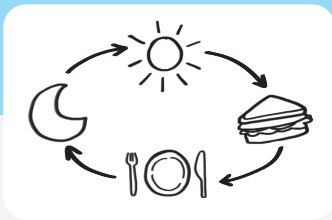


Personalisation

1) Personal Routine



How often and when are teeth cleaned? Can this be adapted to the personal schedule of the resident?

They might have a preferred routine from before they were in a care home.

Personalisation

2) Toothpaste

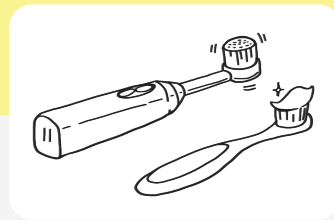


Is this something which could be adapted to the personal preference of the the resident?

Strong mint toothpaste could be replaced with a fruit flavoured fluoride toothpaste or milder/unflavoured alternative.

Tools

5) Toothbrushes



If the resident doesn't respond to normal toothbrushes it may be worth trying alternatives to find one they prefer.

Electric toothbrush heads are easier to get into the mouth. Consider an adapted handle or three headed toothbrush.

Tools

6) Mirrors



If you aren't in a bathroom environment try placing a mirror in front of the resident and standing behind them.

This helps them see their reflection clearly and undisturbed.

Communication

7) Initial Approach



Approach at the residents eye level. Explain what you are about to do before you do it.

Provide feedback and encouragement. Reflect on the positive aspects of having a clean mouth and fresh breath.

Communication

8) Dealing with Refusal



Residents might be tired or in pain so use the assessment tool to check for signs of pain. You might have to try again later.

If they seem scared, provide reassurance and give reasons for your actions: "I can see some food on your teeth..."

Communication

9) Smile



Smile as you interact with the resident, especially those with dementia.

Even neutral expressions have been shown to be interpreted as fearful.

Communication

10) Biting the Brush

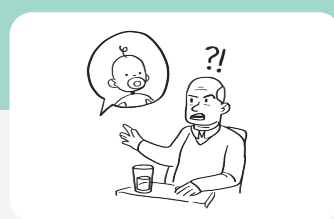


Encourage them to open their mouth. Say "Ahhh" whilst gently rubbing the cheek to relax the jaw. Do not put your fingers in the way of the resident's bite.

Try combining this with card 21) Biting the Brush 2.

Communication

11) Avoid Baby Talk



Avoid high pitch, short sentences, sing-song voices and patronising tone.

Speak to residents as adults, avoid triggering any unnecessary reactions. Try combining this with card 12) One-Step Commands.

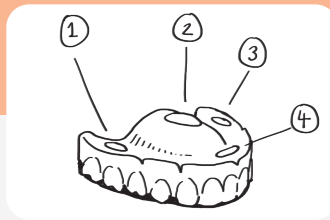
Oral Hygiene in Care Homes

Tips and Tricks

These cards contain tips and tricks that care home staff have used across the country to help provide better oral care. They are especially helpful for residents who might refuse care, are uncooperative or simply have trouble understanding.

Physical Interaction

15) Dentures



Dentures should be removed at least once a day. Take extra care as residents may bite.

Using 4 equally spaced dots of fixative or adhesive is enough to hold dentures in place and makes it faster and easier to remove them.

Physical Interaction

16) Physical Involvement

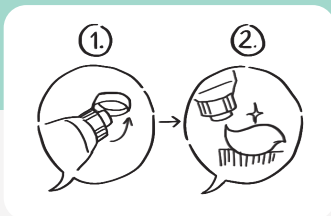


Have the resident hold the toothbrush, toothpaste or oral care items currently being used.

This can help access memories of being actively involved in their own oral care.

Communication

12) One-Step Commands

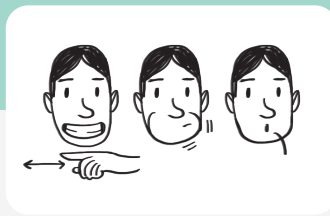


Use polite, one-step commands to keep communication simple.

People with dementia increasingly struggle to process verbal communication, so this helps prevent confusion.

Communication

13) Non-Verbal

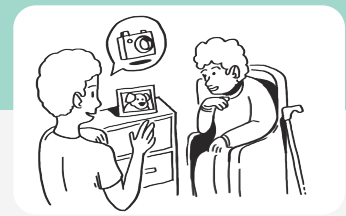


Use hand gestures and signalling with the hands to complement one-step commands.

People with dementia increasingly struggle to process verbal communication.

Communication

14) Distraction

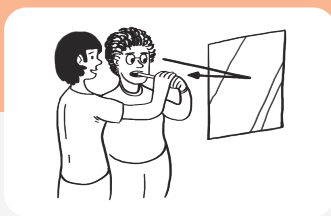


Sing, talk or draw attention to an object with personal meaning to the resident.

These calming techniques may distract residents from worrying too much about the process of teeth/denture cleaning.

Physical Interaction

17) Hand Over Hand

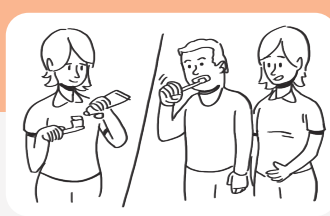


Place your hands over theirs, using them to guide the resident's hands. This can be to hold the toothbrush or remove their dentures.

This can be encouraged but you cannot force a resident to brush their own teeth.

Physical Interaction

18) Initiate & Switch



Initiating oral hygiene with the expectation that the resident will complete the activity.

Self-care is seen to be far less threatening and invasive than someone else doing it.

Physical Interaction

19) Dealing with Aggression



Remember to remain calm. Come back later in the day when the aggression has passed.

If it continues, try another carer, notify the nurse in charge and refer to a dentist. Note any aggression on the weekly record.

Physical Interaction

20) Opening the Mouth



Soften brush with warm water.
Gently touch the lips with the back of the brush and slowly twist to push back the lips and brush the outer surface of the teeth.

Environment

4) A Calm Space

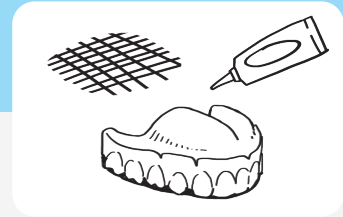


Try to maintain a quiet, peaceful environment and keep the number of people present to a minimum.

Excessive noise and distraction can be interpreted as threatening.

Personalisation

3) Denture Adhesive



Does the resident have a preference for how they want their dentures secured?

There are a range of fixative options available including tapes, webs and glues.

Your Tips & Tricks

Your Tips & Tricks

Your Tips & Tricks

Physical Interaction

21) Biting the Brush 2



Use a soft biting block or the soft handle of a second toothbrush during brushing.

Once the mouth is opened slightly a three-headed toothbrush can help reach more of the tooth.

Communication

10) Biting the Brush

Communication

11) Avoid Baby Talk