



THE ORAL-SYSTEMIC CONNECTION

Moving the Needle on Infection Prevention in Dental Hygiene Care



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GOOD ORAL HEALTH MEANS GOOD OVERALL HEALTH

**A CLEAN and HEALTHY
MOUTH can PROTECT
other areas of the body.**



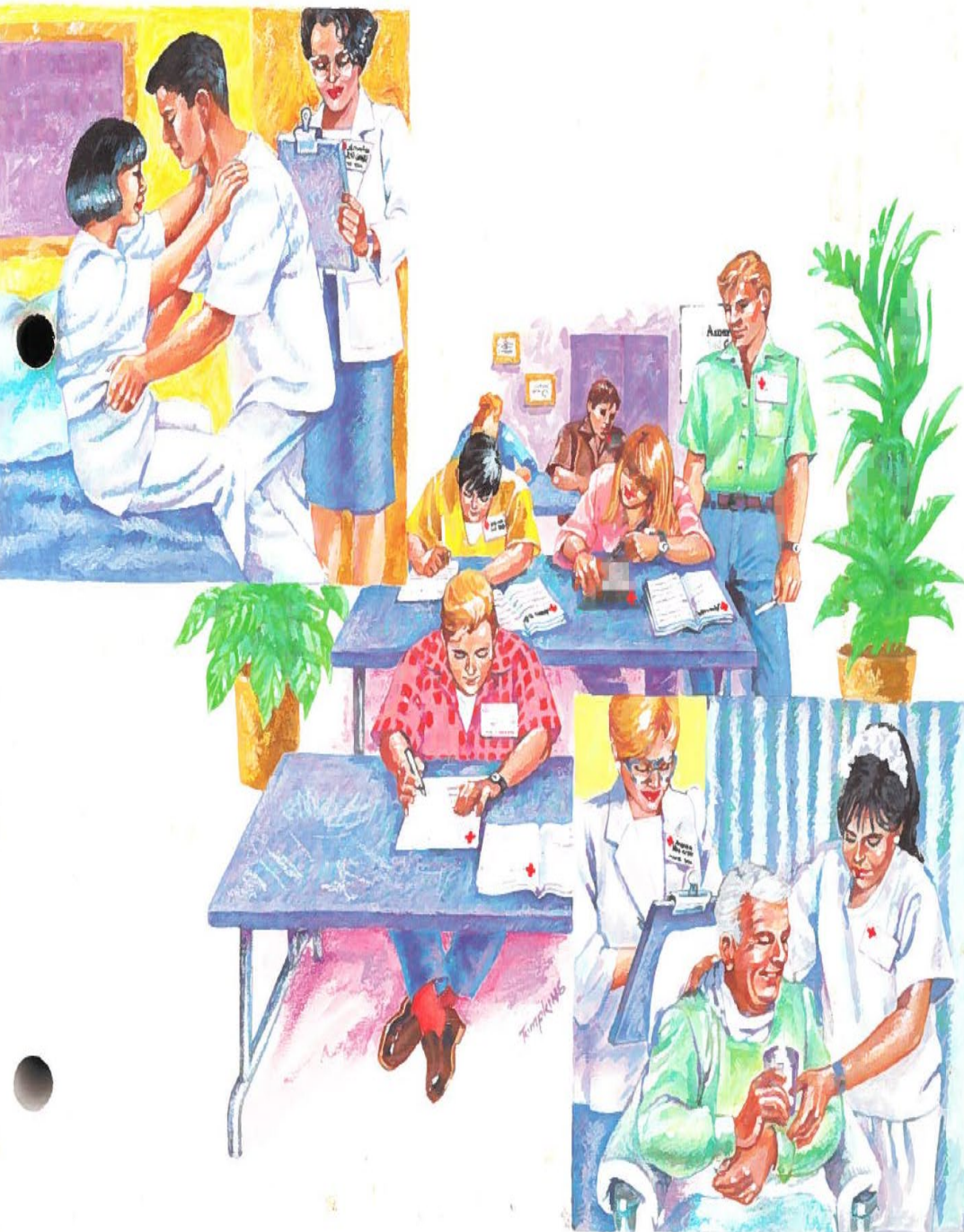
“Here is a picture of my dad’s mouth while he was in SNF. It also looked like this while in the hospital. CNAs used the green sponge (toothettes) without success. Use of toothbrush was more effective.”



TOOTHETTES

Delivers Liquids to Hydrate

“Ensure the foam is intact after use.
If not, remove any particles from the mouth”



NURSE ASSISTANT REVIEW MANUAL

CONTRIBUTING AUTHORS

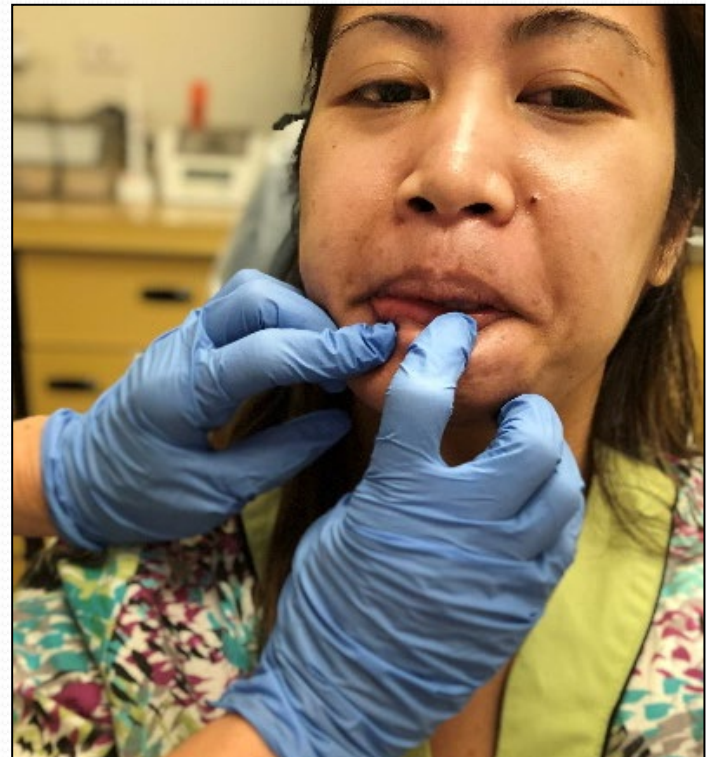
ACKNOWLEDGEMENTS

**PANEL OF EXPERT
REVIEWERS**

**COMPETENCY EVALUATION
PROGRAM**

DEVELOPMENT TEAM

EXTRAORAL RETRACTION CAN HURT!



OUCH!!!

ORAL CARE: Grooming or Healthcare?





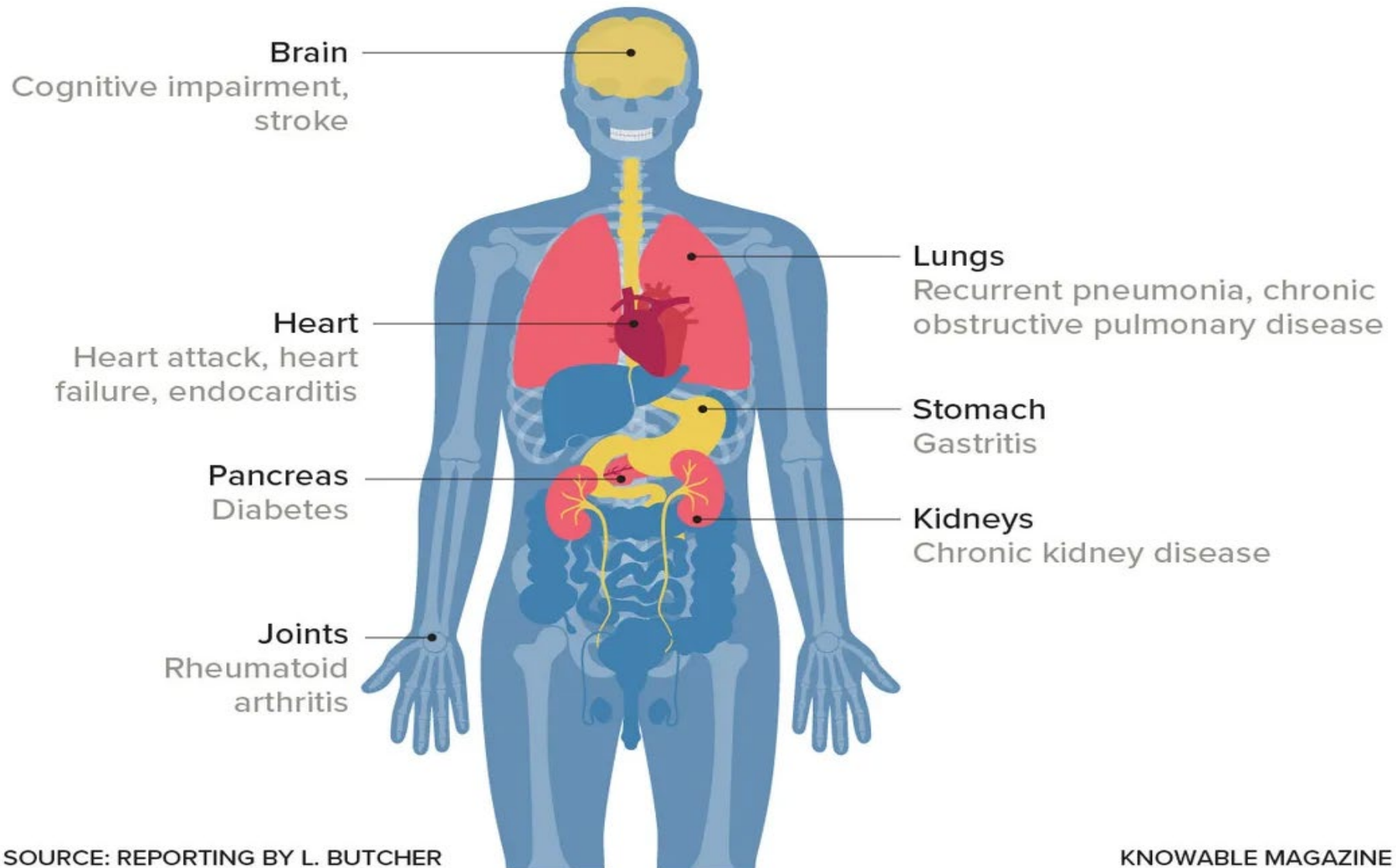


Post-op: cleaning by a dental hygienist₉

“ORAL HEALTH IS ESSENTIAL TO OVERALL HEALTH”

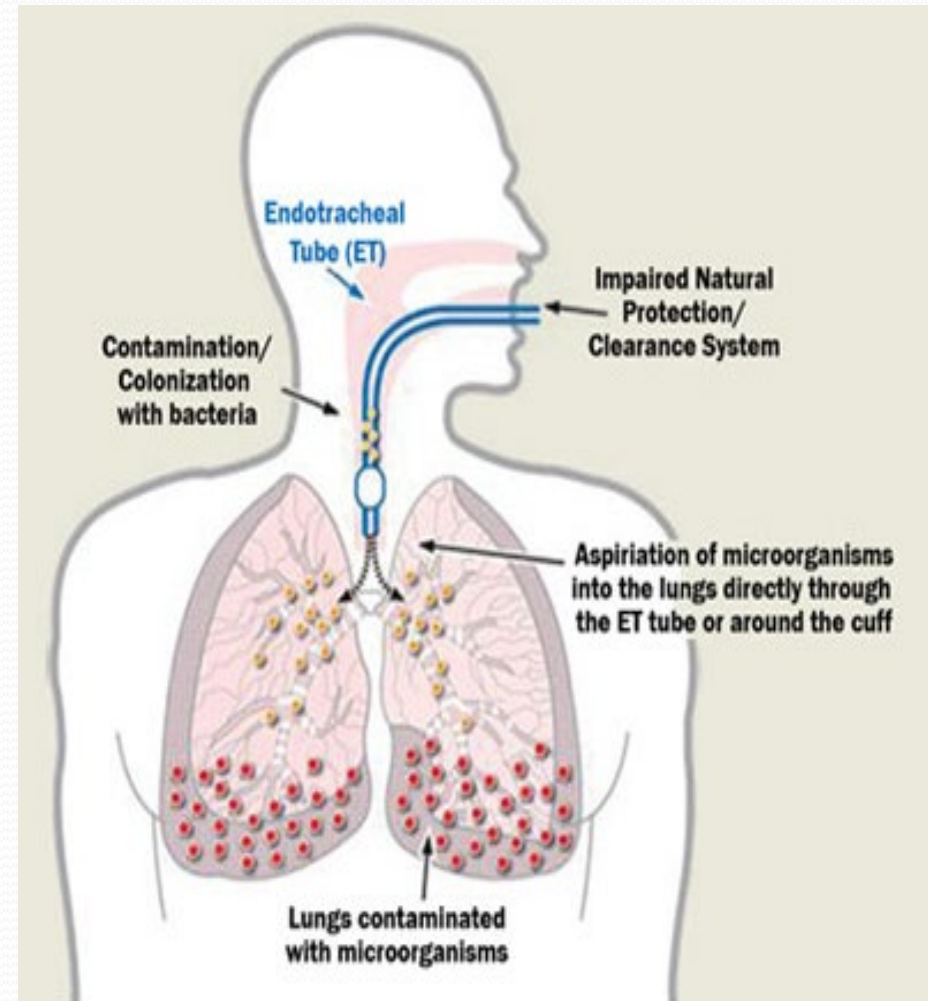
CDC National Action Framework

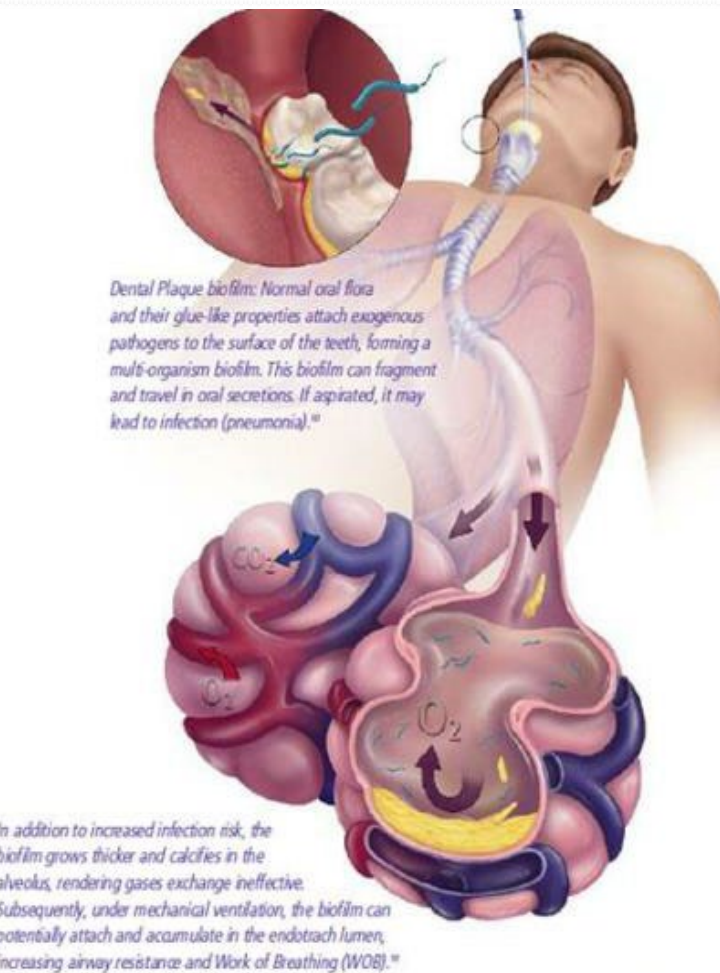
Gum disease has been associated with a number of ailments in other parts of the body



Supporting Research Pneumonia

- Hospital Acquired Pneumonia is the most common infection in hospitals.
- Pneumonia is the leading cause of death in nursing homes (Liapikou et al, 2014).
- Researchers have isolated bacteria in periodontitis and found the same bacteria in the lungs of patients with aspiration pneumonia (Sheffler, 2014).





❖ “Dental plaque biofilm: Normal oral flora and their glue-like properties attach exogenous pathogens to the surface of the teeth, forming a multi-organism biofilm. This biofilm can fragment and travel in oral secretions. If aspirated, it may lead to infection (pneumonia).”

<http://www.sageproducts.com/products/oral-hygiene/source-of-hap.cfm>



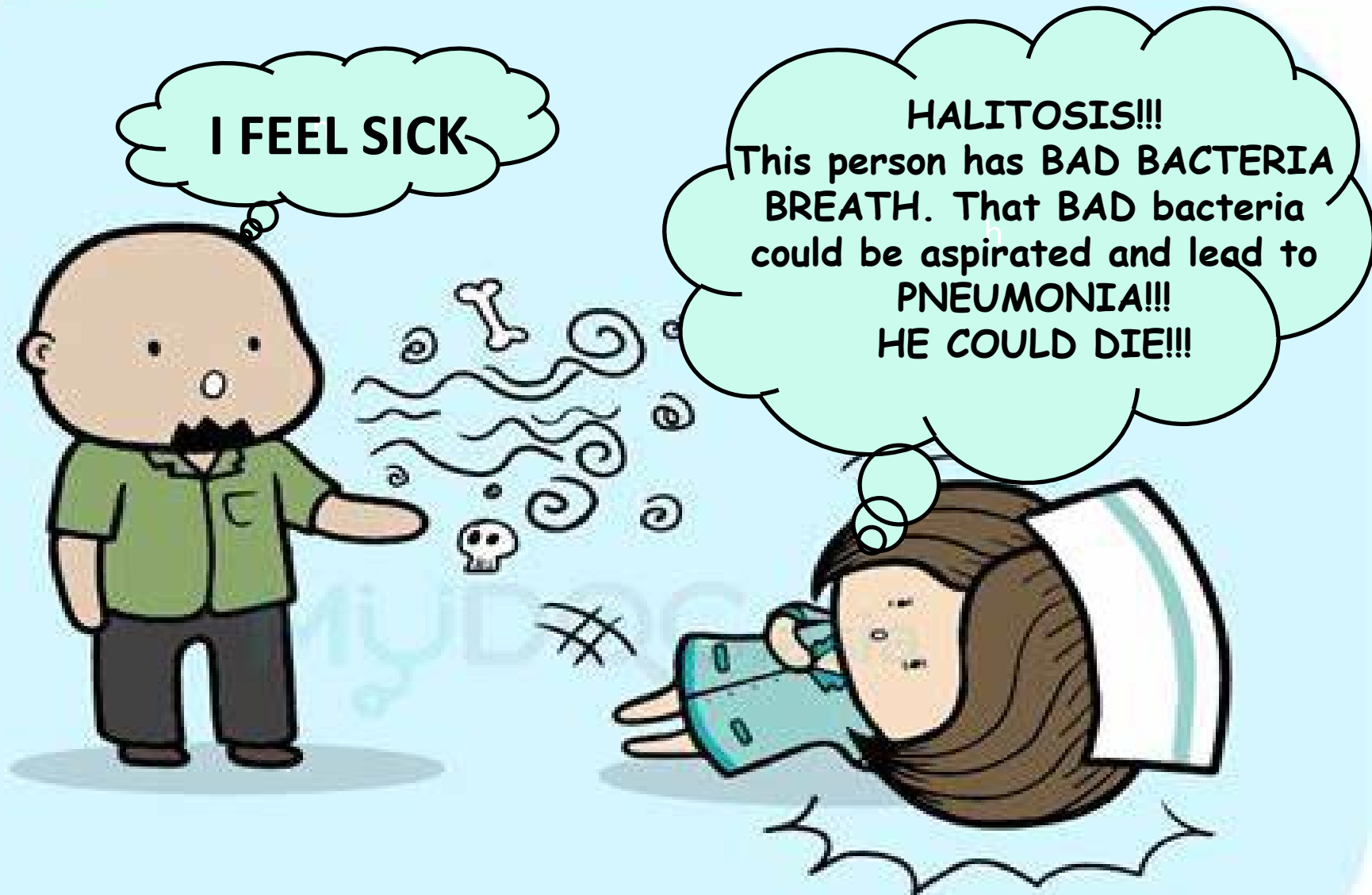
WHAT IS DENTAL PLAQUE BIOFILM?

Plaque is a soft and **sticky** layer of **BACTERIA** that forms on teeth. Plaque is invisible, but can be felt: Therefore...

Plaque Test



SICK MOUTH SICK BODY



Prevention
is better
than cure!

Prevention and Daily Mouth Care are essential to prevent tooth decay and gum infections!

With proper daily dental hygiene practices and regular visits to the dentist, cavities and gingivitis can be prevented!

PREVENTION IS KEY





**Kupuna
Smiles**

HDS | *Foundation*
Hawaii Dental Service

ORAL CARE HANDS-ON TRAINING



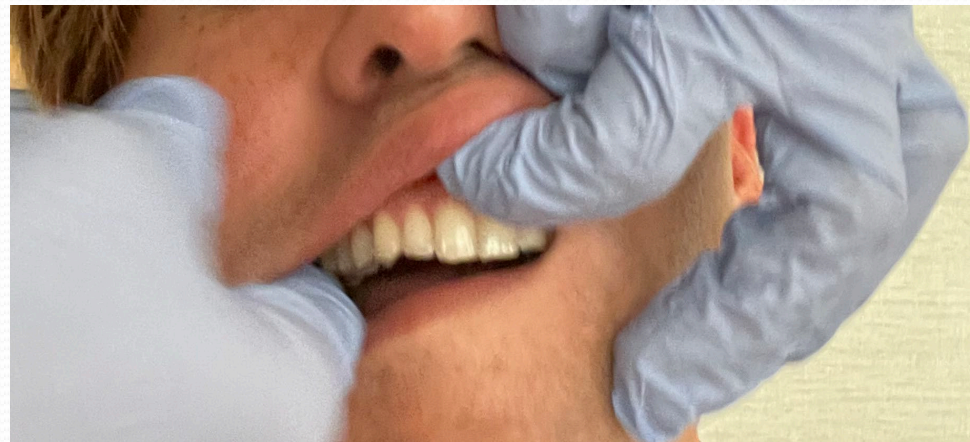
**ASK:
DOES ANYTHING HURT?**



OBJECTIVE #1

Gentle Intraoral Retraction: Cheeks and Molars

Use a GENTLE TOUCH with the pad of your fingers
Avoid hitting the tissue with your fingernails



Use an extraoral fulcrum for stability

OBJECTIVE #1

Gentle Intraoral Retraction:

LIPS

Use your INDEX FINGERS and thumbs to GENTLY lift the lips



INTER-PROFESSIONAL EDUCATION

Dental Professionals:

Identify presence of teeth, retained root tips and gaping holes, plaque and calculus

Oral Exam: LOOK-SEE



We do not diagnose



INTER-PROFESSIONAL EDUCATION

Primary Care Professionals

**If present, describe inflammation:
Swelling, Redness**

Oral Exam: LOOK-SEE



If PAIN and SWELLING are present, alert your nurse supervisor

TOOTHBRUSHING

OBJECTIVE #2

Toothbrushing objective:
The learner will properly clean each tooth surface with friction brushing for 3-5 seconds on the last posterior tooth



Tooth brushing:

- At least twice a day, ensuring all tooth surfaces are cleaned.
- Use toothbrush with soft bristles
- Replace toothbrush when bristles are too soft to remove plaque
 - Looks bent
 - 3 or 4 months



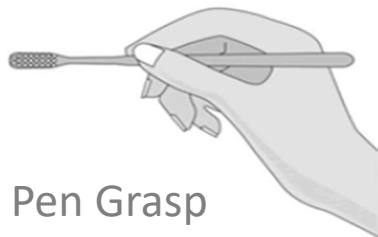
Tooth Brushing: Most Missed Area

**The student
will
demonstrate
friction
brushing on
the
MOLARS**



Tooth Brushing Technique

- **PEN GRASP:** Hold the toothbrush with 3 fingers
- Place the toothbrush bristles on the gumline
- **GENTLY** move the brush with short (tooth-wide) **ZIGZAG** motions
- **COUNT 3-5** on each tooth
- Start from the molars while retracting the cheeks
- Brush the insides as well as the tops of each tooth



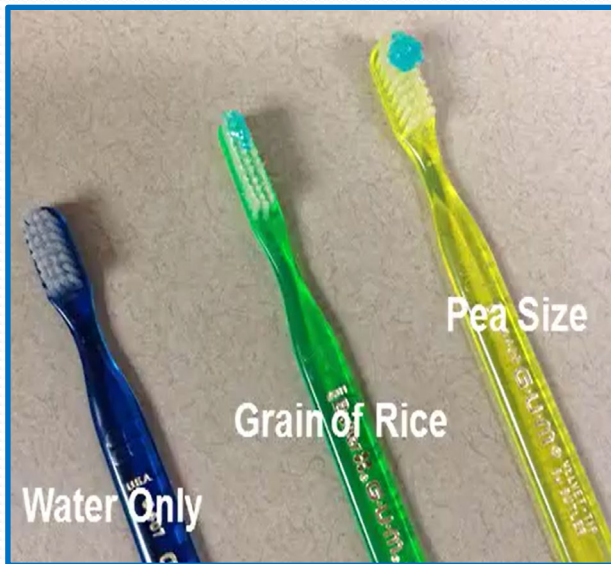
Pen Grasp

(A)



The Importance of
BRUSHING BEFORE BED

TOOTHPASTE



When providing oral care for another person:

- Do not use toothpaste
- Foaming
 - Will block the view
 - Cause choking

When brushing your own teeth:

- Use a pea size amount



Oral Hygiene Aids for Special Needs

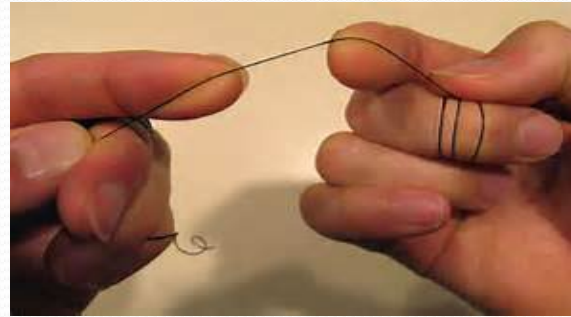
- **Specialized toothbrushes and MOUTH PROPS**
- Three sided toothbrush can be used when a person cannot keep their mouth open

www.specializedcare.com



Interproximal Cleaning

FLOSSING



When flossing is difficult:

Interproximal Brushes

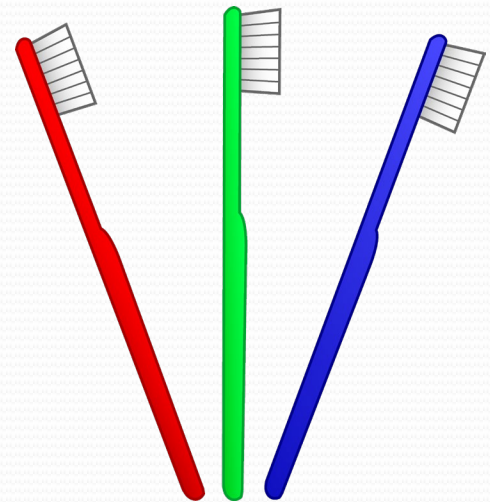
Floss holder

Rubber-Tipped Stimulators



Dental Interventions and Successful Oral Care Outcomes

- Sutter Home Medical Center: 2012 - 2014
 - NV-HAP incident rate dropped 49% in the first year or 60 cases
 - Provided oral care supplies. Cost of supplies: \$117,600
 - Results: Saved 8 lives and \$2.4 million dollars
 - ROI: \$2.28 million dollars
- Salem VA Medical Center: 2016
 - Replicated the Sutter Home Study
 - NV-HAP incident rate dropped 92%
 - 13 lives saved during a 19-month period
 - ROI: \$2.84 million dollars
- Other VA hospitals implementing the oral care program decreased pneumonia rates by 46 – 60%



Importance of Oral Health Integration in Primary Care

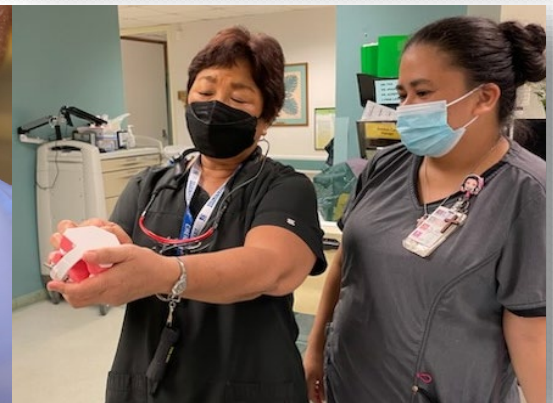
- Oral health is a critical component of general health.
- Interprofessional collaboration between dental and medical professionals is essential.
- Oral health integration helps address health disparities.



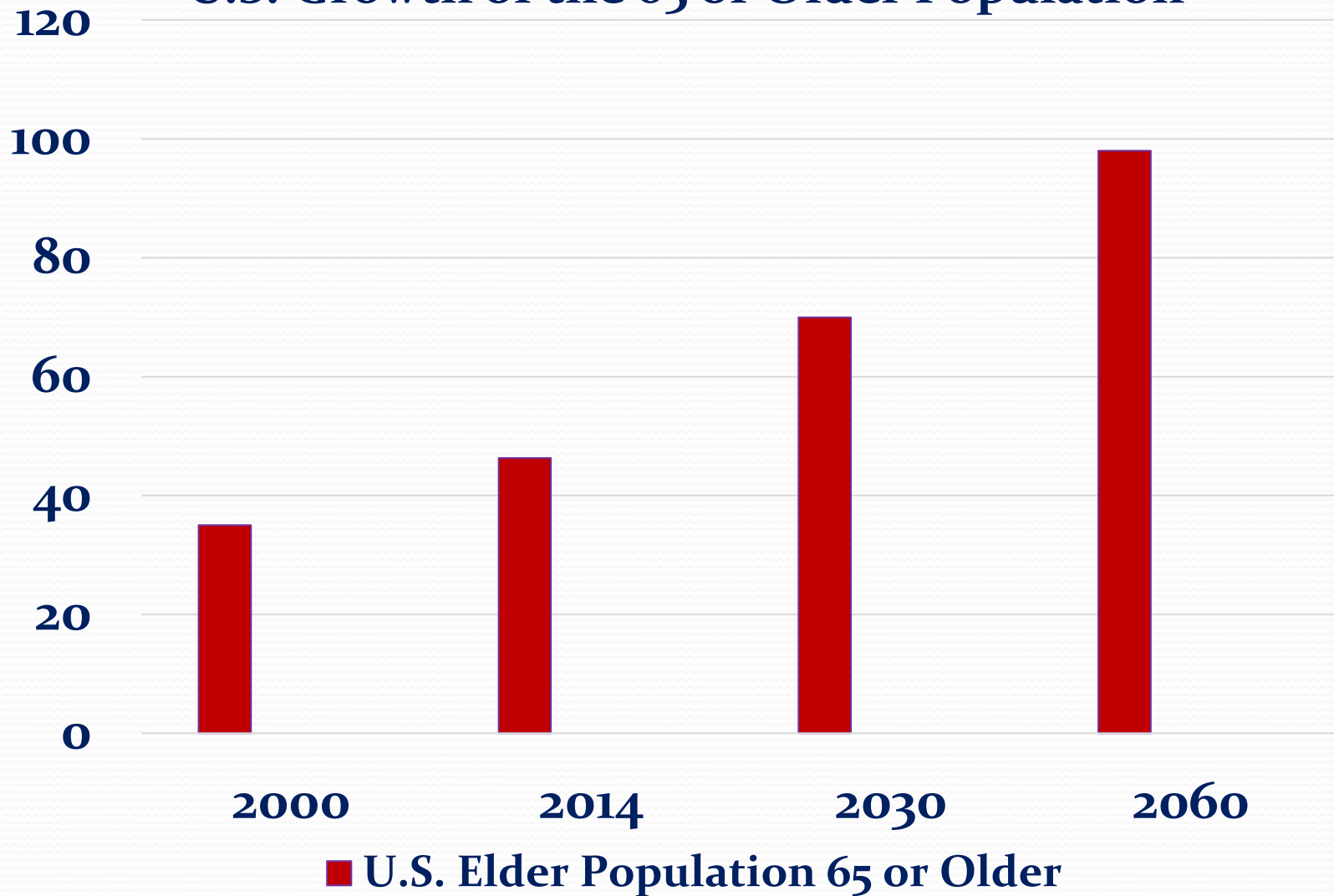
INTERPROFESSIONAL COLLABORATION

The RDH in Public Health Settings

- The dental hygienist has the expertise to collaborate with nurses and other professionals to provide effective solutions to oral health challenges in skilled nursing facilities
- Educate and train staff, families, and care givers on the skills necessary to provide quality oral care to others

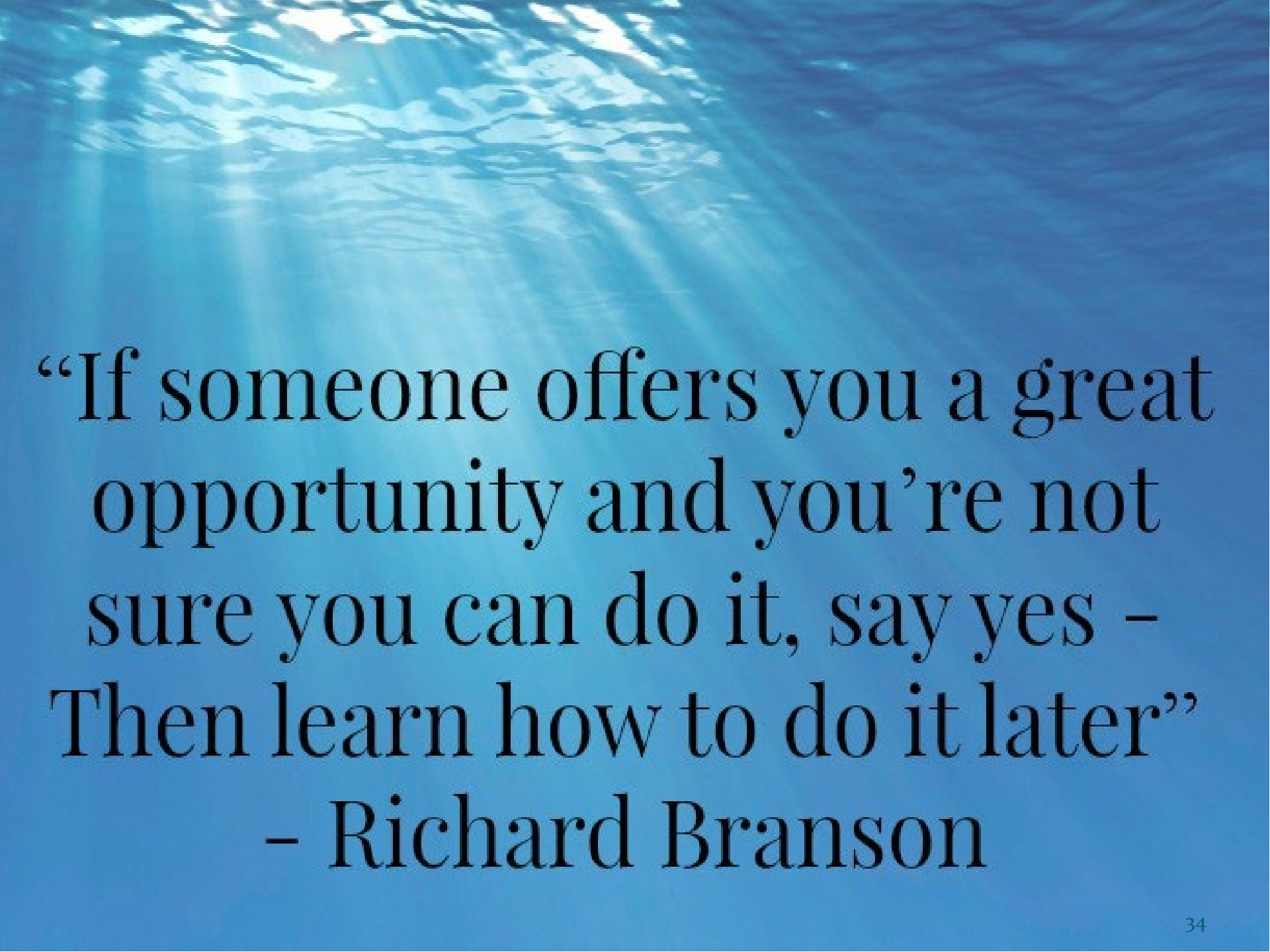


U.S. Growth of the 65 or Older Population



**Prevention is
the ultimate
goal to
maximize a
person's health.**



The background of the slide is an underwater photograph. Sunlight rays are visible, filtering down from the surface, creating a shimmering effect on the water. The water is a deep blue color.

“If someone offers you a great opportunity and you’re not sure you can do it, say yes – Then learn how to do it later”
– Richard Branson