

i Know ...

- Older adults with dementia have the poorest oral health
- Oral health worsens as dementia becomes more severe
- More prone to oral infections
- Experience problems with dry mouth, reduced saliva, swallowing, drooling
- Pocketing of food in mouth
- Increasingly rely on others to prompt or do their oral care
- Increasingly refuse oral care
- Difficulty wearing dentures
- Difficulty communicating their needs (e.g. oral pain)
- At risk for weight loss due to poor oral health
- Stick fingers inside lips and checks only, not between teeth
- Oral care is done twice a day

© ML van der Horst



The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Dementia I

i See ...



MOUTH

- **Lips:** pink, smooth, dry, cracked, sores, bleeding
- **Gums/Tongue:** pink, smooth, moist, dry, rough swollen, coating red, white spots, bleeding, sores
- **Teeth:** intact, white, stained, broken, missing, decaying, fillings, caps
- **Pain:** no pain, pain
- **Dentures:** upper, lower, complete, partial, broken, dirty, poor fitting, not wearing



MOUTH

- **Lips:** pink, smooth, dry, cracked, sores, bleeding
- **Gums/Tongue:** pink, smooth, moist, dry, rough swollen, coating red, white spots, bleeding, sores
- **Teeth:** intact, white, stained, broken, missing, decaying, fillings, caps
- **Pain:** no pain, pain
- **Dentures:** upper, lower, complete, partial, broken, dirty, poor fitting, not wearing



i Know ...

- Older adults with dementia have the poorest oral health
- Oral health worsens as dementia becomes more severe
- More prone to oral infections
- Experience problems with dry mouth, reduced saliva, swallowing, drooling
- Pocketing of food in mouth
- Increasingly rely on others to prompt or do their oral care
- Increasingly refuse oral care
- Difficulty wearing dentures
- Difficulty communicating their needs (e.g. oral pain)
- At risk for weight loss due to poor oral health
- Stick fingers inside lips and checks only, not between teeth
- Oral care is done twice a day

© ML van der Horst



The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Dementia I

i See ...



MOUTH

- **Lips:** pink, smooth, dry, cracked, sores, bleeding
- **Gums/Tongue:** pink, smooth, moist, dry, rough swollen, coating red, white spots, bleeding, sores
- **Teeth:** intact, white, stained, broken, missing, decaying, fillings, caps
- **Pain:** no pain, pain
- **Dentures:** upper, lower, complete, partial, broken, dirty, poor fitting, not wearing



i Know ...

- Older adults with dementia have the poorest oral health
- Oral health worsens as dementia becomes more severe
- More prone to oral infections
- Experience problems with dry mouth, reduced saliva, swallowing, drooling
- Pocketing of food in mouth
- Increasingly rely on others to prompt or do their oral care
- Increasingly refuse oral care
- Difficulty wearing dentures
- Difficulty communicating their needs (e.g. oral pain)
- At risk for weight loss due to poor oral health
- Stick fingers inside lips and checks only, not between teeth
- Oral care is done twice a day

© ML van der Horst

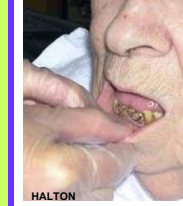


The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Dementia I

i See ...



MOUTH

- **Lips:** pink, smooth, dry, cracked, sores, bleeding
- **Gums/Tongue:** pink, smooth, moist, dry, rough swollen, coating red, white spots, bleeding, sores
- **Teeth:** intact, white, stained, broken, missing, decaying, fillings, caps
- **Pain:** no pain, pain
- **Dentures:** upper, lower, complete, partial, broken, dirty, poor fitting, not wearing



i Know ...

- Older adults with dementia have the poorest oral health
- Oral health worsens as dementia becomes more severe
- More prone to oral infections
- Experience problems with dry mouth, reduced saliva, swallowing, drooling
- Pocketing of food in mouth
- Increasingly rely on others to prompt or do their oral care
- Increasingly refuse oral care
- Difficulty wearing dentures
- Difficulty communicating their needs (e.g. oral pain)
- At risk for weight loss due to poor oral health
- Stick fingers inside lips and checks only, not between teeth
- Oral care is done twice a day

© ML van der Horst

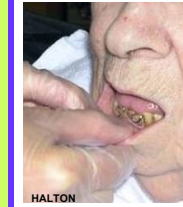


The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Dementia I

i See ...



MOUTH

- **Lips:** pink, smooth, dry, cracked, sores, bleeding
- **Gums/Tongue:** pink, smooth, moist, dry, rough swollen, coating red, white spots, bleeding, sores
- **Teeth:** intact, white, stained, broken, missing, decaying, fillings, caps
- **Pain:** no pain, pain
- **Dentures:** upper, lower, complete, partial, broken, dirty, poor fitting, not wearing



i Tell ...

Reporting & Documenting

- Refusal to have mouth cleaned or remove dentures
- Sores, loose teeth, bleeding or infection in mouth
- Sores, cracked, bleeding lips
- Oral pain
- Requires prompting
- Requires assistance
- Resistive-type behaviours

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

i Share ...

We'd like to hear from you !

www.rgpc.ca ➔ New topics ?
➔ Feedback?

☎ Phone 905.777.3837 x12436

✉ Email: sagel@hhsc.ca or
dhm9@xplornet.com

2009



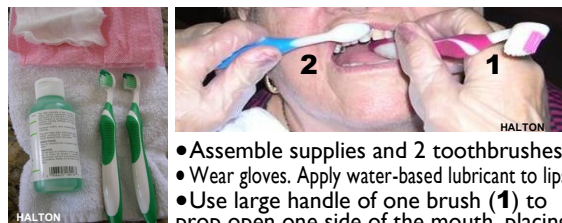
The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Dementia I

i Do ...

2-Toothbrush Technique to Avoid Being Bitten



- Assemble supplies and 2 toothbrushes
- Wear gloves. Apply water-based lubricant to lips
- Use large handle of one brush (1) to prop open one side of the mouth, placing

- the brush in between the upper and lower teeth/gums
- Remove any food pieces with gauze or small J-cloth
- Use the second brush (2) to clean the other side of mouth
- Brush lower back teeth last as it stimulates the gag reflex
- Take the second brush used to clean mouth (2) and turn it around, now use the handle to prop the mouth open
- Take out the first brush (1) and use it to clean the other side of the mouth, clean up saliva with gauze or J-cloth

i Tell ...

Reporting & Documenting

- Refusal to have mouth cleaned or remove dentures
- Sores, loose teeth, bleeding or infection in mouth
- Sores, cracked, bleeding lips
- Oral pain
- Requires prompting
- Requires assistance
- Resistive-type behaviours

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

i Share ...

We'd like to hear from you !

www.rgpc.ca ➔ New topics ?
➔ Feedback?

☎ Phone 905.777.3837 x12436

✉ Email: sagel@hhsc.ca or
dhm9@xplornet.com

2009



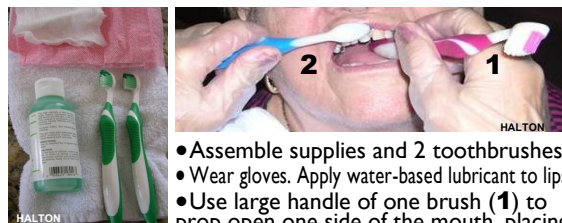
The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Dementia I

i Do ...

2-Toothbrush Technique to Avoid Being Bitten



- Assemble supplies and 2 toothbrushes
- Wear gloves. Apply water-based lubricant to lips
- Use large handle of one brush (1) to prop open one side of the mouth, placing

- the brush in between the upper and lower teeth/gums
- Remove any food pieces with gauze or small J-cloth
- Use the second brush (2) to clean the other side of mouth
- Brush lower back teeth last as it stimulates the gag reflex
- Take the second brush used to clean mouth (2) and turn it around, now use the handle to prop the mouth open
- Take out the first brush (1) and use it to clean the other side of the mouth, clean up saliva with gauze or J-cloth

i Tell ...

Reporting & Documenting

- Refusal to have mouth cleaned or remove dentures
- Sores, loose teeth, bleeding or infection in mouth
- Sores, cracked, bleeding lips
- Oral pain
- Requires prompting
- Requires assistance
- Resistive-type behaviours

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

i Share ...

We'd like to hear from you !

www.rgpc.ca ➔ New topics ?
➔ Feedback?

☎ Phone 905.777.3837 x12436

✉ Email: sagel@hhsc.ca or
dhm9@xplornet.com

2009



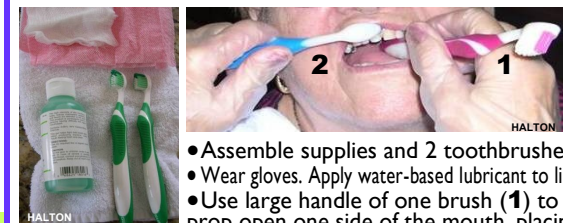
The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Dementia I

i Do ...

2-Toothbrush Technique to Avoid Being Bitten



- Assemble supplies and 2 toothbrushes
- Wear gloves. Apply water-based lubricant to lips
- Use large handle of one brush (1) to prop open one side of the mouth, placing

- the brush in between the upper and lower teeth/gums
- Remove any food pieces with gauze or small J-cloth
- Use the second brush (2) to clean the other side of mouth
- Brush lower back teeth last as it stimulates the gag reflex
- Take the second brush used to clean mouth (2) and turn it around, now use the handle to prop the mouth open
- Take out the first brush (1) and use it to clean the other side of the mouth, clean up saliva with gauze or J-cloth

i Tell ...

Reporting & Documenting

- Refusal to have mouth cleaned or remove dentures
- Sores, loose teeth, bleeding or infection in mouth
- Sores, cracked, bleeding lips
- Oral pain
- Requires prompting
- Requires assistance
- Resistive-type behaviours

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

i Share ...

We'd like to hear from you !

www.rgpc.ca ➔ New topics ?
➔ Feedback?

☎ Phone 905.777.3837 x12436

✉ Email: sagel@hhsc.ca or
dhm9@xplornet.com

2009



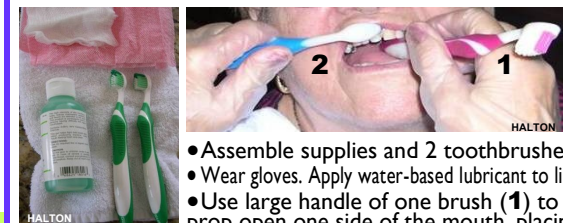
The Pocket Docket

Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Dementia I

i Do ...

2-Toothbrush Technique to Avoid Being Bitten



- Assemble supplies and 2 toothbrushes
- Wear gloves. Apply water-based lubricant to lips
- Use large handle of one brush (1) to prop open one side of the mouth, placing

- the brush in between the upper and lower teeth/gums
- Remove any food pieces with gauze or small J-cloth
- Use the second brush (2) to clean the other side of mouth
- Brush lower back teeth last as it stimulates the gag reflex
- Take the second brush used to clean mouth (2) and turn it around, now use the handle to prop the mouth open
- Take out the first brush (1) and use it to clean the other side of the mouth, clean up saliva with gauze or J-cloth