

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
- Oral care is done twice a day

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Smart Care for Personal Support Workers
Caring for Older Adults

Oral Hygiene-Dementia 2

i See ...



HALTON

MOUTH and behaviours

- **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, caps, broken, missing, decaying, fillings
- **Pain:** no pain, pain
- **Dentures:** upper, lower, complete, partial, broken, dirty, poor fitting, not wearing
- **Behaviours:** says no, mouth closed, turns head away, can't remember how to brush teeth, needs prompting, pushes away, grabbing, angry, mad



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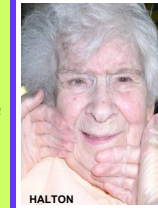


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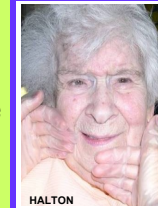


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i Tell ...

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 !

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➔ Feedback?

☎ **Phone** 905.777.3837 x12436

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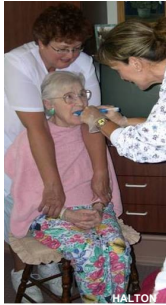
i Do ...

2-Person Hug Technique to Do Oral Care

- Review the oral care plan/routine
- Assemble supplies. Wear gloves
- Explain what you plan to do
- Keep a positive respectful approach
- If they refuse, attempt to distract by giving a wash cloth or favourite item to hold, talk or sing
- Ask a second person to assist



- Only PSW doing the oral care talks
- Second PSW stands behind, with a hugging gesture, wraps arms around neck and down over chest, holding onto their hands
- Complete oral care
- Come back later if they are resistive



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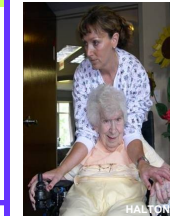
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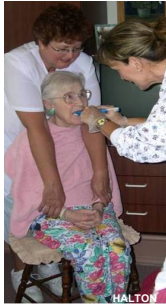
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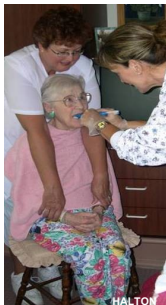
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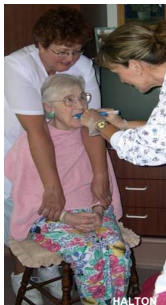
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