

ORAL HEALTH AND MOUTH CARE

Good oral health is essential for eating, speaking, socialising and quality of life.

Fact: Good mouth care improves nutrition, reduces risk of chest infections and complications of diabetes. Bacteria from the mouth can enter the bloodstream and cause infection.



OBSERVE

OBSERVE AND ASSESS TWICE A DAY DURING ORAL CARES

- Lips
- Mouth
- Teeth
- Gums

IDENTIFY

SIGNS AND SYMPTOMS

- | | |
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| <ul style="list-style-type: none">• Red swollen gums• Facial swelling• Fever• Coated tongue• Dry-looking tongue• Halitosis (bad breath)• Food residue• Red/bleeding gums• Ulcers• Denture sores | <ul style="list-style-type: none">• Broken teeth/fillings• Pain when chewing• Pocketing food• Drooling• Dry mouth• Sudden decline in eating/drinking or behaviour change• Weight loss |
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ACTION

Daily care

- Brush teeth twice a day
- Rinse dentures after meals, clean/take out and soak overnight (if preference)
- Treat dry mouth as per the resident's care plan and registered nurse advice
- Residents living with dementia require consistent assistance, encouragement and additional support with oral hygiene as they may not be able to do this independently



REPORT

Report immediately any concerns, signs or symptoms to the registered nurse



RECORD

Document findings in progress notes and update care plan