 - Weekly
 - Monthly
 - Every 3 months
9. Oral pain can lead to behaviour problems in cognitively impaired older adults.
- True
 - False
10. Research has shown that poorly perceived oral health is associated with:
- lower levels of life satisfaction
 - reduced psychological well-being
 - Both (a) and (b)
 - Neither (a) or (b)
11. The majority of toothpastes have a strong taste that does not appeal to older adults with Alzheimer's Disease.
- True
 - False
12. Toothbrushes used for oral care for older adults should have:
- a narrow handle and a small head
 - a narrow handle and a large head
 - a thick handle and a small head
 - a thick handle and a large head



References and resources: www.rgpc.ca

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