Mouth Care
Information for all Care Staff at Nursing and Residential Homes
Oral Health Assessment

Name: ____________________________ Date of Birth: ____________________________

1. Does the client have natural teeth?  No [ ] Yes [ ]

2. Does the client have dentures?  No [ ] Yes [ ] specify: upper [ ] lower [ ]

3. If Yes, are the dentures labeled?  No [ ] Yes [ ]

4. Does the client need assistance with tooth brushing?  No [ ] Yes [ ]

5. If Yes, are the staff trained in carrying this out?  No [ ] Yes [ ]

6. Has a toothbrushing chart been included in the care plan?  No [ ] Yes [ ]

7. Does the client show signs of pain or other dental problems?  No [ ] Yes [ ]

8. If Yes, provide details: ________________________________________________

9. Does the client need urgent dental treatment?  No [ ] Yes [ ]

10. Is the client registered with a dentist?  Don’t Know [ ] No [ ] Yes [ ]

11. If Yes, record name & address of dentist ____________________________________________

12. When did the client last visit the dentist?   ____________________________________________

13. Is the client exempt from dental charges?  No [ ] Yes [ ] If in doubt please ask your Manager

14. Is the client on any medication that may have oral side effects (eg dry mouth)?  Don’t know [ ] No [ ] Yes [ ]

15. Has the client ever smoked?  Don’t know [ ] No [ ] Yes [ ]

NB. This oral health assessment should supplement a daily personal oral care plan.

Signature: ........................................... Date: ...........................................

Job Title: ............................................................
Teeth are for life!

How to keep your mouth in good shape with healthy teeth and gums.

Bleeding gums?
- Bleeding is a sign of gum disease. This can be prevented by effectively bushing the teeth and the gums to remove germs (plaque) which causes the gums to bleed.
- Use a medium hardness toothbrush with a small head for maximum benefit. To clean in-between the teeth use floss or bottle/tepe brushes. Ask your dentist or hygienist for advice.

Loose teeth?
- Advanced gum disease can cause bad breath, a bad taste in the mouth and loose teeth.
- It is good to visit the dentist regularly, for extra cleaning to help control the disease and help keep the teeth.

Ulcers?
- It is sensible to check the mouth regularly for anything unusual such as an ulcer. If it is still present after 3 weeks, then consult a dentist.

Sensitive teeth?
- Sensitivity may be due to receding gums. This may be helped by applying some toothpaste for sensitive teeth as an ointment each night after brushing, or application of Fluoride Varnish by a dental professional.
Tooth Decay?

- Sugar can contribute to obesity and tooth decay.
- You can help prevent tooth decay by keeping sugary foods and drinks to mealtimes.
- Some artificial sweeteners are very palatable and can be used as a refined sugar replacement.
- Always use fluoride toothpaste containing 1450ppm (parts per million) twice a day. ‘Spit don’t rinse’ after brushing.

Eating Well?

- Avoid snacks and sweets. Keep them to meal times.
- Eat fresh fruit and drink water in between meals.
- A good balanced daily diet will benefit your general health as well as your dental health.

Toothbrushing

- Teeth and the tongue should be brushed twice a day.
- Brush last thing at night and at one other time during the day.
- Brushing removes harmful plaque bacteria which is soft and sticky so brush thoroughly but not too hard.
- Toothpaste contains fluoride which is always marked on the tube. The concentration of fluoride in toothpaste for adults should be at least 1,350 ppm (parts per million).
- The dentist can prescribe toothpaste with extra fluoride if there is a need for additional protection from dental decay.
• A pea sized amount should be added to the bristle part of the brush pushing it into the bristles.
• The toothbrush should be small headed with a medium texture.
• Do not use water on the brush or after brushing to rinse as this will remove the toothpaste. Remember toothpaste is a topical application.
• If using mouth wash, use at a different time to brushing, or use before but not after brushing.
• When brushing the teeth make sure you cover the entire tooth surface as well as the gums where the tooth meets.

Dentures

Well - fitting dentures can help improve the quality of life.

Wearing dentures:
• It is good to give the mouth a rest from wearing dentures. They must be removed from the mouth over night.
• Keep dentures in water when they are not in the mouth to stop them drying out.
• If dentures are loose or painful, then you need to visit your dentist. You may be able to have them adjusted or relined.

Looking after dentures:
• A daily brush will remove any food debris and plaque. This is important for mouth hygiene and to prevent the build up of tartar on the denture.
• Clean dentures over a bowl or sink of water so if they fall they won’t break.

• Avoid bleach and abrasives as they can damage dentures. If denture cleaners are used, read the label to see how long they should be soaked for.

• You can use soap, denture cleaner or toothpaste to clean dentures using a toothbrush, denture brush or a nail brush.

• Soak dentures over night in water only. Leaving in denture cleaning solution for more than the recommended time could result in bleaching and weakening.

• Use a soft toothbrush or flannel to clean your mouth daily. This will help to keep it healthy.

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**Dentures need to be marked with the owner’s name, as they can get easily lost or mixed up. Having the wearer’s name on them will help them be returned to the right owner quickly.**

Denture marking kits can be purchased from the internet or a dental lab will do this, if requested, for all new dentures they make.
Xerostomia – What causes a dry mouth?

- Dehydration
- Infection
- Certain medications, especially those for depression, hay fever, nausea and high blood pressure.
- As an after-effect of surgery
- Smoking
- Anxiety and depression
- Old age
- Breathing through the mouth, particularly throughout the night
- Radiation (radiotherapy) to head and neck
- Dysfunction of the immune system
- Neurological disorders, including Parkinson’s disease
- Rheumatic conditions such as rheumatoid arthritis

Dry mouth or xerostomia (severely reduced saliva) is a common condition. It can occur at any time for a variety of reasons. Saliva is the mouth’s most important natural defence against the risk of dental disease, and it helps in eating, speaking, swallowing and removal of debris from teeth.
What are the symptoms of a dry mouth?
- Difficulty in eating dry foods
- Problems with speech and swallowing
- Dental decay
- Ulceration
- The tongue may become smooth, cracked or fissured
- Gum inflammation and infection
- Bad breath
- General mouth discomfort
- Poor taste
- Denture problems
- Mouth and salivary gland infections
- Thrush or other yeast (Candida) infections
- Surfaces in the mouth may stick to each other and be more susceptible to damage from food and dentures

What can you do to ease a dry mouth?
- Clean teeth and gums at least twice a day with fluoride toothpaste
- Sip cool water throughout the day and night
- Suck ice cubes
- Eat fresh fruit and vegetables to stimulate salivary flow
- Avoid alcohol, including mouthwashes containing alcohol
- Have sugary foods and drinks less often, for example only at meal times
• Use salivary substitutes such as sprays, lozenges and gels. (Talk to a pharmacist or dentist for information and prescribing)
• Regular application of Fluoride Varnish by a dental professional
• Visit your dentist regularly to prevent and detect decay
• Increase fluid intake whilst eating

Helpful hints

For people who have difficulty holding a toothbrush
• Use a thicker handle using perhaps a piece of plastic tubing or a rubber bicycle handle grip
• Push your brush handle through the middle of a soft/rubber ball
• Use a slip knot to attach an elastic band to the handle to either grip or to secure the handle to the hand
• Three sided toothbrushes can sometimes help to cover more areas of tooth
• By putting a toothbrush handle in hot water you can bend it into a more comfortable shape
• A rechargeable electric toothbrush can be easier to use as it does some of the movement for you
• Use a wall mounted toothpaste dispenser (also holds denture cream)
Assisting with tooth brushing

- Always explain to the individual that you are going to brush their teeth and gums. Simple gestures, pictures and objects can help.

- Ensure the person is relaxed and comfortable; some people find it difficult to have their teeth brushed by someone else.

- Standing behind the person or to the side, sometimes supporting the person’s head with one arm, helps. Sometimes a mirror is helpful so they can see what is happening.

Many items and accessories are available on the internet to aid handling and using oral health products. The Somerset Primary Care Dental Service also has a web address for information on Dentists and Oral Health Care. Suggested sites:

www.dentocare.co.uk
www.gerodontology.com/guidelines.html
www.jumpcuts.org.uk
www.sompar.nhs.uk/dental
## Oral Hygiene Chart

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<thead>
<tr>
<th></th>
<th>Mark area(s) brushed</th>
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<tbody>
<tr>
<td>Name</td>
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<tr>
<td>Week commencing:</td>
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</tr>
<tr>
<td>Mark area(s) brushed</td>
<td></td>
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</table>

<table>
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### Comments:

- Area 1
- Area 2
- Area 3
- Area 4
Finding the dental care that you need

Finding a dentist

- There are many National Health Dentists accepting patients in Somerset. For help with this and up to date lists phone the Dental Advice Line on 0300 1237691.
- Before treatment, ask about the cost. Ask if it is National Health or private care. You may be able to get help with the cost. The Department of Health leaflet “NHS dental services in England” will help explain, or go onto the web site www.dh.gov.uk/dentistry

Home Visits

- Somerset Dental Access Centres have a domiciliary dental service. If someone is housebound and quite unable to get out, contact the Dental Advice Line on 0300 1237691 which may be able to arrange for dental treatment in the home. There is no charge for the visit but the dental treatment is charged at the NHS dental charges. If the person is in receipt of certain benefits the treatment may be free.
Contact addresses and phone numbers for our Dental Access Centres

<table>
<thead>
<tr>
<th>Bridgwater Dental Access Centre</th>
<th>Taunton Dental Access Centre</th>
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<tbody>
<tr>
<td>Southwood House</td>
<td>Parkgate House</td>
</tr>
<tr>
<td>2-4 Taunton Road</td>
<td>East Reach</td>
</tr>
<tr>
<td>Bridgwater</td>
<td>Taunton</td>
</tr>
<tr>
<td>Somerset</td>
<td>TA1 3ES</td>
</tr>
<tr>
<td>TA6 3LS (TA6 3LU for sat nav)</td>
<td>Tel: 01823 346116</td>
</tr>
<tr>
<td>Tel: 01278 411640</td>
<td>Fax: 01823 346111</td>
</tr>
<tr>
<td><strong>Satellite clinics for Burnham &amp; Minehead</strong></td>
<td><strong>Satellite clinics for Chard &amp; Wellington</strong></td>
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<table>
<thead>
<tr>
<th>Glastonbury Dental Access Centre</th>
<th>Yeovil Dental Access Centre</th>
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<tr>
<td>The Health Centre</td>
<td>Summerlands Hospital Site</td>
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<td>Wells Road</td>
<td>Preston Road</td>
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<tr>
<td>Glastonbury</td>
<td>Yeovil</td>
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<tr>
<td>Somerset</td>
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<tr>
<td>BA6 9DD</td>
<td>BA20 2BX</td>
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<tr>
<td>Tel: 01458 832513</td>
<td>Tel: 01935 413716</td>
</tr>
<tr>
<td>Fax: 01458 835727</td>
<td>Fax: 01935 423984</td>
</tr>
<tr>
<td><strong>Satellite clinics for Frome &amp; Wells</strong></td>
<td><strong>Dental Advice Line Tel: 03001237691</strong></td>
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<thead>
<tr>
<th>Somerset Primary Care Dental Service Head Quarters</th>
<th>Oral Health Promotion</th>
</tr>
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<tbody>
<tr>
<td>Southwood House</td>
<td>Peter Holmes Annexe</td>
</tr>
<tr>
<td>2-4 Taunton Road</td>
<td>Burnham Community Hospital</td>
</tr>
<tr>
<td>Bridgwater</td>
<td>Love Lane</td>
</tr>
<tr>
<td>Somerset</td>
<td>Burnham On Sea</td>
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<tr>
<td>TA6 3LS (TA6 3LU for sat nav)</td>
<td>Somerset</td>
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<tr>
<td>Tel: 01278 411630</td>
<td>TA8 1ED</td>
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<tr>
<td></td>
<td>Tel: 01278 773180</td>
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**Dental Advice Line Tel: 03001237691**

**Dental Access Centre for the Somerset Primary Care Dental Service**
Information from the Somerset Primary Care Dental Service

Please visit our web site for current information on the Somerset Primary Care Dental Service. It contains useful information on accessing our service and has a range of leaflets that can be downloaded.

www.sompar.nhs.uk/dental

For any further information please contact The Oral Health Promotion Team 01278 773180 OHPOffice@sompar.nhs.uk

This leaflet is available in other formats, including easy read summary versions and other languages upon request. If this would be helpful to you, please speak to a member of staff.

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