

Delivery of Daily Oral Care to Residents

Guiding Principles

Title:	
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1. Introduction

The goal of these practice guidelines related to the delivery of daily oral care to residents is to provide comprehensive approach to reduce the incidences of oral discomfort and disease.

2. Definition of Terms

Oral Health Toolkit

Each resident should be provided with their own oral health toolkit to house all of the supplies required for their daily oral care. Recommendations for toolkits include:

- A deep basket made of mesh or wire (so that moisture does not get trapped)
- A plastic cup (to stand toothbrush and other tools upright to dry).
- All materials in the toolkit should be labeled with the resident’s name or initials (including the plastic cup)

Oral Care Cards

Oral Care Cards outline the necessary steps required for daily oral care given the resident’s oral health status. There are cards available for residents with the following:

- NATURAL TEETH
- NATURAL TEETH & PARTIAL DENTURES
- NATURAL TEETH & DENTURES
- NO NATURAL TEETH & DENTURES
- NO NATURAL TEETH & NO DENTURES
- UNABLE TO SWALLOW

There is additional space on the card to write individual preferences of a resident (example: time of day they prefer mouth care), and space to record the date of their last visit to a dental professional and the date their toothbrush was last changed.

Daily Oral Health Assessment Tool

This tool is designed to facilitate the reporting of oral health issues that may arise during the year, between annual oral health assessments. Care staff are encouraged to check the resident’s mouth everyday for any abnormalities such as bleeding, swelling,

or loose/broken teeth. The Daily Oral Health Assessment Tool would then be used to record where the abnormality appears in the resident's mouth, and what day it was first noticed. This will provide a recorded timeline of any changes occurring in the resident's mouth.

Oral Health Assessment Tool (OHAT)

The OHAT is a widely accepted and validated tool for assessing various aspects of oral health status. It is a quick and easy one-page document used to identify common healthy and unhealthy conditions associated with the mouth tissues and dentures. This tool can be used to assess a resident's oral health status upon admission and annually thereafter.

Oral Care Planning Tool

This tool is to be used in conjunction with the OHAT. Once the assessment has been completed, this tool facilitates the care planning process by providing space to outline information specific to each resident: a) assessment of dentures and/or natural teeth, b) level of assistance required with daily oral care, c) recommended interventions, and d) regular barriers to oral care. This care plan should be updated each time the OHAT is completed.

3. Guiding Principles

- A. The goal of oral hygiene is to provide comfort and enhance quality of life.
- B. Every resident will have optimum daily mouth care as part of personal care.
- C. The protection of independence and self-determination of the resident is a priority in decision-making, but also about treating residents of all ages as persons worthy of respect.
- D. An oral health assessment and evaluation will be completed upon admission and annually thereafter. This assessment will guide understanding and direct management of that case.
- E. Each resident will be provided with an oral health toolkit and care card which will consider his/her situation on an individual basis.
- F. Oral health will be monitored on a daily basis. Any oral health concerns will be reported in a timely manner.
- G. Staff will remain up to date on current accepted mouth care practices and will receive a minimum of one continuing education session on mouth care practices in every two-year period.

H. Upon admission to a long term care facility, each resident can expect:

- H.1 *An oral health assessment three weeks upon admission and annually thereafter (unless an assessment score indicates more frequent assessments are necessary).*
- H.2 *A personalized oral care plan developed, and updated after each assessment.*
- H.3 *Their personal oral care plan to be discussed at annual care conferences.*
- H.4 *To be provided with an oral health toolkit to house their personal oral care supplies and an oral care card.*

4. Care Staff Responsibilities

1. Nurse Manager/Registered Nurses (RNs):

- i. Complete oral health assessments with residents
- ii. Orient new staff on oral health best practice guidelines
- iii. Arrange continuing education sessions related to oral care (bi-annually)
- iv. Make arrangements for residents to see an oral health professional when required
- v. Designate Oral Health Champion among care staff

2. Oral Health ‘Champion’ (6 month appointed role):

- i. Oversee the management of oral care cards and ensure that each resident is provided with the card the best meets their needs
- ii. Ensure the oral health toolkits are stocked, clean, and maintained.
- iii. Ensure oral care supplies are labeled.
- iv. Change residents toothbrushes at regular intervals

3. Licensed Practical Nurses (LPNs):

- i. Complete oral health assessments with residents
- ii. Act as an oral health champion for residents in their care

4. Personal Care Workers (PCWs) & Continuing Care Assistants (CCAs):

- i. Complete resident daily oral care on a regular basis
- ii. Monitor resident oral health status everyday by checking the mouth for abnormalities
- iii. Report any oral care concerns in a timely manner to a nurse manager

5. See Oral Care Algorithm