

Silver Award Project Utility

Facility: Dialysis Clinic, Inc--Columbia

Silver Award User: Angela Jacobs

Project Status: Completed

1. Description of Project:

Promote maintenance of good oral hygiene to help ensure dental criteria for transplant is achieved &/or maintained. Provide education, tips & resources. Completed pre & post surveys to measure outcome results. Handouts included tips for overall good oral health, flossing & addressing dry mouth. RD reviewed educational handouts individually with each patient then provided a resource gift bag. The bag included: toothbrush with MicroHalt cover, travel toothbrush, toothpaste, floss, small logo'ed zippered travel bag, sample of Biotene dry mouth lozenges, all-natural lip balm and a Compass Health brochure. The brochure stated available dental services and the various office locations & phone number. RD also informed patients of the availability of financial assistance for needed dental care for dialysis patients which was recently awarded to Compass Health by an MOKP grant.

2. Outcomes Measured:

1. After the project, does the patient now have a dentist?
2. After the project, has the patient been flossing more often?
3. After the project, has the patient experienced less dry mouth?

3. Summary of Outcomes/Results:

1. Of the 39 patients who initially didn't have a dentist, 9 patients got one.
2. Of the 34 patients who initially reported they didn't floss, 19 said they now have.
3. Of the 28 patients who initially reported having dry mouth, 30 said they now have less.

4. Impact on Patients:

Patients (& even staff - though they didn't receive a gift bag) seemed very interested in this health promotion project & voiced appreciation for the information provided & especially pleased with the gift bag. Patients also voiced it was helpful to know about the financial assistance offered to dialysis patients for needed dental services. Unknown if dental clearance was the last obstacle for anyone to get listed as active transplant status.

5. Lessons Learned:

Instead of providing string floss, should have included a small bag of floss holders. During the survey, many patients reported they used those & not string floss.

Some patients who pursued checking into getting the financial assistance for dental services reported over 3 month wait to see a dentist. Some other patients reported that they were finally able to get needed dental care done given the new access to a financial assistance program.



Dental Survey

Name _____

1. Have you gotten new dentist in past 2 months?

YES No

2. Have you been flossing more in the past 2 months?

YES No

3. Have you had less Dry Mouth in the past 2 months?

YES No



What Can Adults Do to Maintain Good Oral Health?

You can keep your teeth for your lifetime. Here are some things you can do to maintain a healthy mouth and strong teeth.

✓ Drink fluoridated water and brush with fluoride toothpaste.

✓ Practice good oral hygiene. Brush teeth thoroughly and floss between the teeth to remove dental plaque.



✓ Visit your dentist on a regular basis, even if you have no natural teeth or have dentures.

✓ Do not use any tobacco products. If you smoke, quit.

✓ Limit alcoholic drinks.

✓ If you have diabetes, work to maintain control of the disease. This will decrease risk for other complications, including gum disease.

✓ If your medication causes dry mouth, ask your doctor for a different medication that may not cause this condition. If dry mouth cannot be avoided, drink plenty of water, chew sugarless gum, and avoid tobacco products and alcohol.

✓ See your doctor or a dentist if you have sudden changes in taste and smell.

✓ When acting as a caregiver, help older individuals brush and floss their teeth if they are not able to perform these activities independently.

The Kidney Korner

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August, 2014

Good Dental Health Begins With You!

As children, we often took pleasure in losing a tooth. After all, the tooth fairy came in the middle of the night and rewarded many of us with money or a treat. However, have you ever heard about an adult rewarded for losing a tooth?

The truth is, once permanent teeth come in, we need to take care of them to keep them healthy. Just like washing our hands to wash germs away, brushing our teeth brushes away harmful bacteria.

Thoughts about dental health take on a brand new meaning for people on dialysis. Kidney disease and failure often causes people to become more vulnerable to infection and illness.

5 TIPS FOR GOOD DENTAL HEALTH

- 1 Brush and floss your teeth daily
- 2 Brush your teeth, or rinse your mouth after eating sticky or sugary foods
- 3 See your dentist regularly
- 4 Don't ignore pain in your mouth!
Report any dental pain or other problems to your dentist or doctor promptly
- 5



Take Good Care of Your Teeth!



For example, a simple cold for a healthy person could become something worse for a dialysis patient. Likewise, poor dental health can make a person on dialysis more prone to other illness and infection. Whether it is cavities, or swollen gums, any problems in the mouth may lead to other serious problems.

Dental problems may seem trivial, but tooth and gum problems are actually types of infection and inflammation. In turn, infection and inflammation cause protein (albumin) levels to drop, setting up a whole cascade of problems that can cause illness and hospitalization.

So, treat your mouth well. Keep it fresh and healthy with daily brushing and flossing. If you have dentures, treat them as you would your own teeth. They also require cleaning and care. Be sure dentures fit properly to prevent pain and gum problems. Then, smile!

ORAL HEALTH & AGING

INFORMATION FOR CAREGIVERS



FLOSSING

Oral Health and Older Adults

If you regularly help someone with oral health care, this fact sheet is for you. It offers practical suggestions about how to provide guidance or direct care, as well as tips that may make the job easier. Oral health is important for people of all ages. A healthy mouth helps people enjoy their food, chew better, eat well, and avoid pain and tooth loss. With good oral hygiene and regular visits to the dentist, older adults can maintain their oral health into their later years.

Flossing

Flossing removes dental plaque between teeth where a toothbrush can't reach. If not removed, dental plaque can build up and cause tooth decay and gum disease.

If the person you care for can floss, make sure he or she:

- Follows the step-by-step guide (see next page)
- Uses tools that might make flossing easier
- Flosses regularly

What type of floss?

- Waxed, unwaxed, flavored, or plain floss all do the same thing. Use the one the person you care for likes best.

What if it's hard to floss?

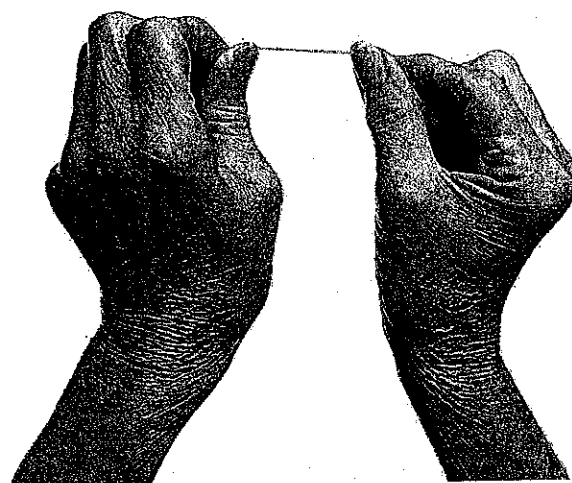
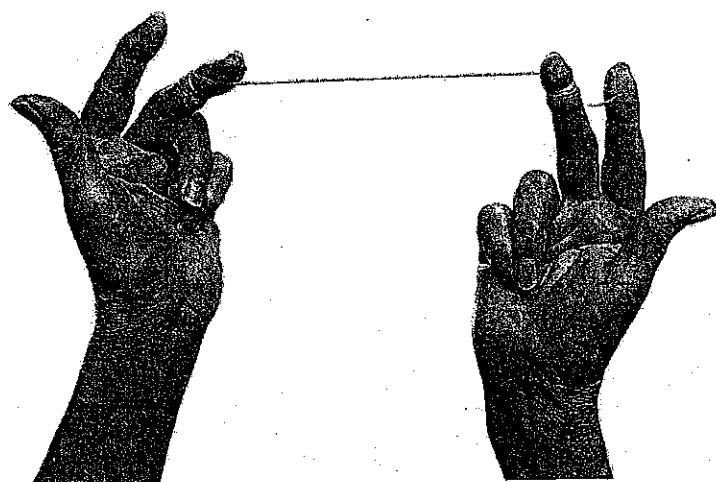
- If it's hard to floss, there are flossing tools that can help (see inside page).



Flossing Step-by-Step

If the person you care for can floss, here are the steps he or she should follow:

- Use a string of floss about two feet long. Wrap that piece around the middle finger of each hand.
- Grip the floss between the thumb and index finger of each hand.
- Ease the floss gently between the teeth until it reaches the gumline. (Don't 'snap' or force the floss into place – this could harm the gums.)
- Curve the floss like the letter "C" around each tooth, keeping in contact with the side of the tooth. Slide the floss up and down under the gum.
- Do this for both sides of every tooth, one side at a time. Adjust the floss a little as you move from tooth to tooth so the floss is clean for each one.
- Be sure to floss all teeth, including the backs of the last teeth on each side.
- Use flossing tools if needed.



If the person you care for cannot floss, you will need to floss his or her teeth. Here are some suggestions that might be helpful:

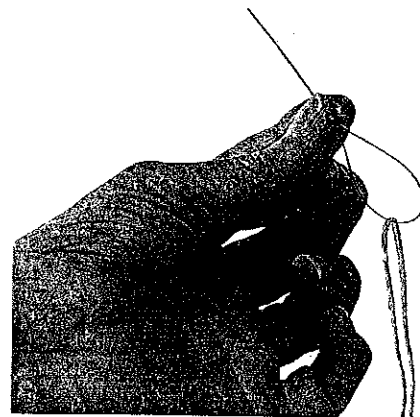
- Find a comfortable position for both of you. One of the easiest ways to floss someone else's teeth is to have him or her lie down on a bed while you kneel or sit alongside.
- Make sure you have floss, flossing tools, and disposable gloves.
- Follow the step-by-step flossing instructions (previous page) and use the flossing tools if needed.

Flossing Tools

- Floss holders hold floss securely in place.
- Floss threaders help thread floss in tight spaces such as around a fixed bridge.
- Oral irrigators (also called dental water jets or water flossers) help clean between teeth and around dental implants and bridges.
- Interdental brushes are tiny brushes specially designed to clean between teeth.



Floss holder



Floss threader



Oral irrigator



Interdental brush

Visiting the Dentist

The person you care for should have regular dental appointments. Professional cleanings are just as important as brushing and flossing at home. Regular exams can identify problems early, before they cause unnecessary pain. Before each appointment, make sure to have a list of current medications, known allergies, and any insurance or billing information.

At these visits, the dentist or dental hygienist can suggest an oral hygiene routine that may make it easier for the person you care for. The dentist may also prescribe a special toothpaste or mouthwash to help prevent tooth decay, or mouthwash to fight germs that cause gum disease. Follow the dentist's instructions for use.

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August 2018

ORAL HEALTH & AGING



INFORMATION FOR CAREGIVERS



DRY MOUTH & OLDER ADULTS

Dry mouth is the feeling that there is not enough saliva in the mouth. Common causes of dry mouth in older adults include side effects of certain medications and dehydration, when you lose more fluid than you take in.

Dry mouth can make it hard to chew, swallow, or even talk. Having less saliva also increases the risk of developing tooth decay or fungal infections in the mouth since saliva helps keep harmful germs in check.

Dentures can become uncomfortable and may not fit as well if the mouth is dry. And without enough saliva, dentures can rub against the gums or the roof of the mouth and cause sore spots.

It is important to know that dry mouth is not part of the aging process itself. However, many older adults take medications that can dry out the mouth, and taking more than one of these can make dry mouth even worse. For example, medicines for high blood pressure, depression, and bladder-control problems often cause dry mouth. (Do not make any changes to your medications, though, without first talking to your physician.)

DID YOU KNOW?

Some people feel they have dry mouth even if their salivary glands are working correctly. People with certain conditions, such as Alzheimer's disease or those who have suffered a stroke, may not be able to feel wetness in their mouths.

WHAT CAUSES DRY MOUTH?

- Side effects of some medicines. Hundreds of medicines can cause the salivary glands to make less saliva.
- Dehydration. Older adults are more prone to dehydration than younger people.
- Disease. Diabetes, Sjogren's syndrome, and HIV/AIDS can all cause dry mouth.
- Radiation therapy. The salivary glands can be damaged if they are exposed to radiation during cancer treatment.
- Chemotherapy. Drugs used to treat cancer can make saliva thicker, causing the mouth to feel dry.
- Nerve damage. Injury to the head or neck can damage the nerves that tell salivary glands to make saliva.

WHAT IF THE PERSON YOU CARE FOR HAS DRY MOUTH?

Make sure he or she visits a dentist or physician who can help determine what is causing the dry mouth and suggest appropriate treatments. If medications are causing dry mouth, the dentist or physician might advise changing medications or adjusting the dosages. Other treatments might include a medicine that helps the salivary glands work better and artificial saliva to keep the mouth wet.

YOU MAY ALSO SUGGEST THE PERSON YOU CARE FOR DO THE FOLLOWING:

- Sip water or sugarless drinks often, especially during meals. This will make chewing and swallowing easier. It may also improve the taste of food.
- Avoid drinks with caffeine, such as coffee, tea, and some sodas. Caffeine can dry out the mouth.
- Chew sugarless gum or suck on sugarless hard candy to stimulate saliva flow; citrus, cinnamon, or mint-flavored candies are good choices. Some sugarless chewing gums and candies contain xylitol and may help prevent cavities.
- Don't use tobacco or alcohol. They dry out the mouth.

- Be aware that spicy or salty foods may cause pain in a dry mouth.

- Use a humidifier at night.

TO MAINTAIN GOOD ORAL HEALTH, HE OR SHE SHOULD ALSO:

- Gently brush at least twice a day with fluoride toothpaste.
- Floss regularly.
- Avoid sticky, sugary foods, or brush immediately after eating them.
- Rinse with water after using an inhaler or taking any syrup-based medicines.
- Select sugarless cough drops, vitamins, and antacid tablets.
- Use a fluoride mouth rinse that does not contain alcohol.

**VISIT THE
DENTIST
REGULARLY**

The person you care for should visit the dentist even if there are no remaining natural teeth. And see the dentist right away about any changes in the mouth such as sores, pain, swelling, or bleeding gums.

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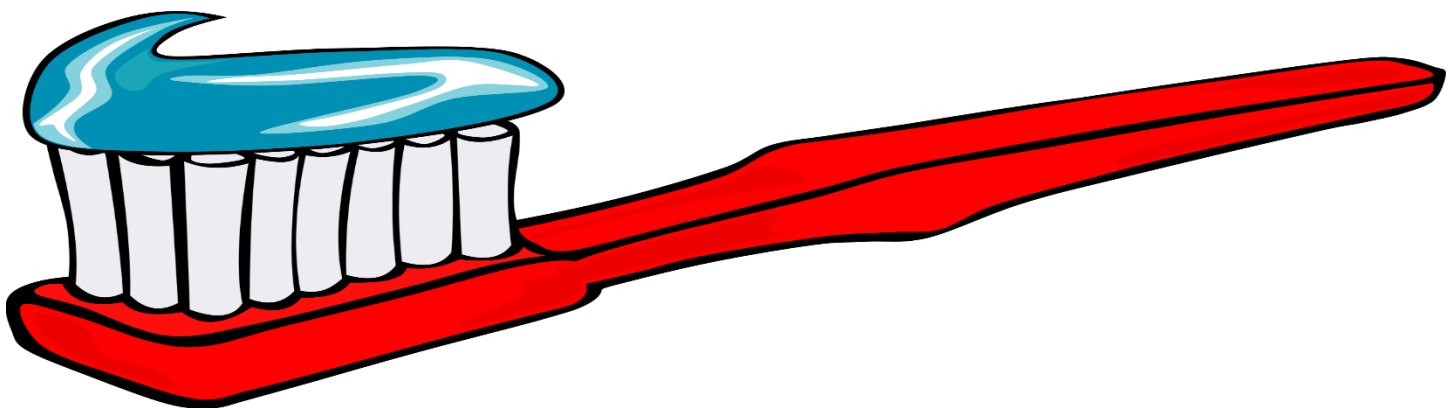


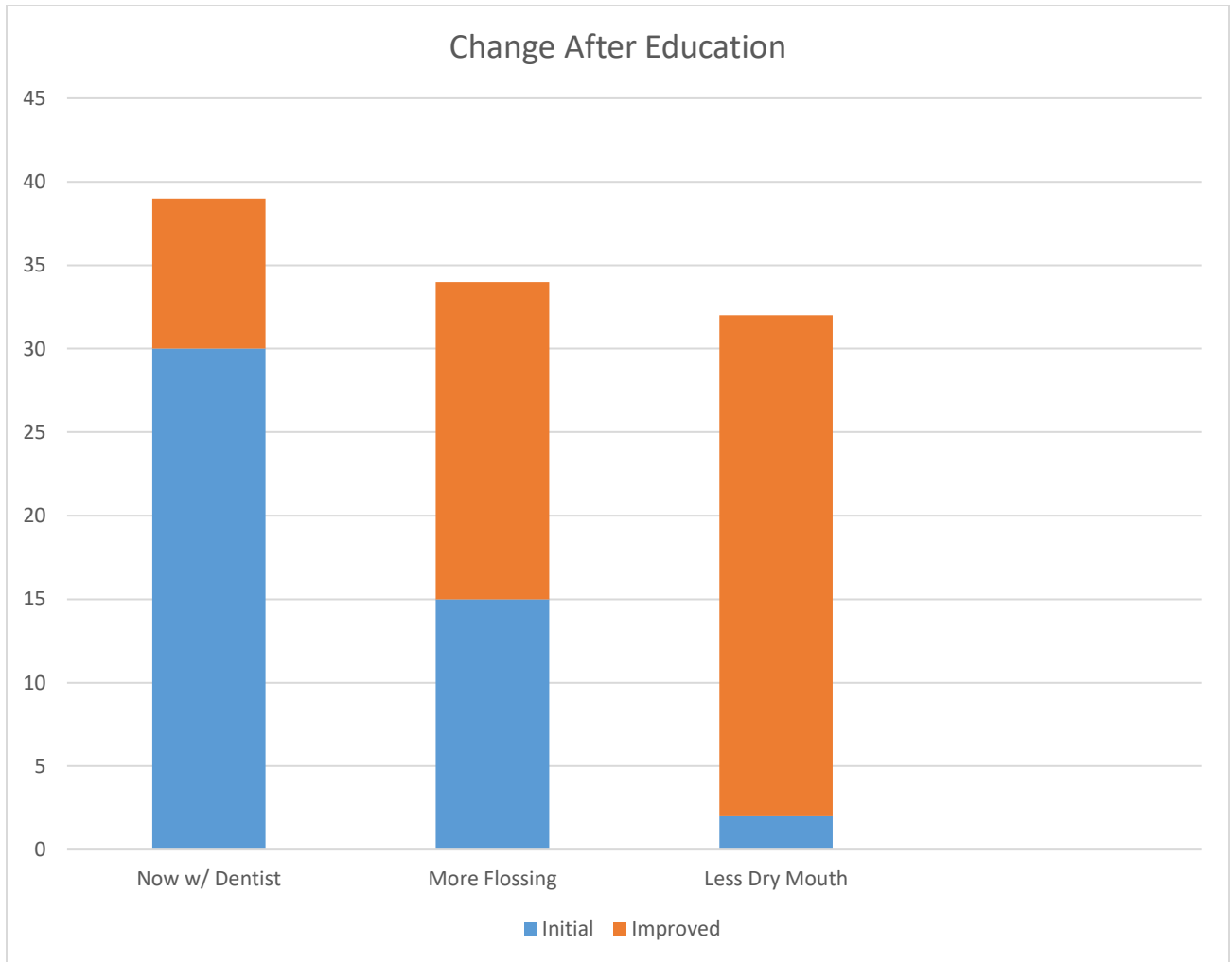
July 2019

Dental Survey

Name _____

1. Do you have a dentist? YES No
2. If yes, then do you see at least yearly? YES No
3. Do you floss? YES No
4. If yes, then how often?
 - a. Each time you brush
 - b. Once a day
 - c. Once a week
 - d. Other – please specify _____
 - e. never
5. Do you struggle with Dry Mouth? YES No





From a total of 70 patients:

1. 39 pt's reported initially no dentist but at post survey, 9 reported they now do
2. 34 pt's reported initially did not floss but at post survey, 19 reported they now are some.
3. 28 pt's reported they suffer from dry mouth but at post survey, 30 reported they now have less