

i Know . . .

- Losing teeth is not a natural part of getting older, still 50% of older adults have no teeth
- Those institutionalized or home bound have the poorest oral health of nearly any age group as they are high risk for mouth sores, infection, cancer, pain
- Tooth loss affects quality of life: chewing, food choices, weight, talking, pain, socializing
- Visit oral health professional yearly
- Cleaning removes bacteria causing chest and mouth infections, prevents bad breath
- Poor oral health is linked to stroke, aspiration pneumonia, heart disease, diabetes, arthritis, osteoporosis, dementia
- Oral care is done twice a day dentures, mouth, gums

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Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Basic Care

i See ...

MOUTH

- Lips:** pink, smooth, lumps, dry, cracked, sores, bleeding
- Gums/Tongue:** pink, smooth, moist, dry, rough swollen, coating red, white spots, bleeding, sores, red patches
- Teeth:** intact, decaying, white, stained, missing, broken, fillings, caps, black area, roots showing, worn down, tartar
- Pain:** no pain, pain
- Dentures:** upper, lower, complete, partial, broken, dirty, tartar, poor fitting, not wearing
- Other:** Food, debris, bad breath



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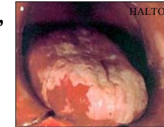
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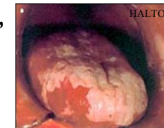
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iTell ...

Reporting & Documenting

- Refusal to have mouth cleaned
- Sores, loose teeth, bleeding gums or infection in mouth
- Sores, cracked, bleeding lips
- Oral pain
- Dry mouth, bad breath
- Needs assistance

TIPS

- Use high quality toothbrushes with rubberized large handles, small heads with soft bristles
- Use pea-sized amounts of fluoridated toothpaste or none with severe dementia and dysphagia
- Replace toothbrush every 3 months, never share

i Share ...

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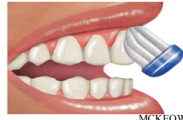
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Oral Hygiene-Basic Care

i Do ...

Brushing and flossing protect teeth from tooth decay by removing food and plaque from the teeth/mouth

- Assemble supplies. Wear gloves. Review oral care plan.
- Place the bristles at a 45 degree angle against the gums and brush from side to side. Then sweep away from the gums (down on the top teeth and up on the bottom teeth), at least five times in each area.
- Tilt the toothbrush to brush the inside surfaces of the front teeth and always brush away from the gums
- Scrub the teeth chewing surfaces back and forth
- Floss around teeth and under gums
- Finish by brushing the tongue and rinsing the mouth.
- Promote a healthy diet, high in fiber and low in sugars
- Promote quitting smoking
- Look for signs of poor oral health:
 - Red and swollen gums; blood on toothbrush/floss; persistent bad breath; blackened areas; broken teeth, sores, infection



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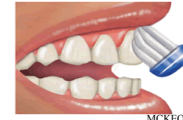
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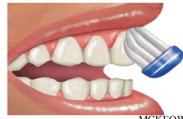
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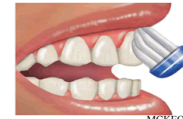
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