

ACKNOWLEDGEMENTS

With gratitude to all who are acknowledged, the Iowa CareGivers Board of Directors, Leadership Council, partners, staff, and consultants are pleased to present this Mouth Care Matters Employer Implementation Toolkit designed to increase access to good oral care for older Iowans and people with disabilities, but suitable for all populations served and settings.

This Mouth Care Matters Employer Implementation Toolkit© is made possible by grants from the RRF Foundation for Aging and the Delta Dental of Iowa Foundation.



RRF Foundation for Aging

www.rrf.org/



Delta Dental Foundation of Iowa:

www.deltadentalia.com/foundation/



Life Long Smiles Coalition

www.lifelongsmilescoalition.com/



Mid-Iowa Health Foundation and Iowa Department of Public Health provided previous funding that helped launch the initial MCM Phase I. That work established the structure and foundation upon which the toolkit was built.



For partnering on the development of the MCM curriculum, MCM instructor curriculum, and in a research project that demonstrated marked improvements in nursing home residents' oral health status in the demonstration site where a critical mass of CNA staff received MCM training.



For developing an amazing oral health training curriculum now proven to be suitable for multiple disciplines, and for training an incredible cadre of MCM instructors.



ACKNOWLEDGEMENTS

We extend appreciation to the following partners in supporting the MCM project and for piloting the Mouth Care Matters Employer Implementation Toolkit:

Home Instead Senior Care of Urbandale

<https://bit.ly/3cW8zGo>

Senior Housing Management, Inc.

<https://www.seniorhousingcompanies.com/>

- Arlington Place of Grundy Center
- Country Meadow Place, Mason City
- Edencrest at The Legacy, Norwalk

Madrid Home Communities

<https://www.madridhome.com/>

- Ballard Creek, Huxley
- The Cedars, Madrid

Western Home Communities

<https://www.westernhomecommunities.org/>

- Windhaven
- Thalman Square
- Stanard Family
- At Home

Mouth Care Matters certified instructors who inject enthusiasm and passion into teaching Mouth Care Matters in-services and classes.

<https://bit.ly/2WvAQMT>



Iowa CareGivers Vision

A network of excellence in caregiving and support for all Iowans.

Iowa CareGivers Mission

To enhance the care and support of Iowans by providing education, research, recognition, and advocacy for those who provide direct care.

In Memory of Carol Van Aernam, RDH 1940-2020

We would like to acknowledge the extensive contributions made to this toolkit and the Mouth Care Matters program by our dear friend and colleague Carol Van Aernam, Iowa CareGivers Consultant and Mouth Care Matters Instructor. Carol was instrumental in developing the MCM curriculum and program design, classes, and in-services. Her memory will live on through her passionate work to ensure that all persons served receive good oral health.

Community Colleges for their support in hosting Mouth Care Matters classes and for approving contact hours for participating nurses and other health professionals:

Hawkeye Community College

<https://www.hawkeyecollege.edu/>

Des Moines Area Community College (DMACC)

<https://www.dmacc.edu/Pages/welcome.aspx>

EVALUATION AND RESEARCH SUPPORT:

Iowa Healthcare Collaborative

<https://www.ihconline.org/>

University of Iowa College of Dentistry

<https://www.dentistry.uiowa.edu/>

INTRODUCTION



This Mouth Care Matters (MCM) Employer Implementation Toolkit offers a path for health care employers to integrate oral health education and tools into their infrastructure so that persons they serve receive optimal oral care.

The Toolkit is designed to provide the following oral health tools to enable health care employers, regardless of setting, to integrate and sustain effective oral health practices through systemic changes:

- Educational Sessions
- Tools for Organizational Change
- Educational Tools
- Consumer Oral Care Kit
- Educational Resources
- Educational Activities

NEED

Access to optimal oral care for older Iowans is compromised by the convergence of a number of complex factors substantiated by significant research and data. Each of the following factors has its own set of circumstances, but all are interconnected. Ultimately, access to oral care for many older Iowans isn't possible without a stable and well-prepared workforce.

- A lack of awareness about how vital oral health is to one's overall health and well-being;

- An increasing aging population that will require services;
- The majority of older Iowans wanting to remain in their own homes;
- Too few direct care workers (DCWs) and other health care professionals to provide care and services;
- A high turnover of those that provide direct care; and
- A lack of educational and training opportunities for DCWs and other health professionals in the area of oral care.

WHY USE THIS TOOLKIT?

This Mouth Care Matters Employer Implementation Toolkit can be used to increase the awareness of the importance of oral care and to generate increased dialogue about oral care by staff, persons served, and family/unpaid caregivers. Benefits of using the Toolkit may contribute to:

- Increased oral care access by persons served.
- Increased quality of life for persons served and more enjoyment of daily living.
- Decreased incidence of infections that contribute to pneumonia and other illnesses.
- Well-trained staff who are confident in the delivery of good oral care.



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- A reduction in staff turnover due to oral care training that supports and prepares staff.
- Promotion to the public that the organization places importance on good oral care and that staff have been trained in effective oral care practices.
- Increased oral care awareness by staff with the opportunity to apply what they have learned to oral care practices personally and to friends and family.

Iowa CareGivers is committed to expanding oral health education for those providing direct care, as indicated in our MISSION:

To enhance the care and support of Iowans by providing education, research, recognition, and advocacy for those who provide direct care.

The Iowa CareGivers, an independent nonprofit (501(c)(3)), was founded in 1992 in response to the growing concerns about the shortage and high turnover rates of those who work in direct care such as Certified Nurse Aides (CNAs) and Home Care Aides (HCAs). As massive numbers of Iowans reach retirement age over the next several years and the demand for more home and community-based supports is on the rise, the number of those available to fill these jobs is dwindling at alarming rates. Some have referred to these daunting circumstances as a Tsunami of Need with grave forecasts about the ability to meet people's needs.

Iowa CareGivers sole purpose is to support the direct care workforce so they, in turn, are there to support Iowans and their families during their times of need. It is built upon the guiding principles that a stable, well-educated, skilled, respected, and well-compensated direct care

workforce is vital to the safety and well-being of all Iowans. Iowa CareGivers also serves in a supportive role and in partnership with employers of direct care workers, consumers, and their families.

We support policies and practices that will ensure that those in direct care receive high quality standardized education and skill training; opportunities to advance within the field of direct care; earn a wage that is consistent with the importance of the service they provide; have access to affordable health insurance; and receive the respect they deserve!

Programs and services include statewide and regional educational conferences; newsletters and other resources; mentor, leadership, and other training opportunities; recruitment resources; recognition programs; and much more.



INTRODUCTION

MOUCH CARE MATTERS PHASE I

As one of the founding members of the Lifelong Smiles Coalition (LLSC), Iowa CareGivers (IC) has been at the forefront of addressing the problems of oral health disease and prevention among older Iowans since 2013. MCM is one of three major initiatives of the Lifelong Smiles Coalition (LLSC) funded by Delta Dental of Iowa Foundation (DDIAF).

MCM Phase I also was funded by Mid-Iowa Health Foundation, Iowa Department of Public Health (IDPH) through a Centers for Disease Control and Prevention Cooperative Agreement (#DP13-1307), and in-kind contributions from Des Moines Area Community College (DMACC), Iowa Dental Hygienists' Association, The University of Iowa Colleges of Dentistry and Nursing and the University of Iowa School of Social Work, National Resource Center for Family Centered Practice, and many other stakeholders.

Phase I of the Mouth Care Matters (MCM) project focused on increasing public awareness; developing the MCM curriculum for Direct Care Workers (DCWs), nurses and supervisory staff, and was overseen by the University of Iowa Colleges of Nursing and Dentistry; training a cadre of MCM instructors; testing the MCM training with nurses and DCWs; and building relationships and partnerships around the purpose.

- Phase I evaluations and surveys revealed DCWs reported before training they didn't understand 1) the link between oral health and one's overall health and well-being; 2) the link between medications, dry mouth, bacteria in the mouth and aspiration pneumonia; 3) the important role they could play by merely asking a few simple questions such as "are you able to chew and eat?"; "do you have sores in your mouth?"; or by making and reporting observations on whether a person has lost weight or become frailer. Through MCM training, DCWs significantly increased their awareness, confidence and ability to deliver good oral health care to their clients.
- It is essential that the licensed nurses or other supervisors of DCWs understand the importance of good oral care to one's overall health and wellbeing. Nurses have indicated that they receive very little education on the topic of oral care in their nursing programs. For DCWs to be successful in utilizing their new skills and knowledge gained from the MCM class, it is vital that their supervisors support them in that role.

PHASE I LESSONS LEARNED:

1. High staff turnover makes it difficult to maintain a critical mass of staff with proper oral health training to ensure that oral health remains a priority. Based upon experience with MCM and preliminary results from a University of Iowa College of Dentistry research project



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(as noted below), it is recommended that a critical mass (50%) of nurses and direct care staff receive MCM training;

2. Nurses who incidentally attended the DCW MCM training indicated that they learned more about oral health in the class than in their entire nursing program. They advocated for inclusion of nurses in the training and we did tailor a training for licensed nurses that included how to conduct oral health assessments and care plans;
3. The multipliers in impact are the licensed nurses and supervisors of DCWs and the DCWs. When nurses or supervisors (depending upon the setting) understand the importance of oral health to one's overall health and well-being, they support those they supervise in placing a higher priority on oral hygiene for those they serve. DCWs who understand the importance of oral health to one's overall health and well-being, then place a higher priority on oral hygiene for those they serve. These health care workers touch the lives of thousands of Iowans every year;
4. Nurses and DCWs said that until the training they did not know of the connection between oral health and one's total health and how poor oral health can contribute to serious illness including aspiration pneumonia and heart disease;
5. Oral health is not on the radar of many providers because they, too, are unaware of how good oral care can help keep people healthy.
6. Other health professionals now view MCM as a multi-disciplinary training. Dietitians, Activity Directors, Therapists (speech, occupational, physical, and respiratory) and others have taken the training;
7. 76% of DCWs who graduated from earlier classes said they also made changes in not only how they provided oral care to the persons they serve, but to their personal oral care habits and those of family members as a result of the training;
8. Typically people think of dental or oral care as cosmetic rather than the major health concern that it is. We can change that through ongoing training and increasing public awareness;
9. Family caregivers also need a version of MCM training.

MCM training was used as an intervention in a research project led by the U of I College of Dentistry to determine whether oral health training of DCWs would impact residents' oral health. In an oral report given to the Lifelong Smiles Coalition on 2/21/20: 3 nursing homes participated (1 control facility in which no CNAs received MCM training; 1 facility with 3 CNA "champions" receiving MCM training; and 1 facility in which 65% of the CNAs completed the training). In the facility where 65% (a critical mass) of the CNAs were trained, residents' plaque and gingival bleeding index scores showed marked improvement.

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Based upon the University of Iowa research project using MCM training, it is important to educate a critical mass (50%) of nurses and direct care staff to sustain a focus on delivery of good oral care to persons served.

The lives of over 4,000 older Iowans were estimated to have been impacted through Phase I as well as over 10,000 received education directly and indirectly (MCM training, conference presentations, newsletter educational columns, website, etc.).

MOUTH CARE MATTERS PHASE II

The RRF Foundation on Aging is one of the first private foundations devoted exclusively to aging and retirement issues. Their mission is to improve the quality of life for older adults. Iowa CareGivers was awarded a grant by RRF Foundation on Aging to support MCM Phase II. Delta Dental of Iowa Foundation has provided additional support for MCM Phase II.

MCM Phase II draws upon the lessons learned and evaluation recommendations gained from Phase I and advances the effort by testing models for implementing MCM into three Home and Community Based Service (HCBS) provider corporations. These provider partners agreed to co-host MCM trainings, in-services or round tables; distribute and promote oral health campaign packages and tools; and technical

assistance in adopting oral health assessment tools ...all comprised in the MCM Employer Implementation Toolkit.

The purpose of MCM Phase II has been to develop and test models of oral health practice integration and sustainability to ensure that older Iowans receive optimal oral care in Home and Community Based Service (HCBS) settings. The goal has been to demonstrate that with the right tools and support, providers can sustain effective oral health practices that result in better oral health for the Iowans they serve, a better prepared staff, and reap potential long-term cost savings. Phase II provides tools and training for systemic changes that integrate and sustain good oral care practices.

Three home and community-based providers have partnered with Iowa CareGivers on MCM Phase II (Senior Housing Management, Home Instead Senior Care Urbandale, Western Home and Madrid Home Communities). These Partners have received the complete MCM Employer Implementation Toolkit. The effectiveness of the application of this toolkit by the Partners is being evaluated to determine impact on the workplace culture. Iowa Healthcare Collaborative and the University of Iowa College Of Dentistry are supporting the evaluation component.

MCM Phase II: Phase II focuses on the development and testing of this "MCM Employer Implementation Toolkit" which includes these comprehensive resources:



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1. MCM in-services for all staff;
2. MCM training for nurses, supervisory staff, dietitians, therapists (physical, occupational, speech, respiratory)
3. MCM training for direct care workers (DCWs);
4. Tools and technical assistance related to oral health protocols that impact intake, assessments, care plans, access to oral care, discharge, etc.
5. Resources to share with family members and consumers to raise awareness about the importance of oral health;
6. Consumer Oral Care Kit for each person served that includes oral care supplies and message about the importance of good oral care.
7. Oral Health tools and resources to raise awareness of the importance of good oral care. (Mirror clings, posters, articles, games, table tents, other educational tools.)
8. Progress on integration of MCM trainings into the community colleges regularly scheduled classes to support providers to maintain a critical mass of staff that receive oral care training and to sustain the program overall.

EASY TO USE

To successfully implement systemic change, the MCM Employer Implementation Toolkit is designed to be:

- Customized to “fit” the organization. The toolkit is written with “person served” language so it can be used regardless of the population served or setting.
- “User ready” and easily accessible. Staff are able to select from a variety of tools to determine which tools best meet the oral care need.
- Flexible and adaptable to the organization.
- Supplemented by additional oral health resources found to be useful and successful.

- Used in a group setting or during one-on-one conversations about oral care.
- Used as a “package” to have the greatest impact to better support optimum oral care practices.

This MCM Employer Implementation Toolkit is designed for use in all care settings, since each level of care or type of service is unique and governed by various rules and regulations. Iowa CareGivers serves as a resource to health care employers who utilize this resource to build systemic cultural changes to enhance the delivery of good oral care to persons they serve through workforce education and use of additional resources in this toolkit.



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EMPLOYER IMPLEMENTATION TOOLKIT



User Guide Table

■ If the box is shaded in light purple it indicates that option is included and/or action is needed.

Tool	Staff	Person Served	Family/Unpaid Caregiver	Training	Electronic	Hard Copy	Order from IC	Order from other
Educational Sessions								
Oral health in-services for all staff	■			■				
MCM 8-hour class for nurses, supervisors, administrators, dietitians, dietary staff, social workers, etc.	■			■				
MCM 8-hour classes for direct care staff	■			■				
Partner Organization Flyer for In-services and classes.	■				■	■		
Tools for Organizational Change								
Key oral health questions, observations, and action plan	■				■	■		
Oral Health Assessment Tool	■				■	■		
Oral Health Care Plan	■				■	■		
Educational Tools								
Posters <input type="checkbox"/> Toothbrushes: A Life Saver <input type="checkbox"/> Replace Toothbrush <input type="checkbox"/> Don't Get Sick from Dirty Teeth <input type="checkbox"/> Good oral health=Good Nutrition=Good quality of life <input type="checkbox"/> Tips for Relieving Dry Mouth <input type="checkbox"/> Healthy Teeth, Healthy Mouth, Healthy Body, Healthy Life <input type="checkbox"/> Daily Oral Care = Infection Control <input type="checkbox"/> Clean Full and Partial Dentures <input type="checkbox"/> Gum Disease Increases the Risk of Heart Disease	■	■	■		■	■		
Oral Health Observation Guide	■				■	■		
Oral Care: What to Watch For!	■				■	■	■	
Mirror Clings	■				■	■	■	
Table Tent	■				■	■	■	



MOUTH CARE MATTERS

EMPLOYER IMPLEMENTATION TOOLKIT

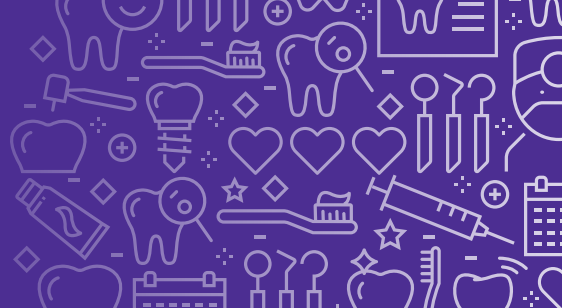


Tool	Staff	Person Served	Family/Unpaid Caregiver	Training	Electronic	Hard Copy	Order from IC	Order from other
Consumer Oral Care Kit								
Kit to include (packaged in a plastic bag): <input type="checkbox"/> Toothbrush <input type="checkbox"/> Toothpaste <input type="checkbox"/> Floss <input type="checkbox"/> Interdental brush <input type="checkbox"/> MCM lip balm <input type="checkbox"/> MCM bookmark								
Educational Resources								
Oral Health Articles <input type="checkbox"/> Why is Oral Care So Important <input type="checkbox"/> Dry Mouth <input type="checkbox"/> Bad Breath <input type="checkbox"/> Toothbrushes <input type="checkbox"/> Daily Oral Care and Flossing = Infection Control <input type="checkbox"/> Dementia and Oral Care <input type="checkbox"/> Dentures <input type="checkbox"/> Mouth Rinses <input type="checkbox"/> Diabetes and Your Mouth <input type="checkbox"/> Smile! (Dietitians) <input type="checkbox"/> No Health without Oral Health (Dietitians)								
GeriaDental App Flyer								
Top 50 Medications related to Dry Mouth								
Adaptive Aids for Toothbrushing								
"Love that Toothbrush"								
Importance of Good Oral Care and Dementia								
Do You Have a Dry Mouth?								
Did You Know? Flash Cards								
Access and Payment for Dental Care								



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EMPLOYER IMPLEMENTATION TOOLKIT



Tool	Staff	Person Served	Family/Unpaid Caregiver	Training	Electronic	Hard Copy	Order from IC	Order from other
Educational Resources Continued								
Oral Health Brochures from National Institute of Dental and Craniofacial Research <input type="checkbox"/> Older Adults and Oral Health <input type="checkbox"/> Brushing: Information for Caregivers <input type="checkbox"/> Flossing: Information for Caregivers <input type="checkbox"/> Dry Mouth and Older Adults: Information for Caregivers <input type="checkbox"/> Finding Low-Cost Dental Care: Information for Caregivers <input type="checkbox"/> Dry Mouth (Xerostomia) <input type="checkbox"/> Dental Care Every Day: A Caregiver's Guide <input type="checkbox"/> Finding Low-Cost Dental Care <input type="checkbox"/> Burning Mouth Syndrome <input type="checkbox"/> Detecting Oral Cancer: A Guide for Health Care Professionals								
Educational Activities								
Power of a Smile								
"Smile on a Stick" Sample								
Adult Coloring Sheets <input type="checkbox"/> Smile (Example) <input type="checkbox"/> Toothbrush (Example)								
"What Am I?" Riddle Instructions and Answer								
Myths about Oral Health								
Oral Health Games and Puzzles <input type="checkbox"/> Teeth to Treasure Word Search <input type="checkbox"/> Fuel Your Healthy Smile <input type="checkbox"/> Watch Your Mouth Crossword <input type="checkbox"/> Rock Your Smile Word Search <input type="checkbox"/> Gen and Flossy Crossword								
Teeth Models and Large Toothbrushes (Not Included, but recommended)								



MOUTH CARE MATTERS

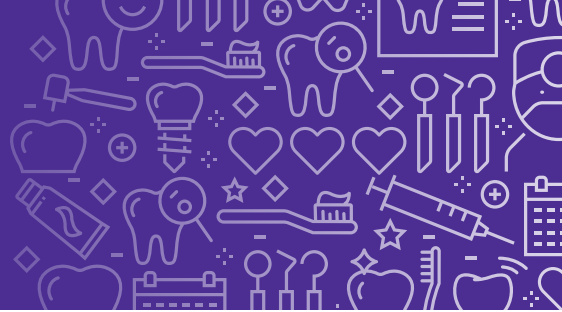
EMPLOYER IMPLEMENTATION TOOLKIT



Tool	Staff	Person Served	Family/Unpaid Caregiver	Training	Electronic	Hard Copy	Order from IC	Order from other
Other Resources								
Order Form								
Reporting Form								
Steps to Sustainability								
Contact Information								
Notes								



MOUTH CARE MATTERS TOOLKIT USER GUIDE



WHAT IS THIS?

This is the Mouth Care Matters Employer Implementation Toolkit User Guide. The User Guide offers a path for health care employers to integrate oral health education and tools into their infrastructure so that persons they serve receive optimal oral care.

This **User Guide** includes the following categories of tools:

- Educational Sessions
- Tools for Organizational Change
- Educational Tools
- Consumer Oral Care Kit
- Educational Resources
- Educational Activities
- Other Resources

WHAT DOES IT DO?

The Toolkit is designed to provide oral health tools that enable health care employers to develop and sustain effective oral health practices. To successfully implement systemic change, these tools are designed to be:

- Customized to “fit” the organization. The toolkit is written with “person served” language so it can be used regardless of the population served or setting.

- “User ready” and easily accessible. Staff are able to select from a variety of tools to determine which tools best meet the oral care need.
- Flexible and adaptable to the organization.
- Supplemented by additional oral health resources found to be useful and successful.
- Used in a group setting or during one-on-one conversations about oral care.
- Used as a “package” to have the greatest impact to better support optimum oral care practices.

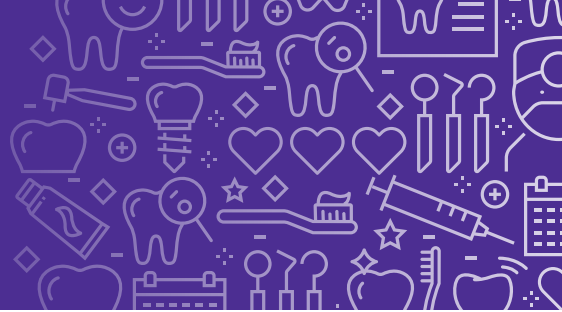
WHO IS THE INTENDED AUDIENCE?

This Toolkit is designed for use by health care employers to integrate good oral care practices into their organizations. Employers can use these resources for the following audiences:

- Staff (administration, supervisors, social workers, case managers, nurses, direct care staff, dietitians and dietary staff, activity directors, therapists [occupational, physical, speech, respiratory].)
- Consumers regardless of setting (home care, nursing home, hospice, hospital, etc.)
- Family Caregivers and other unpaid Caregivers



MOUTH CARE MATTERS TOOLKIT USER GUIDE



WHY USE THIS TOOLKIT?

This **Mouth Care Matters Employer Implementation Toolkit** can be used to increase the awareness of the importance of oral care and to generate increased dialogue about oral care by staff, persons served, and family/unpaid caregivers. Benefits of using the Toolkit may contribute to:

- Increased oral care access by persons served.
- Increased quality of life for persons served and more enjoyment of daily living.
- Decreased incidence of infections that contribute to pneumonia and other illnesses.
- Well-trained staff who are confident in the delivery of good oral care.
- A reduction in staff turnover due to oral care training that supports and prepares staff.
- Promotion to the public that the organization places importance on good oral care and that staff have been trained in effective oral care practices.
- Increased oral care awareness by staff with the opportunity to apply what they have learned to oral care practices personally and to friends and family.

HOW DO I GET STARTED?

The **User Guide Table** has been developed so that users can see “at a glance” the variety of resources in the Toolkit. The purple blocks indicate connection between the tool that is listed and the heading of the column across the top of the page. For example, Oral Health In-services For All Staff applies to “Staff.” The headings across the top of the table include:

- **A list of the tools** (Educational sessions, Tools for Organizational change, etc.)
- **Categories of users** indicating which users are most likely to use each of the tools listed:
 - ✓ Staff
 - ✓ Person Served
 - ✓ Family/Unpaid Caregiver
- **Training** (one-hour in-service, 8-hour class)
- **Accessible format of resources:**
 - ✓ **Electronic** (Most of the resources are available electronically for quick and easy access.)
 - ✓ **Hard Copy** (The Toolkit includes hard copy of most items as an example of each of the tools.)



MOUTH CARE MATTERS TOOLKIT USER GUIDE



- **Ordering materials:** These oral care resources are available from:
 - ✓ Iowa CareGivers (IC): The following items are available to order (see attached order form) in quantities from Iowa CareGivers:
 - Mirror Clings
 - Table Tents
 - “Oral Care: What to Watch For!” message on laminated staff card
 - Consumer Oral Care Kit
 - ✓ **Other sources:** The toolkit includes links and websites where many of the resources can be accessed.

CATEGORIES OF TOOLS:

- **Mouth Care Matters Educational Sessions**
 - ✓ **One-hour In-services** (overview of importance of good oral care and strategies for delivery of oral care)
Audience: all staff, family members could also benefit.
 - ✓ **8-hour classes** (available for nurses, direct care staff and other health care professionals.) Local Community Colleges can apply for approval of contact hours for nurses.
 - ✓ **Examples of flyers** for promotion of in-services and classes are included.
 - ✓ It is recommended that a critical mass of nurses and direct care staff receive Mouth Care Matters training to enhance and sustain good oral health practices, particularly with high staff turnover in some settings. It is recommended that

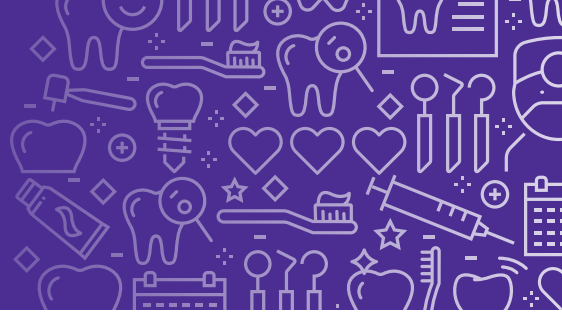
a “critical mass” trained means 50% of nurses and 50% of direct care staff.

- **Tools for Organizational Change**

- ✓ These tools for organizational change are the cornerstone of the infrastructure that can ensure that oral care is delivered properly and that all necessary staff are involved in communications and actions taken to meet the oral health needs of the persons served.
- ✓ **Oral Health Questions, Observations, and Action Plan.** These questions are designed to assist staff in identification and recognition of oral health conditions of the person served. This document also serves as a communication tool between staff and allows for documentation of action needed/completed to ensure access to needed dental care.
- ✓ **Oral Health Assessment Tool for Dental Screening.** This assessment provides a thorough assessment of the oral condition of the person served. Each oral health category (lips, tongue, gums and tissues, natural teeth, dentures, etc.) is assessed as healthy, changes, or unhealthy. Appropriate follow-up can be documented on this form.
- ✓ **Oral Hygiene Care Plan.** The care plan offers specifics about the type of oral care assistance needed and the frequency of oral care. This form provides a list of possible interventions and challenges in the provision of oral care.



MOUTH CARE MATTERS TOOLKIT USER GUIDE



• Educational Tools

- ✓ **Posters.** The Toolkit includes posters with oral health messages on a variety of topics. These messages increase awareness of the importance of oral care.
- ✓ **Oral Health Observation Guide.** This one-page guide offers a colorful illustration of lips, tongue, gums, other tissues, saliva, teeth, and dentures in a healthy state, age related changes, and in an unhealthy state. This guide can be used as a poster, a reference to determine if action is needed, a learning tool for staff or in a number of other ways.
- ✓ **Oral Care: What to Watch For!** Key oral care messages and reminders about what to look for when providing oral care to the person served. These reminders are printed on a small laminated card that can be clipped to a name badge or a work bag, etc. The same messages could be used as a pop-up when logging on to a computer or included in an electronic data system.
- ✓ **Mirror Clings.** These 4 x 4 inch mirror clings can serve as a daily reminder to “Clean Your Teeth & Gums Every Day”. They can be posted on bathroom mirrors or other prominent places.
- ✓ **Table Tent.** This table tent offers oral health messages about the importance of oral care and the impact on overall health. The table tent can be used in the private home, apartment, community dining room, lounge areas, etc.

• Consumer Oral Care Kit

- ✓ The Consumer Oral Care Kit provides the consumer with tools necessary to perform their own oral care or tools for use by direct care staff. The kit includes:
 - Toothbrush
 - Toothpaste
 - Floss
 - Interdental brush
 - Mouth Care Matters lip balm
 - Mouth Care Matters bookmark

• Educational Resources

- ✓ **Oral Health Articles.** This series of articles in a Question/Answer format offer education about important oral care topics such as dry mouth, bad breath, dentures, infection control, mouth rinses, etc. Some articles focus on oral care education for dietitians.
- ✓ **GeriaDental App.** This FREE app is a resource that can be used by staff, family/unpaid caregivers, and others to learn how to provide the best possible oral care. This app is available for both Android and iOS devices and can be downloaded with Google Play or iTunes.
- ✓ **Top 50 Medications dispensed in the U.S.** and which ones are linked to dry mouth. This list demonstrates the number of medications that contribute to dry mouth and how this can impact the person served. Staff and family/unpaid caregivers can use this list to determine



MOUTH CARE MATTERS TOOLKIT USER GUIDE

if medications may be the cause of dry mouth. An alternative may be to ask the physician for other medication options that would not have this side effect.

- ✓ **Adaptive Aids for Tooth Brushing.**

Adaptive aids for tooth brushing can support individuals in performance of their own oral care for as long as possible. This resource offers examples of tooth brush modifications that would be useful for individuals with hand tremors, hand mobility issues, arthritis, dementia, etc.

- ✓ **Love That Tooth Brush.** This resource offers helpful tips on use and storage of a toothbrush to remove plaque and bacteria that can cause gum disease, cavities, or illness.

- ✓ **Importance of Good Oral Care and Dementia.** The Alzheimer's Association recently published an article that suggests that "gum disease may play a pivotal role in the development of Alzheimer's disease." Good oral care is especially important for persons with dementia who may need reminders to perform their own oral care or assistance with oral care. This resource offers strategies for provision of consistent good oral care for persons with dementia.

- ✓ **Do You Have A Dry Mouth?** This resource highlights the symptoms of dry mouth, the importance of saliva, and the causes and treatment of dry mouth.

- ✓ **Did You Know?** This resource is a set of flash cards that illustrate (visually and with graphics) oral health messages that can be used to begin a conversation with the person served about oral health.

- ✓ **Access To and Payment for Dental Care.** This resource provides information on where to access dental care in Iowa and how to find financial assistance to pay for dental care.

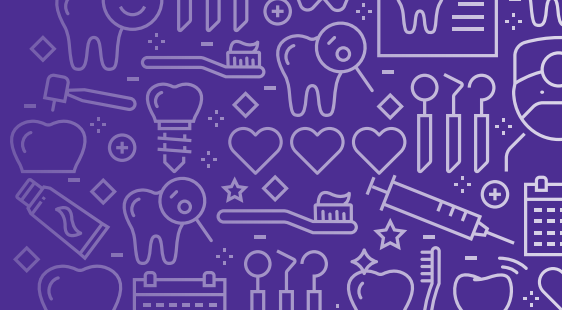
- ✓ **Oral Health Brochures from the National Institute of Dental and Craniofacial Research.** The National Institute of Health has created the National Institute of Dental and Craniofacial Research that offers many health related educational materials. This Toolkit includes one copy of ten different oral health brochures on a variety of topics. These brochures are FREE and can be ordered up to 50 at a time.

- **Educational Activities**

- ✓ **Power of a Smile and "Smile on a Stick" sample.** The "Smile on a Stick" is a tool that can be used to demonstrate how good oral health can help a person keep their smile. A smile is important to our physical and emotional health. This is a resource that can be used as a group activity or with an individual.

- ✓ **Adult Coloring Sheets.** The adult coloring sheets included in this toolkit bring visibility and importance to good oral care. Coloring sheets can be used in a group activity or with an individual.

MOUTH CARE MATTERS TOOLKIT USER GUIDE



- ✓ **“What Am I? Oral Health Riddle.** This is a fun tool that teaches about the use and care of a toothbrush.
- ✓ **Oral Health Games and Puzzles.** The toolkit includes several links to word searches and crossword puzzles that can be used to make learning about good oral health fun. Examples are included.
- ✓ **Teeth Models and Large Toothbrushes.** Teeth models and large toothbrushes are not included in the toolkit, but it is a resource that can be valuable as an educational tool and can make learning fun. These are relatively inexpensive and can be purchased on-line at a variety of sources.
- ✓ **Mouth Care Matters Employer Implementation Toolkit Steps to Sustainability.** Sustainability of an organization wide emphasis on oral health is key to maintaining good oral health for the persons served. This resource offers steps to ensure the integration of comprehensive good oral health practices by the organization.
- ✓ **How Can I Get More Information About the Mouth Care Matters Employer Implementation Toolkit?** This form includes contact information for questions or for more information about this Toolkit.

• Other Resources

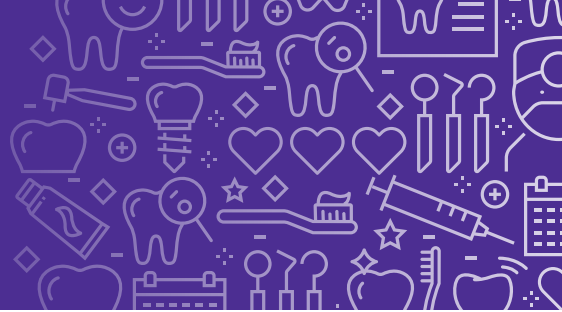
- ✓ **Oral Health Tools Order Form.** This Order Form can be used to order the following resources from Iowa CareGivers. Be sure to include the quantity and date needed, as well as the specific address for mailing the materials.
 - Oral Care: What to Watch For! Laminated cards.
 - Oral Health Mirror Clings
 - Table Tents
 - Consumer Oral Care Kits
- ✓ **Mouth Care Matters Employer Implementation Toolkit Reporting Form.** Partner organizations will use this form to report to Iowa CareGivers on use of the resources in this Toolkit.



EDUCATIONAL SESSIONS



MOUTH CARE MATTERS EDUCATIONAL SESSIONS



Mouth Care Matters (MCM) educational sessions are an important component of the MCM Employer Implementation Toolkit. A stable and well-prepared workforce is the cornerstone to access good oral care for persons served. This toolkit includes one-hour in-services and one-day (8-hour) classes utilizing the Mouth Care Matters curriculum. Participation of a critical mass (50%) of nurses and (50%) direct care staff in the one-day Mouth Care Matters class optimizes the desired systemic changes that integrate and sustain good oral care practices.

MCM is designed for home care, hospice, and nurse aides; personal assistants; patient care technicians, direct support professionals, nurses, dietitians, therapists (physical, speech, respiratory, occupational) and other health care professionals. Family caregivers may also benefit from this oral care training. The program offers practical hands-on skills on how to provide the best oral care possible for lowans of all ages and abilities. One of the greatest take-aways by participants is “a greater understanding about the link between a healthy mouth and one’s overall health and well-being.”

The MCM curriculum is competency-based and was developed by the University of Iowa Colleges of Nursing and Dentistry.

This toolkit includes the following MCM Educational Sessions taught by Iowa CareGivers Certified Mouth Care Matters Instructors:



A ONE-HOUR IN-SERVICE

- **A one-hour oral health in-service for all staff to increase oral health awareness**
- **Learn why good oral health is important to overall health**
- **Gain knowledge about common oral health conditions and diseases**
- **Learn more about Mouth Care Matters**



MOUTH CARE MATTERS EDUCATIONAL SESSIONS



A ONE-DAY MOUTH CARE MATTERS CLASS

- An eight-hour class
- Classroom instruction and hands-on practice
- Learn how oral care impacts one's overall health
- Learn to identify common oral health problems
- Learn basic oral care and various approaches
- Iowa CareGivers'-issued certificate with permanent records maintained for portability

“A greater understanding about the link between a healthy mouth and one's overall health and well-being.”

Additional Highlights:

CLASS FOR THOSE WHO DELIVER DIRECT CARE

- Reinforces responsibility to **OBSERVE AND REPORT** changes in oral health condition of person served.
- Utilization of “Key Oral Health Questions, Observations, and Action Plan” document.

CLASS FOR NURSES AND OTHER HEALTH CARE PROFESSIONALS

- Reinforces responsibility to **ASSESS AND REFER** regarding changes in oral health condition of person served.
- Utilization of Oral Health Assessment and Oral Care Plan tools.
- Nurses receive contact hours for attendance at the Mouth Care Matters class.



MOUTH CARE MATTERS EDUCATIONAL SESSIONS



WHY MOUTH CARE MATTERS!

HEALTHY MOUTH = HEALTHY LIFE

Join us for a One-Hour Oral Health In-service:

- Can a toothbrush really save your life? Come and learn more!
- Learn how oral care impacts one's overall health
- Learn examples of skills to deliver oral care in challenging situations
- Learn more about Mouth Care Matters
- Presented by certified Mouth Care Matters Instructors
- Learn more about how to enter a drawing for a \$50 gift certificate from Hy-Vee!

AUDIENCE

Home Care Aide, Resident Assistant, CAREGiver, Care Companion, CNA, Licensed Nurse, Dietitian, Social Worker, Case Manager, Staff Scheduler, Activity Director or Coordinator, Supervisor, Administrator

LOCATIONS: (choose one)

TUESDAY, NOVEMBER 19, 2019

TIME: 2:30 p.m.

LOCATION: Ballard Creek Assisted Living
908 N. US Hwy 69 • Huxley, IA 50124

THURSDAY, NOVEMBER 21, 2019

TIME: 1:30 p.m.

LOCATION: The Cedars of Madrid
600 N. Kennedy • Madrid, IA 50156

CONTACT YOUR SUPERVISOR FOR MORE INFORMATION.

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The Mouth Care Matters Project is made possible by grants from Retirement Research Foundation and Delta Dental of Iowa Foundation.

Iowa CareGivers
939 Office Park Road #332 • West Des Moines, IA 50265
Phone: (515) 223-2805 • **Fax:** (515) 226-3214
information@iowacaregivers.org • www.iowacaregivers.org



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MOUTH CARE MATTERS EDUCATIONAL SESSIONS



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AUDIENCE

Home Care Aide, Resident Assistant, CAREGiver, Care Companion, CNA, Licensed Nurse, Dietitian, Social Worker, Case Manager, Staff Scheduler, Activity Director or Coordinator, Supervisor, Administrator

LOCATIONS

Home Instead Senior Care

7017 Hickman Rd
Urbandale, IA 50322

DATES: (choose one)

Tuesday, November 19th

TIME: 10:00 a.m.

—OR—

Thursday, November 21

TIME: 3:00 p.m.

CONTACT YOUR SUPERVISOR FOR MORE INFORMATION.

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Home Instead
SENIOR CARE
To us, it's personal.

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MOUTH CARE MATTERS EDUCATIONAL SESSIONS



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AUDIENCE

Home Care Aide, Resident Assistant, CAREGiver, Care Companion, CNA, Licensed Nurse, Dietitian, Social Worker, Case Manager, Staff Scheduler, Activity Director or Coordinator, Supervisor, Administrator

LOCATIONS: (choose one)

Wednesday, November 13, 2019

Time: 2:00 p.m.

Location: Edencrest at The Legacy in Norwalk
2901 Cedar Street • Norwalk, IA 50211

Wednesday, December 4, 2019

Time: 1:30 p.m. or 3:00 p.m. (choose one)

Location: Country Meadow Place
17396 Kingbird Ave • Mason City, IA 50401

Thursday, December 5, 2019

Time: 1:30 p.m. or 3:00 p.m. (choose one)

Location: Arlington Place at Grundy Center
95 D Ave • Grundy Center, IA 50638

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MOUTH CARE MATTERS EDUCATIONAL SESSIONS



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AUDIENCE

Home Care Aide, Resident Assistant, CAREGiver, Care Companion, CNA, Licensed Nurse, Dietitian, Social Worker, Case Manager, Staff Scheduler, Activity Director or Coordinator, Supervisor, Administrator

LOCATION

Western Home Communities

Prairie Wind Building, 3rd Floor Conference Room
5313 Caraway Lane • Cedar Falls, IA 50613

DATE: Wednesday, December 11, 2019

TIME: (choose one)

9:00 to 10:00 a.m.

10:30 to 11:30 a.m.

1:30 to 2:30 p.m.

3:00 to 4:00 p.m.

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MOUTH CARE MATTERS EDUCATIONAL SESSIONS



WHY MOUTH CARE MATTERS!

HEALTHY MOUTH = HEALTHY LIFE

Join us for a one-day Mouth Care Matters Class

PURPOSE: This program promotes creation of an organizational culture that embraces good oral care by demonstrating the oral systemic connection, key elements of oral health assessment and care plans, oral care skills, and the need for good communications.

EDUCATIONAL OBJECTIVES:

The Participant will:

- A.** Explain the importance of good oral health and describe the oral systemic connection.
- B.** Identify tissues in the oral cavity and identify common oral health conditions, recognizing what is normal and abnormal.
- C.** Demonstrate the steps to conduct an oral health assessment and develop an oral care plan.
- D.** Identify effective techniques and skills in the delivery of oral care, including serving persons with challenging behaviors.
- E.** Describe the importance of supporting and communicating with all co-workers, team members, or disciplines so that good oral care is recognized by the organization as important to the quality of life for the persons served.

AUDIENCE:

RN's, LPN's, and other health care professionals involved in this grant project.

INSTRUCTORS ARE CERTIFIED MOUTH CARE MATTERS INSTRUCTORS:

- Trese Castle, BS, RDH
- Carol Van Aernam, BA, RDH

CONTACT HOURS FOR RN'S AND LPN'S:

7.25 Contact Hours
Hawkeye Community College IBON Provider #5

Full attendance is required to earn contact hours. No partial attendance credit will be awarded. It is the licensee's responsibility to determine if the continuing education programs they attend meet the requirements of their professional licensure board. We are unable to provide continuing education contact hours for other healthcare professionals at this time, but each individual completing this class will receive a certificate of completion.

REGISTRATION: Contact your Supervisor to register for this class. There is no registration fee. If you need to cancel, notify your supervisor 24 hours prior to the class. Lunch will be provided.

DATE: Choose one date
*Tuesday, January 14, 2020 or
Wednesday, January 15, 2020*

TIME: 8:00 a.m. to 4:30 p.m.

LOCATION:

Stanard Family Assisted Living
3rd Floor Conference Room (*January 14th*)
2nd Floor Conference Room (*January 15th*)
Western Home Downtown campus
420 E 11th St, Cedar Falls, IA 50613

QUESTIONS:

Mary Ann Young, Iowa CareGivers at:
maryann@iowacaregivers.org
515-360-7003

Mouth Care Matters (MCM) was originally designed for home care, hospice, and nurse aides; personal assistants; patient care technicians; and direct support professionals. Due to interest from nurses and other disciplines, MCM has been modified and is suitable for nurses and other health care professionals. Taught by dental hygienists who are certified instructors, the program offers practical hands-on skills on how to provide the best oral care possible for lowans of all ages and abilities. One of the greatest take-aways by participants is "a greater understanding about the link between a healthy mouth and one's overall health and well-being."



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MOUTH CARE MATTERS EDUCATIONAL SESSIONS



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AUDIENCE:

RN's, LPN's, and other health care professionals involved in this grant project.

INSTRUCTORS ARE CERTIFIED MOUTH CARE MATTERS INSTRUCTORS:

- Mary Kelly, BS, MS, RDH
- Carol Van Aernam, BA, RDH

CONTACT HOURS FOR RN'S

AND LPN'S: 7.25 Contact Hours
DMACC IBON Provider #22

Full attendance is required to earn contact hours. No partial attendance credit will be awarded. It is the licensee's responsibility to determine if the continuing education programs they attend meet the requirements of their professional licensure board. We are unable to provide continuing education contact hours for other healthcare professionals at this time, but each individual completing this class will receive a certificate of completion.

REGISTRATION: Contact your Supervisor to register for this class. There is no registration fee. If you need to cancel, notify your supervisor 24 hours prior to the class. Lunch will be provided.

DATE: *Wednesday, January 8, 2020*

TIME: 8:00 a.m. to 4:30 p.m.

LOCATION:

DMACC Ankeny Campus
BLDG 24, Room 301/303
2006 S. Ankeny BLVD, Ankeny, IA 50023

QUESTIONS:

Mary Ann Young, Iowa CareGivers at:
maryann@iowacaregivers.org
515-360-7003

Mouth Care Matters (MCM) was originally designed for home care, hospice, and nurse aides; personal assistants; patient care technicians; and direct support professionals. Due to interest from nurses and other disciplines, MCM has been modified and is suitable for nurses and other health care professionals. Taught by dental hygienists who are certified instructors, the program offers practical hands-on skills on how to provide the best oral care possible for Iowans of all ages and abilities. One of the greatest take-aways by participants is "a greater understanding about the link between a healthy mouth and one's overall health and well-being."



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TOOLS FOR ORGANIZATIONAL CHANGE



ORAL HEALTH QUESTIONS, OBSERVATIONS AND ACTION PLAN



ACTION PLAN KEY:

- N = No action needed**
- E = Provide educational material**
- I = Inform Family**
- S = Inform Supervisor**
- D = Recommend referring to a dentist**

*If an item is checked, apply indicated Action Code: **N,E,I,S,D**

All health and long term service and support (LTSS) professionals/ caregivers are expected to work within their Scopes of Practice or job descriptions as defined by the State or employer. Family caregivers are encouraged to contact the dental or medical provider before making changes to a loved one's care plan.

CLIENT:						
1. Do you...(check all that apply)						
<input type="checkbox"/> Have natural teeth or dental implants	N	E				
<input type="checkbox"/> Have partials	N	E				
<input type="checkbox"/> Have dentures	N	E				
<input type="checkbox"/> Have no teeth	N	E				
2. Do you have...(check all that apply)						
<input type="checkbox"/> Broken or loose teeth			I	S	D	
<input type="checkbox"/> Bleeding gums		E	I	S	D	
<input type="checkbox"/> Ill-fitting dentures or partials			I	S	D	
<input type="checkbox"/> Missing or broken fillings			I	S	D	
<input type="checkbox"/> Missing or loose crowns			I	S	D	
3. Do you have pain in your mouth while biting or chewing any kind of food?						
<input type="checkbox"/> Yes			I	S	D	
<input type="checkbox"/> No	N					
4. Do you have a dry mouth that causes problems with...(check all that apply)						
<input type="checkbox"/> Tasting		E	I	S	D	
<input type="checkbox"/> Chewing		E	I	S	D	
<input type="checkbox"/> Swallowing		E	I	S	D	
<input type="checkbox"/> Sleeping		E	I	S	D	
<input type="checkbox"/> Speaking		E	I	S	D	
<input type="checkbox"/> Other (please specify: _____)		E	I	S	D	



ORAL HEALTH QUESTIONS, OBSERVATIONS AND ACTION PLAN



5. Have you avoided laughing or smiling due to problems with your... (check all that apply)						
<input type="checkbox"/> Teeth			I	S	D	
<input type="checkbox"/> Mouth			I	S	D	
<input type="checkbox"/> Dentures or partials			I	S	D	
<input type="checkbox"/> Other (please specify: _____)			I	S	D	
6. Do you need... (check all that apply)						
<input type="checkbox"/> New toothbrush		E	I	S		
<input type="checkbox"/> Toothpaste		E	I	S		
<input type="checkbox"/> Denture cleaner		E	I	S		
<input type="checkbox"/> Mouth rinse		E	I	S		
<input type="checkbox"/> Assistance or reminders to complete your oral care		E	I	S		
<input type="checkbox"/> To see a dentist			I	S	D	
<input type="checkbox"/> Other (please specify: _____)		E	I	S	D	
7. When was the last time you visited a dentist?						
<input type="checkbox"/> Within the last 6 months	N					
<input type="checkbox"/> Within the last year		E	I	S	D	
<input type="checkbox"/> Over a year		E	I	S	D	
ACTION:	Completion Date	Completed by				
Completed oral health questions with client						
Completed oral health action plan as indicated						
Person or family refuses dental referral						
Review client's oral health questions and action plan again on: _____						



ORAL HEALTH ASSESSMENT TOOL



Oral Health Assessment Tool for Dental Screening

This assessment provides a thorough assessment of the oral condition of the person served. Each oral health category (lips, tongue, gums and tissues, natural teeth, dentures, etc.) is assessed as healthy, changes, or unhealthy. Appropriate follow-up can be documented on this form.

Oral Health Assessment Tool for Dental Screening (modified by Chalmers (2004) for the Iowa Geriatric Education Center)

Client: _____		Completed by: _____		Date: ___/___/___
Scores – You can circle individual words as well as giving a score in each category and can write notes in the category scores column also				
Category	0 = healthy	1 = changes *	2 = unhealthy *	Category scores
Lips	smooth, pink, moist	dry, chapped, or red at corners	swelling or lump, white/red/ulcerated patch; bleeding/ulcerated at corners	
Tongue	normal, moist roughness, pink,	patchy, fissured, red, coated	patch that is red &/or white, ulcerated, swollen	
Gums and tissues	pink, moist, smooth, no bleeding	dry, shiny, rough, red, swollen, one ulcer/sore spot under dentures	swollen, bleeding, ulcers, white/red patches, generalized redness under dentures	
Saliva	moist tissues, watery and free flowing saliva	dry, sticky tissues, little saliva present, resident thinks they have a dry mouth	tissues parched and red, very little/no saliva present, saliva is thick, resident thinks they have a dry mouth	
Natural teeth Yes/No	no decayed or broken teeth/roots	1-3 decayed or broken teeth/ roots or very worn down teeth	4 + decayed or broken teeth/roots, or very worn down teeth, or less than 4 teeth	
Dentures Yes/No	no broken areas or teeth, dentures regularly worn, and named	1 broken area/ tooth or dentures only worn for 1-2 hrs daily, or dentures not named, or loose	more than 1 broken area/tooth, denture missing or not worn, loose and needs denture adhesive, or not named	
Oral cleanliness	clean and no food particles or tartar in mouth or dentures	food particles/ tartar/ plaque in 1-2 areas of the mouth or on small area of dentures or halitosis (bad breath)	food particles/tartar/plaque in most areas of the mouth or on most of dentures or severe halitosis (bad breath)	
Dental pain	no behavioral, verbal, or physical signs of dental pain	are verbal &/or behavioral signs of pain such as pulling at face, chewing lips, not eating, aggression	are physical pain signs (swelling of cheek or gum, broken teeth, ulcers), as well as verbal &/or behavioral signs (pulling at face, not eating, aggression)	
<input type="checkbox"/> * Refer person to have a dental examination by a dentist <input type="checkbox"/> Person and/or family/guardian refuses dental treatment <input type="checkbox"/> Complete Oral Hygiene Care Plan and start oral hygiene care interventions for person <input type="checkbox"/> Review this person's oral health again on Date: ___/___/___				TOTAL SCORE: 16



ORAL HYGIENE CARE PLAN



Oral Hygiene Care Plan

The care plan offers specifics about the type of oral care assistance needed and the frequency of oral care. This form provides a list of possible interventions and challenges in the provision of oral care.

Oral Hygiene Care Plan (Chalmers, 2004 for use by the Iowa Geriatric Education Center)

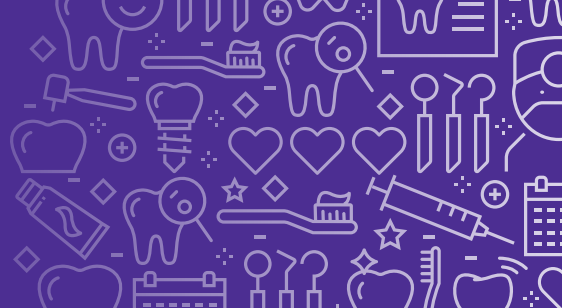
Client: _____		Completed by: _____		Date: __/__/__
Dentist: _____		Phone: _____		
Date of last dental appointment: _____			Date for next oral hygiene care plan review: __/__/__	
Assessment of Dentures: <i>(please circle)</i>	Upper	Full / Partial / Not worn/ No denture Named/ Not named Does/doesn't wear at night	Denture cleaning: independent needs assistance	
	Lower	Full / Partial / Not worn/ No denture Named/ Not named Does/doesn't wear at night	Clean dentures: daily twice daily _____	
Assessment of Natural teeth: <i>(please circle)</i>	Upper	Yes / No / Roots present	Teeth cleaning: independent needs assistance	
	Lower	Yes / No / Roots present	Clean teeth: daily twice daily _____	
Interventions for oral hygiene care <i>(check all that apply and circle frequency needed)</i>	use mouthswab use electric toothbrush use suction toothbrush use regular toothbrush use toothbrush <i>backward bent/ 2 toothbrushes</i> use interproximal toothbrush or floss use regular fluoride toothpaste <i>morning/night</i> scrub denture/s with soap and water <i>morning/night</i> soak denture/s at night in <i>water/denture tablet</i> use saliva substitute for dry mouth use fluoride varnish or other fluoride products (as prescribed by dentist or medical director) use chlorhexidine mouthrinse (as prescribed by dentist or medical director) other _____ other _____		Regular barriers to oral hygiene care : <i>(check all that apply)</i>	forgets to do oral hygiene care refuses oral hygiene care won't open mouth no compliance with directions is aggressive / kicks / hits bites toothbrush and/or staff can't swallow properly can't rinse and spit constantly grinding/chewing head faces downwards / moves won't take dentures out at night dexterity or hand problems/arthritis refuses assistance from carer other _____



EDUCATIONAL TOOLS



ORAL HEALTH POSTERS 01



TOOTHBRUSHES: A LIFE SAVER



Email information@iowacaregivers.org | www.iowaCareGivers.org



ORAL HEALTH POSTERS 02

REPLACE YOUR TOOTHBRUSH

- When bristles are frayed
- Every three months
- After illnesses



 Mouth Care
MATTERS
Oral Health Education for Caregivers

 IOWA CareGivers

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 Mouth Care
MATTERS
Oral Health Education for Caregivers

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ORAL HEALTH POSTERS 03



DON'T GET SICK
**FROM DIRTY
TEETH**



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ORAL HEALTH POSTERS 04



**GOOD ORAL HEALTH =
GOOD NUTRITION =
GOOD QUALITY OF LIFE**



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ORAL HEALTH POSTERS 05



TIPS FOR RELIEVING DRY MOUTH



- Sip water or sugarless drinks, or suck on ice chips.
- Avoid irritants, such as alcohol, tobacco, and caffeine.
- Chew sugar-free gum or suck on sugar-free candy.
- Avoid salty or spicy foods.
- Use a humidifier at night.
- Consider using saliva substitutes.



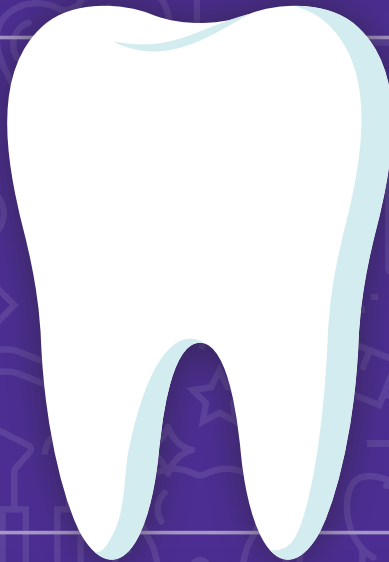
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ORAL HEALTH POSTERS 06



HEALTHY TEETH
HEALTHY MOUTH



HEALTHY BODY
HEALTHY LIFE



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ORAL HEALTH POSTERS 07



DAILY ORAL CARE =
**INFECTION
CONTROL**



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ORAL HEALTH POSTERS 08



CLEAN FULL AND PARTIAL DENTURES



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ORAL HEALTH POSTERS 09



GUM DISEASE INCREASES THE RISK OF HEART DISEASE












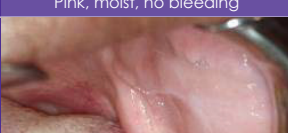


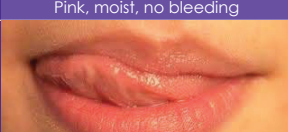



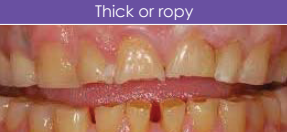



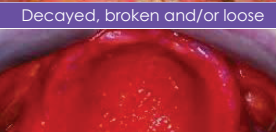
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ORAL HEALTH OBSERVATION GUIDE



ORAL HEALTH OBSERVATION GUIDE

CATEGORY	HEALTHY	AGE CHANGES	UNHEALTHY
Lips	 Pink, moist	 Dry lines seen	 Chapped, bleeding cracks
Tongue	 Pink, moist	 Fissured, bald spots	 Ulcers or sores on sides
Gums	 Pink, moist, no bleeding	 Recession, exposed roots	 Red, puffy, bleed easily
Other Tissues	 Pink, moist, no bleeding	 Purple Vessels under tongue	 White or red patches inside mouth
Saliva	 Moist, shiny tissues	 Thick or ropy	 Very Dry, no moisture, reddened
Natural Teeth	 Clean, none decayed or loose	 Wear and stain present	 Decayed, broken and/or loose
Dentures	 Person wears it & leaves out at night	 Teeth missing or broken	 Stomatitis, thrush



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ORAL CARE WHAT TO WATCH FOR!



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ORAL CARE WHAT TO WATCH FOR!

- Observe location and condition of toothbrush
- Not wearing dentures or partials
- Difficulty eating, speaking, or swallowing
- Observe cracked lips, broken teeth, sores around mouth, bad breath
- Observe and report



For more information or to learn more about Mouth Care Matters, please contact:

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www.iowacaregivers.org



**CLEAN YOUR TEETH
& GUMS EVERYDAY**

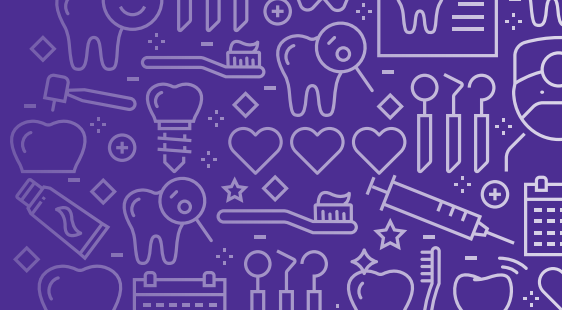


**CLEAN YOUR
TEETH & 
GUMS
EVERY DAY**

Mirror Cling



CLEAN YOUR TEETH & GUMS EVERYDAY





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The Mouth Care Matters Project is made possible by grants from RRF Foundation for Aging and Delta Dental of Iowa Foundation.

MOUTH CARE DOES MATTER!
Good oral health = Good nutrition
= Good quality of life

Did you know that Oral Health and good nutrition reduces your risk for heart disease, diabetes, cancer, and dementia?

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Oral Health Education for Caregivers





Table Tent



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CONSUMER ORAL CARE KIT



CONSUMER ORAL CARE KIT

Good oral health is vital to one's overall health and well-being. This toolkit includes tools and educational materials to increase the awareness by consumers of the importance of and benefits of good oral care.

The Consumer Oral Care Kit is designed as a complement to other educational resources included in this toolkit. The contents of the Consumer Oral Care Kit are designed to offer consumer oral care supplies, as well as an educational message as to why good oral care is important.

CONSUMER ORAL CARE KIT CONTENTS:

- ✓ **Toothbrush**
- ✓ **Toothpaste**
- ✓ **Floss**
- ✓ **Interdental Brush**
- ✓ **Mouth Care Matters Lip Balm**
- ✓ **Mouth Care Matters Bookmark with Educational Message**

Audience: Persons served in home care, assisted living, hospice, hospitals, nursing homes, etc.



USES:

- ✓ Conduct a group activity using an oral health resource and facilitate a group discussion about importance of oral care. Distribute the Consumer Oral Care Kit and review the use and importance of each item.
- ✓ Meet with person served individually to introduce the Consumer Oral Care Kit. Discuss each item and offer some of the other educational resources. Ask key oral health questions, complete the form entitled "Oral Health Questions, Observations, and Action Plan" (this document is included in this toolkit.) Bring additional education materials during next visit, depending upon identification of additional oral health support needed.

CONSUMER ORAL CARE KIT



“Did you know
**THAT GOOD
ORAL HEALTH
AND GOOD
NUTRITION
REDUCES
YOUR RISK**

for heart disease,
diabetes, cancer,
and dementia?”



Healthy Teeth,
Healthy Mouth,
Healthy Body,
Healthy Life



*The Mouth Care Matters Project
is made possible by grants from
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Delta Dental of Iowa Foundation.*



EDUCATIONAL RESOURCES



EDUCATIONAL RESOURCES



Oral Health Education for Caregivers

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WHY IS ORAL CARE SO IMPORTANT

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com

THERE IS NO HEALTH WITHOUT GOOD ORAL HEALTH*

By Carol Van Aernam, RDH, BA

Question: Why is Oral Care so Important?

Answer: Daily brushing and flossing disrupts the bacteria (plaque) in our mouth that causes cavities and gum disease. We need to provide oral care at LEAST twice daily for those with teeth or dentures.

Question: What happens if you do not provide daily oral care?

Answer: Plaque irritates the gums and allows the bacteria to enter the blood stream which:

- Increases your risk by 70% for a heart attack or stroke, or other heart problems.
- Makes diabetes more difficult to control.
- Stresses your immune system.

Bacteria in the oral cavity on your teeth, gums, or dentures may:

- Increase the risk for aspiration pneumonia by 50%.
- Increase your risk for dental cavities.
- Increase bad breath.
- Affect your nutrition when it causes loose, broken or missing teeth, or sores in your mouth.

*Surgeon General, Report on Oral Health, 2000

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DAILY ORAL CARE = INFECTION CONTROL

For additional information:

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Dental Hygienist

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DRY MOUTH: (XEROSTOMIA)

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com

THERE IS NO HEALTH WITHOUT GOOD ORAL HEALTH*

By Carol Van Aernam, RDH, BA

Question: Why is a dry mouth important?

Answer: Without enough saliva in your mouth you have difficulty speaking or trouble tasting, chewing and swallowing. You have an increased risk of getting tooth decay, gum disease, mouth sores, thrush, and difficulty in wearing dentures.

Question: What causes a dry mouth?

Answer: The side effects of over 400 medications, both prescription and over the counter drugs. Side effects of certain diseases and infections including Alzheimer's disease, diabetes, anemia, rheumatoid arthritis, hypertension, Parkinson's disease, cancer and stroke.

Question: What are the symptoms of a dry mouth?

Answer: If they are not producing enough saliva you may notice your person served experiences a dry or sticky feeling in the mouth, frequent thirst, a burning or tingling sensation in the mouth and especially on the tongue. They may also have hoarseness, dry nasal passages or sore throat, bad breath and problems wearing their dentures.

Question: What can be done about a dry mouth?

Answer: Treatment will depend on what is causing the problem. If it is caused by medication, check with your supervisor who can refer to their physician to see if the physician can adjust their medication. An artificial saliva product may help keep the mouth moist. There are several mouth rinses, sprays, and mints that are available over the counter.

Question: What can you do to help the person served?

Answer: Offer water or sugarless drinks often and at meal time. Suggest they avoid drinks with caffeine, such as coffee, tea, and some sodas. Check to see if chewing gum or sucking on sugarless hard candy to stimulate saliva flow is good for the individual. Some might contain xylitol and may help prevent cavities. Discuss avoiding the use of tobacco or alcohol. Be aware that spicy or salty foods can cause pain in a dry mouth. Use a humidifier at night.

Question: What should I do if the problem continues?

Answer: Refer to your direct supervisor or family caregiver depending upon the setting in which you work. If you are a family caregiver, please consult with your dental or medical provider.

DAILY ORAL CARE = INFECTION CONTROL.

**Surgeon General, Report on Oral Health, 2000*

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BAD BREATH

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com

THERE IS NO HEALTH WITHOUT GOOD ORAL HEALTH*

By Carol Van Aernam, RDH, BA

Question: What causes bad breath?

Answer: Bad breath (Halitosis) occurs when bacteria in the mouth breaks down food left in the mouth. It can also occur when there is infection in the mouth from bleeding gums (gingivitis) or Gum Disease (Periodontal Disease.)

Question: Can certain foods or drinks cause temporary Bad Breath?

Answer: Yes. After eating certain foods like onions, garlic or drinking coffee or alcohol or foods that contain sulfur.

Question: What are some other causes of bad breath?

Answer: Dry mouth, (xerostomia), smoking, certain medications, diseases (diabetes, acid reflux, chronic sinus problems), dirty dentures or partials, or a coated tongue.

Question: What can I do to help reduce/eliminate bad breath of the person served?

Answer: First, improve oral care by brushing their teeth and tongue. Use floss or interdental brushes**. Clean their dentures and partials daily. Provide saliva substitutes such as sprays, mints, or water for a dry mouth. Offer mints or gum containing xylitol if they are able to have mints or gum.

Question: Do mouth rinses help?

Answer: Most mouth rinses only reduce bad breath for a short period of time. Use non-alcohol antiseptic mouth rinses for best results or rinses designed for a dry mouth. If bad breath (halitosis) continues, refer person served to a dentist.

*Surgeon General, Report on Oral Health, 2000

**An interdental brush is a small brush specially designed for cleaning between your teeth, where a regular toothbrush does not reach. It can be an alternative to using floss.

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TOOTHBRUSHES

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com

THERE IS NO HEALTH WITHOUT GOOD ORAL HEALTH*

By Carol Van Aernam, RDH, BA

TOOTHBRUSHES: The main purpose of a toothbrush is to remove plaque and bacteria from your mouth. Proper brushing twice a day helps to reduce infection, risk for dental decay, gum disease, tooth loss, and bad breath.

Question: How do I choose the right manual toothbrush?

Answer: Always choose a soft bristle toothbrush, it will remove plaque/bacteria, prevent bleeding gums (gingivitis) and protect exposed root surfaces. The size of the toothbrush depends on the size of your mouth, so choose the size that is most comfortable.

Question: Which is better, Electric/Battery Toothbrushes or Manual Toothbrushes?

Answer: Electric/battery toothbrushes clean teeth more effectively. If you have had a stroke, arthritis, or dementia it is easier to brush your teeth and remove the plaque.

Question: How often do I need to replace my toothbrush?

Answer: Every 3 months, when bristles are frayed, or after an illness.

Question: How do you keep a toothbrush clean and safe to use?

Answer: Rinse with water and tap on sink to remove debris, allow toothbrush to dry between uses. Store toothbrush handle down in a container, or store in a toothbrush case with holes for ventilation. Never allow toothbrush to come into contact with a hairbrush, razor, or other items. Do not store toothbrush in an open container next to the toilet. Do not put the toothbrush in the microwave or dishwasher as it might damage the toothbrush.

Question: Can a toothbrush be shared?

Answer: NO! Billions of bacteria live on a toothbrush. You would have an increased risk for developing an infection or transmitting a disease.

*Surgeon General, Report on Oral Health, 2000

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DAILY ORAL CARE & FLOSSING = INFECTION CONTROL

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com

THERE IS NO HEALTH WITHOUT GOOD ORAL HEALTH*

By Carol Van Aernam, RDH, BA

Question: I heard we shouldn't use dental floss anymore, is that true?

Answer: Recently you may have read or heard that the latest dietary guidelines for Americans, issued by the U.S. Department of Agriculture and Health and Human Services removed any reference of flossing. That led to some saying that flossing isn't important to good oral health. The American Dental Association, American Dental Hygienist Association and several other groups have responded stating that brushing your teeth twice a day and using an interdental cleaner, like floss, is important in preventing disease.

Question: Why is the use of dental floss being questioned?

Answer: Most people do not use dental floss correctly. We need to use an interdental cleaner that best fits the needs of the person served, which depends on the space between teeth, missing teeth, bridges, implants, braces or partial dentures.

Question: Is an interdental cleaner the same thing as dental floss?

Answer: There are many types of interdental cleaners that can be used to clean between the teeth.

- Dental floss, if used correctly (several types of floss, floss handles, flossers, and floss picks.)
- Small brushes with varying sizes of brushes that fit between the teeth, the center wire of the brush should be covered with plastic or rubber (Proxibrush, Sulca Brush, Soft Picks.)
- Wooden and plastic sticks or picks.
- Oral irrigation devices (Waterpik Water Flosser and the Sonicare Air Flosser.)

Question: Why is it important to use an interdental device?

Answer: Brushing alone does not clean between the teeth. We need to remove the plaque, debris and bacteria which contribute to bleeding gums, cavities and gum disease (periodontal disease.) Doing so will:

- Reduce the risk of heart disease, uncontrolled diabetes, and pneumonia.
- Reduce or eliminate bad breath.
- Reduce the cost of dental treatment.

*Surgeon General, Report on Oral Health, 2000

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DEMENTIA & ORAL CARE

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com

THERE IS NO HEALTH WITHOUT GOOD ORAL HEALTH*

By Carol Van Aernam, RDH, BA

Dementia and oral care: It is difficult for persons with dementia to provide their own oral care. Many have severe dental needs such as dental decay and gum disease. Difficult behaviors could be the result of oral pain. They may not be able to tell us about the pain in their mouth.

Question: How does poor oral health and dental pain affect those with dementia?

Answer:

- It can affect their appearance and socializing with others.
- They may not be able to eat or have difficulty in swallowing.
- It can contribute to weight loss, dehydration and type of diet.
- Increases difficult behaviors.

Question: How can I provide oral care for individuals with difficult behaviors?

Answer:

- Always approach the person from the front and slowly move to the side.
- Identify yourself to the individual.
- Maintain eye contact and stand or sit at their level.
- Show the individual the toothbrush and tell them what you are going to do.
- Smile and be gentle.
- Be patient, reassuring and try to enlist the person's participation by giving them a toothbrush.
- Always try to provide oral care later if they refuse.

*Surgeon General, Report on Oral Health, 2000

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DENTURES

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com

THERE IS NO HEALTH WITHOUT GOOD ORAL HEALTH*

By Carol Van Aernam, RDH, BA

DENTURES: Removable replacements for all missing teeth.

PARTIALS: Removable replacements for several missing teeth, some teeth present.

Question: Why do dentures/partial have to be removed for at least 4 hours every night or day?

Answer:

- To give the tissues a rest and prevent sores, infection and bad breath.
- Remove food, debris and germs from the mouth.
- Reduce the risk for Aspiration Pneumonia.

Question: Are you supposed to use a toothbrush or just soak them in a cleaner?

Answer:

- Use a denture brush or toothbrush to clean the dentures/partial
- Soaking is not a substitute for brushing

Question: Can regular toothpaste be used to clean dentures/partial?

Answer:

- No, it can scratch the surface of the dentures/partial.
- Use Denture Toothpaste, hand soap or mild liquid dish soap.

Question: Do dentures/partial have to be soaked when not in the mouth?

Answer: Yes. It helps to keep their shape.

Question: What can be used to soak dentures/partial?

Answer:

- Commercial denture cleaners
- Fresh clean water, not hot water.

*Surgeon General, Report on Oral Health, 2000

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THERE IS NO HEALTH WITHOUT GOOD ORAL HEALTH*

Mouth rinses can help to improve overall oral health for those who have a specific oral health problem.

? Question: Who needs to use a mouth rinse?

Individuals who are not able to completely remove plaque with tooth brushing and flossing may need to use a mouth rinse to reduce plaque from those difficult areas. If you have a specific problem, your dentist may recommend a specific mouth rinse for you to use.

? Question: What types of mouth rinses are used for certain problems?

Fluoride—helps strengthen teeth and protect against tooth decay.

Antiseptic/Antibacterial—helps stop the growth of bacteria and used to treat oral infection.

Natural Herbal—Non Alcoholic—works much in the same way as other mouth rinses. Good for those with sensitive/irritated gums, oral sores, children, and alcoholics.

Total Care—antibacterial which helps to reduce the buildup of plaque. Can have additional benefits added.

Dry Mouth (Xerostomia)—should be non-alcoholic and sugar free. Lubricates the mouth.

? Question: Why would aging Iowans or persons with disabilities need to use a mouth rinse?

If they have difficulty maintaining a healthy mouth, they may need to use a mouth rinse. They may have arthritis or a disability making it physically difficult to keep their mouths clean. They are at increased risk for dental decay and gum disease, which can increase the risk or worsen heart disease or diabetes. Many have a dry mouth (xerostomia) from medications and will need to use a mouth rinse or another product to lubricate their mouth.

? Question: Does a mouth rinse replace tooth brushing or flossing?

No. Mouth rinses are used to supplement good oral care and reach areas that are difficult to clean with a brush or floss, and to reduce the risk of dental decay and gum disease.

All health and long term service and support (LTSS) professionals/caregivers are expected to work within their Scopes of Practice or job descriptions as defined by the State or employer. Family caregivers are encouraged to contact the dental or medical provider before making changes to a loved one's care plan.

*Surgeon General, Report on Oral Health, 2000



For additional information:

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PHONE: 515 223-2805 FAX: 515-226-3214 EMAIL: information@iowacaregivers.org

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October 2019

MOUTH RINSES

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com



Carol Van Aernam
RDH, BA Registered
Dental Hygienist

Meet Carol, a Registered Dental Hygienist and a Mouth Care Matters consultant and instructor.

Carol Van Aernam is a Mouth Care Matters (MCM) instructor and consultant for Iowa CareGivers. She plays a key role in planning, promoting, and teaching MCM. Carol worked in private dental practice for several years and 34 years for the Veterans Administration and Central Iowa Health Care System as a dental hygienist. She specializes in geriatric care and has presented programs at the local and national levels to those who work in direct care, dietitians, dentists, dental hygienists, and other caregivers. In addition, Carol served as an adjunct instructor for Des Moines Area Community College (DMACC) and the University of Iowa.



www.iowaCareGivers.org  



EDUCATIONAL RESOURCES



Oral Health Education for Caregivers

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DIABETES AND YOUR MOUTH

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com

Diabetes and Your Mouth

25% of Americans over the age of 65 have type 2 diabetes¹

48% of Adults age 65 and older have prediabetes which is a strong risk factor for type 2 diabetes.¹

How can diabetes affect the mouth?

If your blood glucose (sugar) levels are too high, the sugar in your saliva helps harmful germs, called plaque grow. It can cause pain, gum disease, infection and other problems in your mouth.

How can the mouth affect diabetes?

If you have gum disease, any infection or inflammation in your mouth, it becomes more difficult to control your blood sugars. This is because any infection causes insulin resistance and high blood sugar. By keeping one condition in check, you're actually helping the other condition.

What are the problems diabetes can cause in the mouth?

- Gingivitis: bleeding gums.
- Thrush
- Periodontitis: Gum disease
- Dry Mouth

What are the warning signs that there is a problem in the mouth?

- Bleeding, red, swollen or tender gums.
- Loose teeth, pain when chewing, or changes in the way your teeth fit when you bite.
- Pus between the teeth and gums.
- Bad breath
- Dry Mouth
- Pain in the mouth, face, or jaw that doesn't go away
- Sore or ulcer that does not heal.

What can be done to avoid oral health problems?

- Control your blood glucose
- Brush and floss your teeth every day to control plaque
- Visit your dentist regularly
- Eat healthy meals
- Quit smoking

1 in 5 
CASES OF
TOTAL TOOTH
LOSS IS LINKED
TO DIABETES²

All health and long term care service and support (LTSS) professionals/caregivers are expected to work within their Scopes of Practice or job descriptions as defined by the State or employer. Family caregivers are encouraged to contact the dental or medical provider before making changes to a loved one's care plan.

GOOD BLOOD GLUCOSE CONTROL = GOOD ORAL HEALTH
GOOD ORAL HEALTH = GOOD BLOOD GLUCOSE CONTROL



Carol Van Aernam
RDH, BA Registered
Dental Hygienist

Meet Carol, a Registered Dental Hygienist and a Mouth Care Matters consultant and instructor.

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For additional information:

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¹ U.S. Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2017. Available at: cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf. Accessed April 11, 2018.
² American Dental Association: One in 5 cases of tooth loss.

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EDUCATIONAL RESOURCES



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SMILE! Dietitians

A project of the Lifelong Smiles Coalition
lifelongsmilescoalition.com

Keep that Smile!

By Carol Van Aernam, RDH, BA

It takes a village to keep that SMILE. It takes a team of interdisciplinary professionals to maintain that smile and total health. It takes dietitians, nurses, dental hygienists, certified nursing assistants, home health and hospice aides, direct support professionals, dentists, and physicians working together to achieve optimal oral nutritional and total health.

Of the millions of older adults admitted to the hospital every year, it is estimated that at least one in three is malnourished upon admission. A recent study suggests that poor oral health is a major risk factor for malnutrition among older adults.

Question: What oral health conditions or diseases contribute to malnutrition?

Answer:

- Gingivitis, Periodontal Disease, and Dental Caries.
- Fractured or broken teeth, loose teeth, missing teeth or edentulism (no teeth).
- Loose or ill-fitting dentures, or partials.
- Xerostomia (dry mouth), candidiasis (thrush), angular cheilitis (cracked lips), hypogeusia (reduced ability to taste), painful tongue, and denture sores.

Question: How do you reduce infection and oral disease in the oral cavity?

Answer:

- Good daily oral care, brushing, flossing or using interdental brushes.
- Cleaning dentures after meals and removing at night.
- Providing a good nutritional diet that meets the person's dental and nutritional needs.
- Regular dental visits and consultations as needed. Incorporate recommendations into care plans.
- Including an oral assessment with the dietary assessment.
- Develop an interdisciplinary oral care plan.
- Refer to a dentist if necessary.

Question: How does malnutrition or a poor diet affect oral health?

Answer:

- Compromises your immune system resulting in dental disease like gingivitis and periodontal disease.
- Contributes to Xerostomia (dry mouth).
- Increases the risk of dental caries due to an unhealthy diet, one high in sugar and lack of vegetables and fruits.
- Vitamin deficiencies increase oral diseases like angular cheilosis (cracked lips), painful tongue, and other oral ulcers.

Question: What is the impact of dentures on the nutritional health of the elderly?

Answer:

- Reduces the chewing and biting strength that may affect the diet.
- Minimizes taste and texture sensation due to the palate being covered.
- Ill-fitting dentures and denture sores will effect nutritional intake.

Question: How does a dry mouth (xerostomia) affect nutritional intake?

Answer:

- Causes pain, difficulty in chewing and swallowing.
- Alters sense of taste.
- Contributes to oral sores, dental caries, and periodontal disease.
- Diet will need to be altered.

For additional information:

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Visit us online at: <https://bit.ly/2tEK0sn>

Learn more at: <https://bit.ly/2NykuOC>



SEE REVERSE SIDE
FOR MORE INFO



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NO HEALTH WITHOUT ORAL HEALTH

Dietitians

THERE IS NO HEALTH WITHOUT GOOD ORAL HEALTH*

By Carol Van Aernam, RDH, BA

Good oral care and good nutrition are interrelated. You cannot have one without the other. Eating the wrong things can contribute to cavities, gum disease, and other oral health issues. Problems in the mouth can lead to poor nutrition or malnutrition.

Sixty-five percent of older adults residing in nursing homes and 46 percent of older adults residing in community-dwelling homes need treatment for tooth decay and/or periodontal (gum) disease, according to the Center for Oral Health Report.

The Sutter Hospital Study found that oral care is one of the most often missed types of care in the hospital. The study found that implementing staff education and providing oral care 4 times a day for those in the hospital reduced overall non-ventilator hospital acquired pneumonia by 70 percent.

Question: Why is Oral Care so Important?

Answer: Daily brushing and flossing disrupts the bacteria (plaque) in our mouth that causes cavities and gum disease. In many settings we need to provide oral care AT LEAST twice daily for those with teeth or dentures.

Question: What happens if you do not provide daily oral care?

Answer: Plaque irritates the gums causing infection and allows the bacteria to enter the blood stream or lungs which:

- Increases your risk for a heart attack or stroke, or other heart problems.
- Makes diabetes more difficult to control.
- Stresses your immune system.
- Increases risk for aspiration pneumonia.

Question: What will poor oral care cause in the oral cavity?

Answer: It will cause infection, pain, and disease in the oral cavity which:

- Increases the risk for aspiration pneumonia, gingivitis, periodontal disease, and dental caries.
- Contributes to bad breath.
- Affects your nutrition when it causes loose, broken or missing teeth, sores in your mouth or ill-fitting dentures.
- Decreases chewing ability and proper nutritional intake.

Question: How does poor nutrition affect your oral health?

Answer: It affects the health of your immune system which:

- Increases your risk for dental caries, gingivitis, and periodontal disease.
- Creates an imbalance of vitamins and minerals that can cause mucosal diseases.

Question: How does poor oral health affect nutrition?

Answer: It affects your ability to chew, taste, swallow and communicate by:

- Limiting your ability to eat fresh vegetables, fruits and meat.
- Limiting your choice of desirable diets or foods.
- Increasing the risk for nutritional deficiencies and malnutrition.
- Impacting your ability to eat due to oral pain.

It is important for dietitians to be able to determine the health of the oral cavity, develop a dietary plan, and refer those they serve to a dental professional when an oral health issue is identified. The Iowa CareGivers offers Mouth Care Matters, a class for dietitians, nurses, certified nursing assistants, home care aides, and other direct care staff. The class provides education on the importance of oral health, oral care skills training, oral health assessment and oral care planning for the person served. The class is specialized for the individuals or disciplines attending.

DAILY ORAL CARE = INFECTION CONTROL = BETTER NUTRITION

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Visit us online at: <https://bit.ly/2tEK0sn>

Learn more at: <https://bit.ly/2NykuOC>



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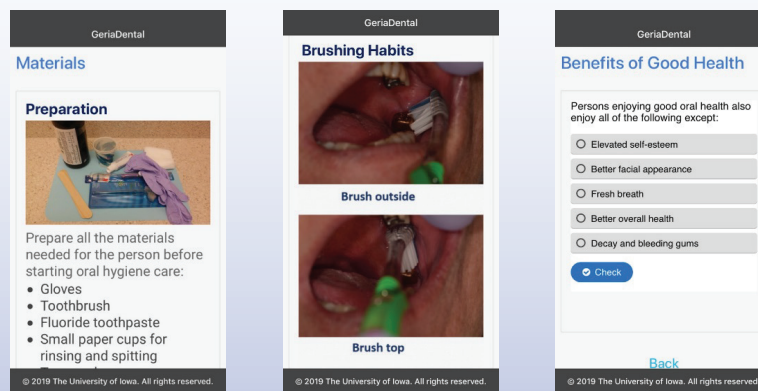
GERIADENTAL

ORAL HEALTH CARE APP



GeriaDental

An app that offers expert tips to help you provide high quality oral health care for older adults



Use this **free** app to learn:

- Why good oral health is important
- How to provide proper daily oral health care for older adults
- How to identify dental problems and what to do about them
- What to do if you encounter challenging behaviors, such as resistance to care
- How to overcome barriers to oral health care

Professional care providers and **family caregivers** alike can use this app before or during oral health care. It is also a valuable tool in **training staff and family** how to provide the best possible care. No matter your role, the GeriaDental app can help you find the answers you need to ensure good oral health for the older adults in your care.

The GeriaDental app is available for both Android and iOS devices and can be downloaded from either Google Play or iTunes.



The Iowa Geriatric Education Center is funded in part by the Iowa Geriatrics Workforce Enhancement Program (Iowa-GWEP), which is supported by the Health Resources and Services Administration (HRSA) of the U.S. Department of Health and Human Services (HHS) under grant number U1QHP28731, Geriatrics Workforce Enhancement Program.



MEDICATIONS LINKED TO DRY MOUTH



Top 50 Medications Dispensed in the U.S. and which ones are linked to dry mouth¹

Brand Name	Generic Name	Dry Mouth ^{2,3}	Brand Name	Generic Name	Dry Mouth ^{2,3}
Actos	pioglitazone	X	Lyrica	pregabalin	X
Advair	fluticasone/salmeterol	X	Mobic	meloxicam	X
Advil	ibuprofen	X	Neurontin	gabapentin	X
Ambien	zolpidem	X	Nexium	esomeprazole	X
Amoxil	amoxicillin	X	Norvasc, Lotrel	amlodipine	X
Aquazide H	hydrochlorothiazide	X	Percocet	oxycodone with acetaminophen	X
Ativan	lorazepam	X	Plavix	clopidogrel	X
Augmentin	amoxicillin/clavulanate	X	Pravachol	pravastatin	X
Bactrim	sulfamethoxazole/trimethoprim	X	Prilosec	omeprazole	X
Celebrex	celecoxib	X	Proair HFA/Ventolin HFA	albuterol	X
Celexa	citalopram	X	Prozac	fluoxetine	X
Cipro	ciprofloxacin	X	Seroquel	quetiapine	X
Coumadin	warfarin	X	Singulair	montelukast	X
Crestor	rosuvastatin	X	Synthroid	levothyroxine sodium	X
Cymbalta	duloxetine	X	Tenormin	atenolol	X
Deltasone	prednisone	X	Toprol, Lopressor	metoprolol	X
Desyrel	trazodone	X	Ultram	tramadol	X
Diflucan	fluconazole	X	Vicodin	hydrocodone/acetaminophen	X
Diovan	valsartan	X	vitamin D	vitamin D	X
Effexor	venlafaxine	X	Xanax	alprazolam	X
Glocophage	metformin	X	Zestril, Prinivil	lisinopril	X
Klonopin	clonazepam	X	Zocor	simvastatin	X
Lantus	insulin	X	Zoloft	sertraline	X
Lasix	furosemide	X	Z-Pak	azithromycin	X
Lexapro	escitalopram	X			
Lipitor	atorvastatin	X			

Medications Dispensed in the U.S. and are linked to dry mouth¹

Generic Name	Brand Name	Dry Mouth ^{2,3}
levothyroxine sodium	Synthroid	
lisinopril	Zestril, Prinivil	X
lorazepam	Ativan	X
meloxicam	Mobic	X
metformin	Glocophage	
metoprolol	Toprol, Lopressor	X
montelukast	Singulair	
omeprazole	Prilosec	X
oxycodone with acetaminophen	Percocet	X
pioglitazone	Actos	
pravastatin	Pravachol	
prednisone	Deltasone	
pregabalin	Lyrica	X
quetiapine	Seroquel	X
rosuvastatin	Crestor	
sertraline	Zoloft	X
simvastatin	Zocor	
sulfamethoxazole/hoprim	Bactrim	
tramadol	Ultram	X
trazodone	Desyrel	X
venlafaxine	Diovan	X
venlafaxine	Effexor	X
vitamin D	vitamin D	
warfarin	Coumadin	
zolpidem	Ambien	X

3M ESPE

3M ESPE

1. Borishlow M. Top 200 Drugs of 2011. Pharmacy Times May 2012.
2. The American Dental Association/Physician's Desk Reference Guide to Dental Therapeutics 2009, 9th edition.
3. Product prescribing information.



ADAPTIVE AIDS FOR TOOTHBRUSHING



ADAPTIVE AIDS FOR tooth brushing for those with:

- Hand tremors, weakness, or Parkinson's
- Alzheimer's or dementia
- Arthritis, or hand mobility issues

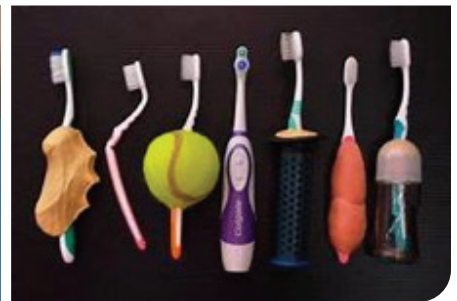
Everyone needs good dental care every day. Brushing your teeth and using between the teeth devices, such as floss or interdental brushes are needed to maintain good oral and general health.

Daily dental care is as important as taking your medications and getting physical exercise. A healthy mouth helps people eat well, avoid pain, tooth loss, hospitalization and feel good about themselves.

It is important to encourage self-care and assist the person served to brush their teeth. If unable, you may need to assist with brushing as needed.

Adaptive devices available:

Grip Cuff, Foam tubing, Bicycle handle, Velcro Strap, Electric or battery toothbrush, Collis Curve, Wash cloth wrapped around and taped to toothbrush.



Use a fluoride mouth rinse and see your dentist every 3 to 6 months as recommended.

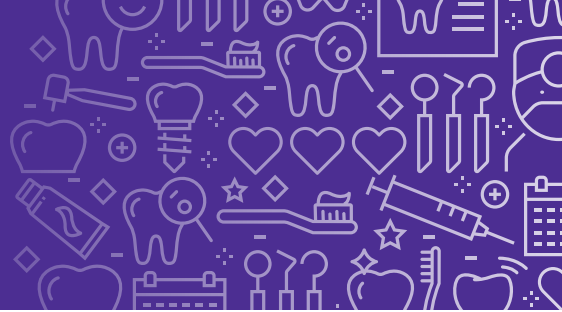
Prevention is important.

Transportation, finding a dentist, cost, and lack of insurance are barriers to obtaining dental treatment.

MOUTH CARE DOES MATTER!



LOVE THAT TOOTHBRUSH



A toothbrush removes plaque and bacteria that can cause gum disease, cavities or make you sick. There is no health without good oral health.

- 1 Use a soft toothbrush to remove plaque or debris.
- 2 Choose a hand toothbrush, battery toothbrush or electric toothbrush. Your choice.
- 3 Brush your teeth 2 minutes twice a day. 2 x 2.
- 4 Replace your toothbrush every 3 months or when frayed.
- 5 Rinse toothbrush after each use to remove bacteria or germs.
- 6 Do not share your toothbrush. It harbors bacteria.
- 7 If you are ill: Replace your toothbrush.
- 8 Do not share your toothpaste with someone who is ill.
- 9 Store toothbrush in an upright position. Dry between use.
- 10 If storage container is used, must not be air tight.
- 11 Close the toilet lid before you flush. Toothbrush storage must be 6 ft. from toilet.
- 12 Do not store your toothbrush with other toothbrushes, or combs or razors, etc.

TAKE CARE OF YOUR TOOTHBRUSH & IT WILL HELP TAKE CARE OF YOU!



IMPORTANCE OF GOOD ORAL CARE & DEMENTIA



Unfortunately, infections are the second largest cause of death in patients living with Alzheimer's disease. With the lack of good daily oral care these infections can start in the mouth.

Does your loved one or person served keep forgetting, are resistive, or are unable to brush their teeth?

Is it important to brush your teeth if you have memory loss and do not want to brush your teeth?

YES

- **Gum Disease** can hasten memory loss and the progression of Alzheimer's disease.
- **Inadequate mouth care**, and refusing oral care can lead to gum disease and increase your risk for pneumonia.
- **Tooth and gum pain** can lead to a person not eating, losing weight, acting out or becoming combative.
- **If you get an infection in your mouth** it can spread throughout your body and you can get very sick and even die.
- **If your gums are red or bleed** when you brush or if you have loose teeth, you may have an infection in your mouth. You need to see a dentist.
- **To prevent gum disease or oral infection**, you need to brush your teeth twice a day. Clean in between your teeth with an interdental brush or use dental floss. Possibly use a fluoride mouth rinse.
- **If you have dentures** remove your dentures at night and clean them with denture toothpaste or dishwashing soap and soak them in a denture cleaner.
- **Alzheimer's patients** need good daily oral care for prevention of oral disease. Transportation, finding a dentist, cost, and lack of insurance are barriers to obtaining dental treatment. Dental treatment may be difficult to provide due to their ability to cooperate with the treatment.
- **Infection in the mouth** is often overlooked as a factor that contributes to memory loss and difficult behaviors in Alzheimer's and other elderly persons we serve.
- **The lack of daily oral care** can result in a trip to the emergency room with an infection or pneumonia, and the need for aggressive treatment or hospitalization.



DO YOU HAVE A DRY MOUTH?



YOU MAY HAVE A DRY MOUTH IF YOU HAVE:

- ✓ A mouth that feels dry or sticky
- ✓ A burning feeling in your mouth
- ✓ A dry feeling in your throat
- ✓ Cracked lips
- ✓ Trouble chewing, swallowing, tasting or speaking
- ✓ Mouth sores
- ✓ A dry or rough tongue
- ✓ Infection in your mouth
- ✓ Dentures that are uncomfortable or do not fit well

WHY IS THAT IMPORTANT?

You need saliva in your mouth to help you:

- ✓ Digest your food
- ✓ Prevent infection in your mouth

WHAT CAN I DO FOR A DRY MOUTH?

Treatment or relief depends on the cause of your dry mouth. If the cause of your dry mouth cannot be changed, such as medication or disease, you can try:

- Sip water or sugarless drinks often
- Don't use tobacco or alcohol
- Avoid drinks with caffeine, coffee, tea, and sugar
- Consider saliva substitutes

- ✓ Protect your teeth from dental decay
- ✓ Help dentures fit and feel more comfortable
- ✓ Make it easier to chew and swallow
- ✓ Reduce denture sores

- Xylitol products
- Chew sugarless gum or suck on sugarless candy
- Use a humidifier at night
- Citrus, cinnamon or mint-flavored items
- Spicy or salty foods may cause pain

Visit your dentist to determine the cause of your dry mouth and the best recommended treatment.

WHAT ARE THE MAJOR CAUSES OF A DRY MOUTH?

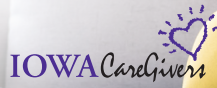
- ✓ Medication
- ✓ Diabetes
- ✓ Radiation therapy
- ✓ Dehydration
- ✓ Alzheimer's Disease
- ✓ Chemotherapy



DID YOU KNOW? FLASH CARDS 01



DID YOU KNOW?
**Dirty teeth can
make you sick.**



Email information@iowacaregivers.org | www.IowaCareGivers.org

DID YOU KNOW?
**When you share your
toothbrush you also
share germs.**



Email information@iowacaregivers.org | www.IowaCareGivers.org

DID YOU KNOW?
**It's important to thoroughly
rinse your toothbrush after
each use.**



Email information@iowacaregivers.org | www.IowaCareGivers.org



DID YOU KNOW? FLASH CARDS 02



DID YOU KNOW?

It's important to change your toothbrush every 3 months or when bristles fray.



Email information@iowacaregivers.org | www.iowaCareGivers.org

DID YOU KNOW?

**Good oral care =
Good overall health.**



Email information@iowacaregivers.org | www.iowaCareGivers.org

DID YOU KNOW?

It's important to use your toothbrush daily, your life may depend on it.



Email information@iowacaregivers.org | www.iowaCareGivers.org

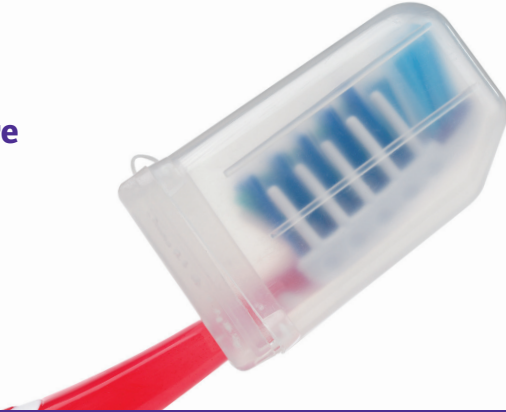


DID YOU KNOW? FLASH CARDS 03



DID YOU KNOW?

It's important to label and store your toothbrush properly.



Email information@iowacaregivers.org | www.iowaCareGivers.org

DID YOU KNOW?

**Brush for 2 minutes
2 times a day (morning
& night)**



Email information@iowacaregivers.org | www.iowaCareGivers.org

DID YOU KNOW?

**Protect your toothbrush —
close the lid before you brush.**



Email information@iowacaregivers.org | www.iowaCareGivers.org



DID YOU KNOW? FLASH CARDS 04



DID YOU KNOW?

It's important to always use a soft toothbrush.



Email information@iowacaregivers.org | www.IowaCareGivers.org

DID YOU KNOW?

It's important to clean between your teeth daily.



Email information@iowacaregivers.org | www.IowaCareGivers.org

DID YOU KNOW?

It's important to remove dentures or partials at night.



Email information@iowacaregivers.org | www.IowaCareGivers.org



DID YOU KNOW? FLASH CARDS 05



DID YOU KNOW?

Dry mouth? Drink plenty of water, chew sugarless gum, and use mouth rinses, sprays, mints or gels for a dry mouth.



Email information@iowacaregivers.org | www.IowaCareGivers.org

DID YOU KNOW?

Your teeth are jewels not tools.



Email information@iowacaregivers.org | www.IowaCareGivers.org

DID YOU KNOW?

It's important to see your dentist or hygienist every 6 months or as needed.



Email information@iowacaregivers.org | www.IowaCareGivers.org



FINDING AFFORDABLE DENTAL CARE IN IOWA



DENTAL COLLEGES

University of Iowa College of Dentistry

801 Newton Rd., Dental Science Building
Iowa City, IA 52242

Treatment is available in the faculty practice and student clinics. For information call:

(319) 335-7499

www.dentistry.uiowa.edu/patient-care

DENTAL HYGIENE CLINICS

Des Moines Area Community College

2006 South Ankeny Blvd. Bldg. #9
Ankeny, IA 50021

Information and appointments:

(515) 964-6280

www.dmacc.edu/students/pages/dental.aspx

Hawkeye Community College

501 East Orange Road, Grundy Hall, Lower Level
Waterloo IA 50704-8015

Information and appointments:

(319) 296-1030

www.hawkeyecollege.edu/business-community/community-resources/dental-clinic

Iowa Central Community College

One Triton Circle
Fort Dodge, IA 50501

Information and appointments:

1-800-362-2793, ext. 1327 or (515) 574-1327

www.iowacentral.edu/health_science/dental_hygiene/clinic/patient.asp

Iowa Western Community College

2700 College Road

Council Bluffs, IA 51503

Information and appointments: (Clinic located at)

Creighton University School of Dentistry

2109 Cuming Street, Omaha, NE 68102

Phone: **(402) 280-5990**

<https://dentistry.creighton.edu/patients/become-patient>

Kirkwood Community College

6301 Kirkwood Blvd. SW

Cedar Rapids, IA 52604

Information and appointments: (Clinic located at)

Contact: University of Iowa College of Dentistry

(319) 335-7499

Indian Hills Community College

525 Grandview Avenue

Rural Health Education Center

Ottumwa, IA 5250

Information and appointments:

Phone: **(641) 683-5209**

I-SMILE SILVER: ORAL HEALTH FOR IOWA SENIORS

Webster County Public Health (*Serving Pocahontas, Humboldt, Wright, Calhoun, Webster, Hamilton Counties.*)

723 1st Ave South

Fort Dodge, IA 50501

Phone: **(515) 573-4107**



FINDING AFFORDABLE DENTAL CARE IN IOWA



Scott County Health Department (Serving Scott County)

600 West 4th Street
Davenport, IA 52801
Phone: (563) 326-8618

Lee County Health Department (Serving Lee, Des Moines, and Van Buren Counties)

2218 Avenue H
Fort Madison, IA 52627
Phone: (319) 372-5225

HOSPITALS

Broadlawns Medical Plaza

1801 Hickman Road
Des Moines, IA - 50314
Dental Clinic Information and appointments:
Phone: (515) 282-2421
www.broadlawns.org/dental-clinic.cfm

Unity Point Health: St. Luke's Dental Health Center

St. Luke's Medical Plaza
855 A Ave. NE Suite LL1
Cedar Rapids, IA 52402
Information and appointments:
Phone: (319) 369-7730
www.unitypoint.org/cedar-rapids/services-dental-health-center

COMMUNITY HEALTH CENTERS

Community Health Centers of Southern Iowa

Dental Clinic

302 NE 14th Street
Leon, IA 50144
Information and appointments:
(641) 446-2383

www.unitypoint.org/cedar-rapids/services-dental-health-center

Community Health Centers of Southeast Iowa

West Burlington Medical and Dental Clinic

1706 West Agency Road
West Burlington, IA 52655
Phone: (319) 768-5858

Louisa County Medical and Dental Clinic

2409 Spring Street
Columbus City, IA 52737
Phone: (319) 728-7400

Keokuk Medical and Dental Clinic

1618 Main Street
Keokuk, IA 52632
Phone: (319) 524-5734

Community Health Center of Fort Dodge

126 N 10th St.
Fort Dodge, IA 50501
(515) 576-6500



FINDING AFFORDABLE DENTAL CARE IN IOWA



Riverhills Community Health Center

Ottumwa Location

201 S. Market St.

Phone: **(641) 683-5773**

Centerville Location

1015 N 18th St, Suite C,
Centerville, IA 52544

Phone: **(641) 856-4400**

Community Health Care Davenport Dental Clinic

125 Scott Street

Davenport, IA 52801

Phone: **(563) 336-3000**

CHC Clinton Medical & Dental Clinic

925 S. 4th Street

Clinton, IA 52732

Phone: **(563) 259-6004**

Siouxland Community Health Center

91021 Nebraska Street

Sioux City, Iowa 51105

Phone: **(712) 202-1006**

United Community Health Center

715 West Milwaukee

Storm Lake, IA 50588

Phone: **(712) 213-0179**

Peoples Community Health Clinic, Inc.

Waterloo Dental Clinic

905 Franklin Street

Waterloo, Iowa 50703

Phone: **(319) 874-3000**

Peoples Clinic Butler County

118 South Main Street

Clarksville, Iowa 50619

Phone: **(319) 278-9020**

Eastern Iowa Dental Center

Cedar Rapids Community Health Center

1225 3rd Avenue SE

Cedar Rapids IA, 52403

Phone: **(319) 730-7300**

<https://easterniowahealthcenter.com/>

All Care Health Center Dental Clinic

902 South 6th Street

Council Bluffs, IA 51501

Phone: **(319) 256-9151**

Dental Connections

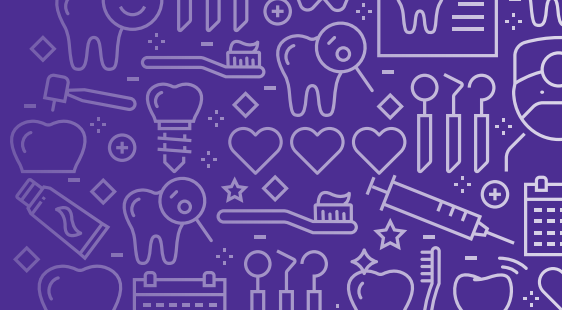
1111 Ninth Street, Suite 190

Des Moines, IA 50314

Phone: **(515) 244-9136**



FINDING AFFORDABLE DENTAL CARE IN IOWA



PRIMARY HEALTH CARE DENTAL CLINICS

University Dental

1200 University Ave, STE 100
Des Moines, IA 0314-2355
Phone: **(515) 248-1888**

Engbretsen Clinics Dental

2353 SE 14th Street
Des Moines, IA 50320
Phone: **(515)248-1470** Fax: **(515) 248-1474**

Marshalltown Dental Clinic

112 E Linn St
Marshalltown, IA 50158-2901
Phone: **(641) 844-6230**

Crescent Community Health Center Dental Clinic

1690 Elm Street, Suite 300
Dubuque, IA 52001
Phone: **(563) 690-2852**

Iowa City Free Medical and Dental Clinic

2440 Towncrest Drive
Iowa City, IA 52240
Phone: **(319) 337-4459**

His Hands Free Clinic-Cedar Rapids

400 12th Street SE
Cedar Rapids, IA 52403
Phone: **(319) 862-2636**, Fax: **(319) 862-1107**

Community Health Free Clinic (By appointment only)

Cedar Rapids

947 14th Avenue SE,
Cedar Rapids, IA 52401
Phone: **(319) 363-0416**
Email: info@communityhfc.org

Donated Dental Services (Dental Lifeline Network-Iowa) *Free dental services*

900 Northpark Drive
Johnston, IA 50131
Phone: **(515) 251-8000**, Fax: **(515) 251-7778**
dwells@DentalLifeline.org

To request an application please call the toll free number: (888) 235-5826

13th annual Iowa Mission of Mercy on November 6 & 7, 2020. (Held each year, check website for date and place.) Free dental services.

Varied Industries Building on the Iowa State Fair Grounds

3000 E. Grand Avenue
Des Moines, IA 50317
Free dental services on a first come first served basis.
www.iowamom.org

Medicaid Dental Services: Call 1-800-338-8366 for information



ORAL HEALTH BROCHURES



FREE Educational Brochures from the National Institute of Dental and Craniofacial Research

Audiences: Staff, Family Members, Persons Served

Topics Covered Include:

Publication #	Title
NR-117	Older Adults and Oral Health
NR-125	Brushing: Information for Caregivers
NR-126	Flossing: Information for Caregivers
NR-127	Dry Mouth and Older Adults: Information for Caregivers
NR-128	Finding low-Cost Dental Care: Information for Caregivers
OP-14	Dry Mouth (Xerostomia)
OP-82	Dental care Every Day: A Caregiver's Guide
OP-88	Finding Low-Cost Dental Care
OP-89	Burning Mouth Syndrome
OT-22	Detecting Oral Cancer: A Guide for Health Care Professionals

Order up to 50 copies at a time from the following Source:

National Institute of Dental and Craniofacial Research

National Oral Health Information Clearinghouse
 1-NOHIC Way
 Bethesda, MD 20892-3500
 1-866-232-4528
 nidcrinfo@mail.nih.gov
 www.nidcr.nih.gov

NOTE: This Mouth Care Matters Employer Implementation Toolkit provides some examples of oral health resources and tools. You may find other useful items on-line or from other sources.



EDUCATIONAL ACTIVITIES



THE POWER OF A SMILE



Help promote good oral health by promoting smiles!



Debasish Mridha has many great quotes about how important a smile can be:

“A smile has a magical power; it makes everyone smile back!”

“Just smile and be happy”

“Be Awesome! Be the cause of someone’s smile!”

“It all began with one small shy smile.”

Audiences:

Staff, family members, persons served

Promote the importance of a smile with these activities:

SMILE ACTIVITY Can you stop smiling when you see a smiling face?

- As a group activity, ask individuals to pair up and face one another. Ask one person to smile at the other. Then ask the other person to NOT smile while looking at the smiling face across from them.
- Use this exercise with the person served to demonstrate how important a smile can be.
- Be careful not to invade an individual’s personal space during this activity.

SMILE ON A STICK Use a Smile on a Stick to demonstrate how good oral health can help you keep your smile.

Uses:

- Use Smile on a Stick as part of an oral health educational activity
- Meet one-on-one with the person served and begin with a “Smile”!
- Take fun photos and post on Facebook, include in a newsletter, post in common areas, etc.
- Celebrate a birthday with a “Smile on a Stick”!!

Source: A sample is included in this Mouth Care Matters Employer Implementation Toolkit. Order additional SMILE on a Stick at: smileonastick.com



ADULT COLORING SHEETS

Adult coloring books have become popular for adults of all ages and abilities. Delta Dental of Washington has developed a couple of examples of adult coloring sheets that bring visibility to the importance of good oral care.

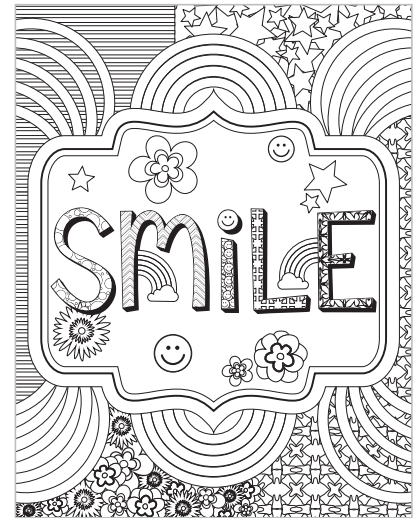
As stated on the following website, though no formal studies have been conducted, coloring enthusiasts claim that coloring makes them feel happier and mentally clearer.

AUDIENCES

- ✓ Staff
- ✓ Family members
- ✓ Persons served

USES

- ✓ Distribute coloring sheet during a group learning activity that focuses on good oral care.
- ✓ Have person served color the sheet while a staff person discusses oral health with the individual.
- ✓ Leave copies in the common areas for staff, residents, and visitors to complete.



SOURCE: Two examples from Washington Delta Dental (toothpaste and smile) have been included in this toolkit and are available at this webpage:

<https://www.deltadentalwa.com/blog/entry/2016/08/adult-coloring-kids-heart-printable-pages>

NOTE: This Mouth Care Matters Employer Implementation Toolkit provides some examples of oral health resources and tools. You may find other useful items on-line or from other sources.

“WHAT AM I” ORAL HEALTH RIDDLE



This riddle is designed as a fun exercise to help others learn more about the toothbrush and to emphasize the effective use of a toothbrush.

Riddle Answer: “I am a Toothbrush!”

AUDIENCES

- ✓ Staff
- ✓ Family members
- ✓ Persons served

USES

- ✓ Use this riddle to create a discussion about oral care and use of a toothbrush.
- ✓ Staff could use this riddle to create an oral health conversation when meeting one-on-one with the person served.

What am I?

I have bristles
but I’m not a beard

I have a handle
but I’m not a door

I have a head
but I don’t have any eyes

I’m sometimes electric
but I don’t light up

I have paste put on me
but I don’t get sticky

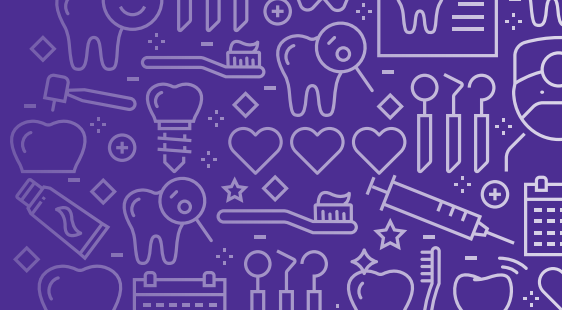
I am over 1500 years old

You need to replace me
every 3 months

I am at my best if I
am soft



MYTHS VS FACTS



MYTH: The harder you brush your teeth or using a hard bristle toothbrush the cleaner you'll get your teeth!

MYTH: Gum Disease is ONLY a problem for your mouth!

MYTH: If nothing is bothering me I do not need a dental check-up. No pain, no problem!

MYTH: Keep your toothbrush away from the toilet!

MYTH: Stop brushing your gums if they bleed when you brush or floss.

MYTH: My teeth are unhealthy because I'm aging.

MYTH: Diet sodas are okay to drink because they don't have sugar in them.

FACT: Brushing your teeth too hard or using a hard bristle toothbrush can erode away part of the tooth or root surface. This can increase your risk for dental decay or tooth sensitivity.

FACT: No! If you have infection in your mouth it travels throughout your body and puts you at increased risk for diabetes, heart disease, stroke, cancer, Alzheimer's disease, and affects your immune system.

FACT: By the time something hurts, it may have gone too far. A small cavity can become a root canal or extraction. Gum Disease can mean tooth loss or increased infection elsewhere in your body.

FACT: Yes! Airborne bacteria, germs, from the flush can travel up to a distance of 6 feet from the toilet. If you use a toothbrush cap it must have air vents, trapped moisture can encourage bacterial growth.

FACT: When your gums bleed, it's a sign that plaque and food particles are accumulating along your gum line and the gums have become irritated and inflamed. You need to brush to remove the debris and plaque if you want the bleeding to stop. If it doesn't stop in 2 weeks, see your dentist.

FACT: Aging is not an automatic factor in deteriorating oral health. Those who take care of their teeth during their childhood and adult years will still have healthy teeth in their senior years. In general, oral hygiene is important no matter your age.

FACT: Though diet sodas don't have sugars in them, they are highly acidic. The acid in diet soda eats away at enamel (the outer protective layer of our tooth surface) causing tooth decay and tooth sensitivity. Besides soda, other acidic beverages like orange juices, citrus juices, etc. can also cause similar damage. The healthiest alternatives to keep your body hydrated are water, vegetable juice, and milk.



ORAL HEALTH GAMES & PUZZLES



Games and puzzles can be a great teaching tool and the American Dental Association offers a variety of resources through Mouth Healthy.

This toolkit includes some examples of word searches and crossword puzzles that can be used to make learning about good oral health FUN!

AUDIENCES

- ✓ Staff
- ✓ Family members
- ✓ Persons served

SOURCE: www.mouthhealthy.org/en

Teeth to Treasure! Word Search

[https://www.mouthhealthy.org/en/~media/MouthHealthy/Files/Kids_Section/ADAWordSearch_Eng](https://www.mouthhealthy.org/en/~/media/MouthHealthy/Files/Kids_Section/ADAWordSearch_Eng)

Fuel Your Healthy Smile

https://www.mouthhealthy.org/~media/MouthHealthy/Files/Resources/ActivitySheets/Fun/Back%20to%20School/ADA_BTSFoodConnect.pdf

Watch Your Mouth! Crossword Puzzle

https://www.mouthhealthy.org/~media/MouthHealthy/Files/Resources/ActivitySheets/Fun/Puzzles/ADACrossword_Eng.pdf



Rock Your Smile Word Search

https://www.mouthhealthy.org/~media/MouthHealthy/Files/Resources/ActivitySheets/Fun/Puzzles/ADAFlossyWordsearch_Eng.pdf

Gen and Flossy Crossword Puzzle

https://www.mouthhealthy.org/~media/MouthHealthy/Files/Resources/ActivitySheets/Fun/Puzzles/ADAFlossyGenCrossword_Eng.pdf

NOTE: This Mouth Care Matters Employer Implementation Toolkit provides some examples of oral health resources and tools. You may find other useful items on-line or from other sources.



ORAL HEALTH GAMES & PUZZLES



Teeth to Treasure! Word Search

See how many words you can find in 20 minutes!
Words go across, up, down, and diagonal.

D C V M S S R J E G S D K F S
 C S X O S M R Y T F V L R S T
 Q B T O N G U E S G I U E O E
 H R C X I P L G A M I L B U S
 R S P T A J I I P T B A Q L L
 F L U O R I D E H A C A S O M
 T P F R G D G F T C L A E Y S
 L H Q T B K E E O P Y X A F T
 K E C H T H G N O K W S L L A
 K W M J X E T H T O O T A O E
 E D H A V I T O Z I D C N S M
 B J X D N P U S O X S A T S E
 S G M C M E S G N T W T I R E
 D R A U G H T U O M L I Y L T
 Y T I V A C U H F S Z X E O Y

CAVITY	FLOSS	GUMS	PLAQUE	TOOTH
DAILY	FLUORIDE	MEAT	SEALANT	TOOTHBRUSH
DENTIST	FRUIT	MILK	TOBACCO	TOOTHPASTE
ENAMEL	GRAINS	MOUTHGUARD	TONGUE	VEGETABLES

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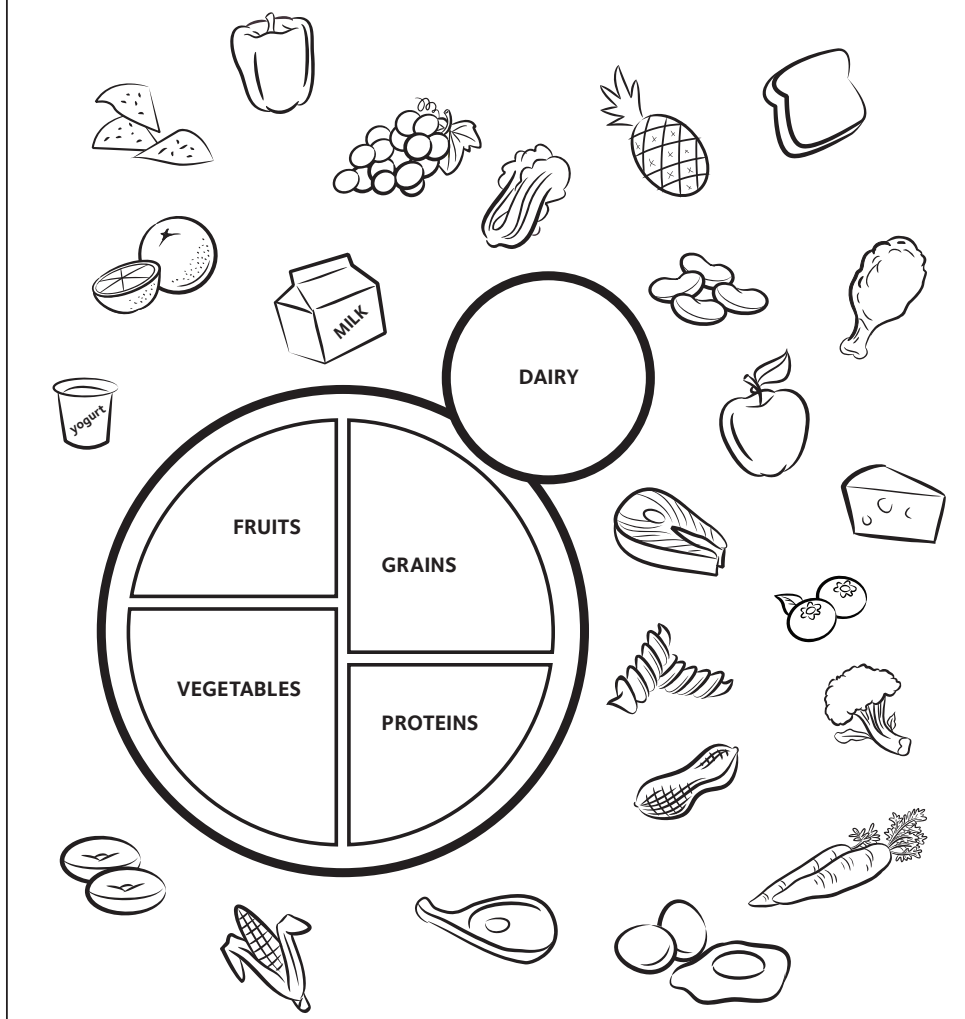


ORAL HEALTH GAMES & PUZZLES



Fuel Your Healthy Smile!

A healthy smile depends on good nutrition! Draw a line from the food items to their proper place on the plate. For a super smile remember to limit sweets, soda and fats. Choose whole grains and lean proteins. And eat all the colors of the rainbow!



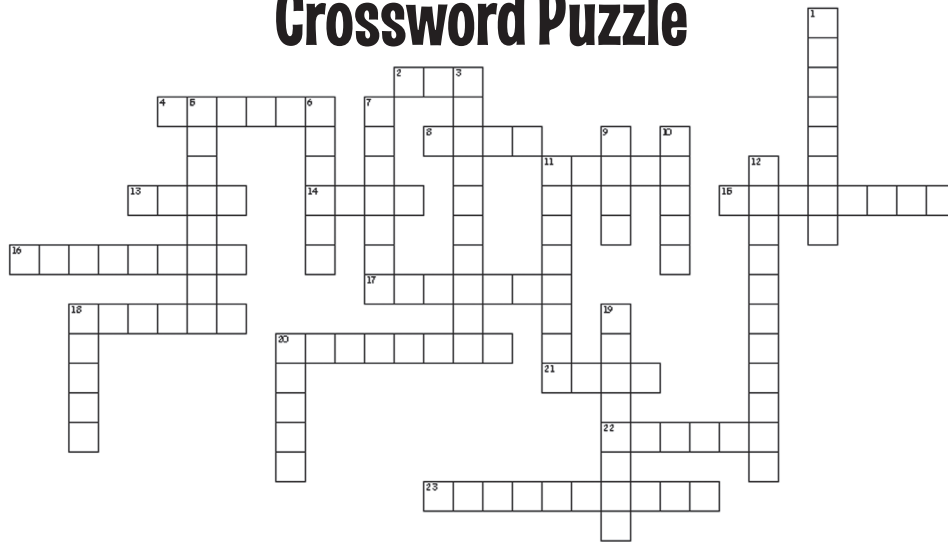
ADA American Dental Association®



ORAL HEALTH GAMES & PUZZLES



Watch Your Mouth! Crossword Puzzle



Across

2. A food, deep yellow inside, belonging to the vegetables group
4. A primary cause of cavities and gingivitis
8. The innermost tissue of a tooth
11. With good personal and professional care, you should keep your teeth as long as you are ____.
13. The unit you are studying is about ____ health.
14. A liquid containing calcium
15. The thin, hard covering of the root of a tooth
16. Most dentists recommend a tooth brush with soft _____.
17. A dangerous product that is bad for your total health
18. A food with a white inside, belonging to the vegetables group
20. A natural substance which can help prevent cavities
21. A member of the grains group, frequently eaten in Asian countries
22. A watery secretion that bathes teeth and promotes digestion
23. Used to remove plaque

Down

1. The most common dental disease among young people
3. Protects teeth during sports
5. The periodontal _____ holds the tooth in its bony socket.
6. The hard outer covering of a tooth
7. Coating that protects teeth from decay
9. The part of the mouth just outside the teeth
10. A good substitute for meat
11. The type of bone in which teeth are embedded
12. _____ disease can result in destruction of tissues surrounding the tooth.
18. A fuzzy-skinned member of the fruits group
19. The front teeth
20. Cleans between teeth

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ORAL HEALTH GAMES & PUZZLES



Rock Your Smile Word Search

Help Flossy find the words listed below.
Be sure to look backwards, forwards, up, down and on the diagonal!

D A S X Q H T D V J J E G
 B R A C E S B S N X E P A
 F I A V I U E B R V C V J
 G V B U L R D A Z I Q P R
 P S Q P G B Y N L P L G L
 A Q P K G H R L K A G M W
 B A N D G T T R Q E N I I
 L K E K U O E U G N O T P
 A Q U B D O E U O A S L H
 Y C D E N T I S T M X V E
 L B K W R T M M N E F Q X
 A Y O G A I X U U L H E V
 K R V R L W S G O R P F J
 C P Q E O S E S B E D N A
 U R I K M D S P C S P J M

- TONGUE
- XRAY
- DENTIST
- MOUTHGUARD
- BRACES
- FLOSS
- MOLAR
- GUMS
- PLAQUE
- SEALANT
- CROWN
- TOOTHBRUSH
- ENAMEL
- SMILE
- GUITAR
- DRUM
- SONG
- LYRICS
- BAND



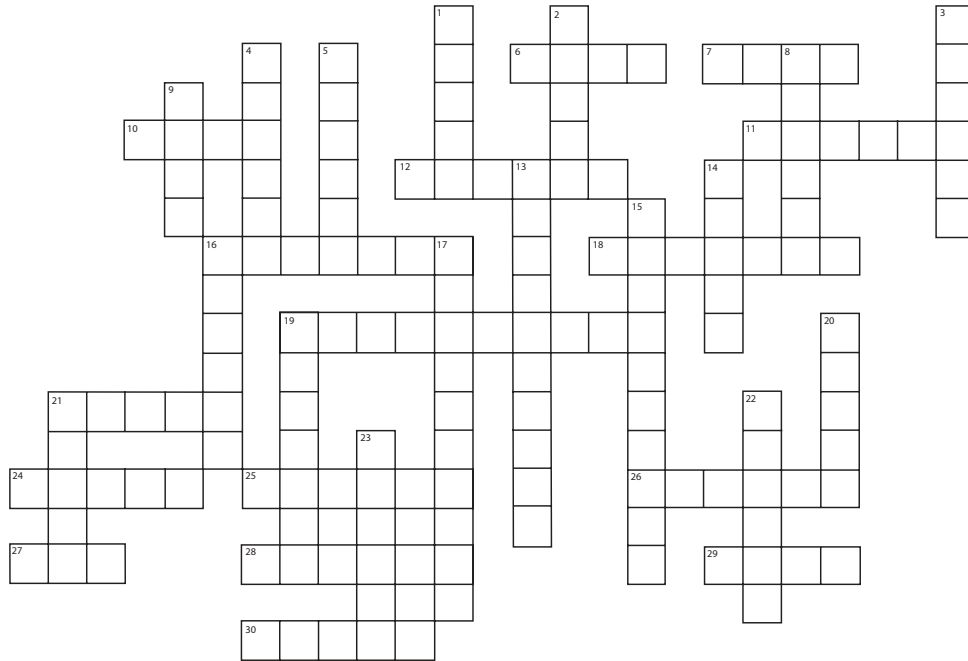
ADA American Dental Association®

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ORAL HEALTH GAMES & PUZZLES

Gen and Flossy are putting their heads together to solve this crossword puzzle.



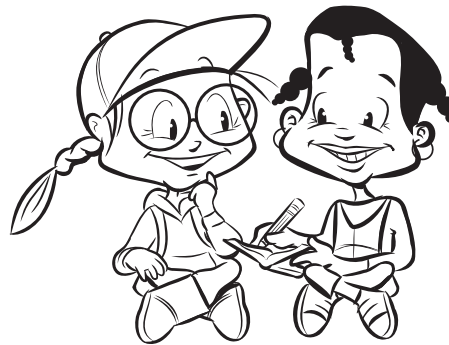
ACROSS

- 6 Your first teeth.
- 7 They hold your teeth in place.
- 10 Smile.
- 11 If not removed, can lead to cavities.
- 12 The hard outer layer of a tooth.
- 16 What your dentist applies to protect teeth from decay.
- 18 Visit your _____ regularly.
- 19 Sing into this to make your voice louder.
- 21 Brush your teeth at least _____ a day.
- 24 Pictures of your teeth.
- 25 A dentist uses this to help see all your teeth.
- 26 The words of a song.
- 27 Use only a _____-sized amount of toothpaste when you brush.
- 28 Limit between meal _____.
- 29 Musical group.
- 30 Clean between your teeth with dental _____.

DOWN

- 1 The part of a tooth that you can see is called the _____.
- 2 Den likes to break-_____.
- 3 Only eat sparingly to keep your smile healthy.
- 4 Don't forget to brush your _____.
- 5 A _____ hygienist cleans your teeth at the dentist's office.
- 8 _____ are back teeth used for grinding food.
- 9 Bang on this to keep the beat!
- 13 Wear this to protect your smile while playing sports.
- 14 Drink this instead of soda pop.
- 15 Broccoli and carrots are nutritious _____.

- 16 Den and Gen's last name is _____.
- 17 Use this to keep teeth clean.
- 19 Buck and Flossy's last name is _____.
- 20 Flossy and Buck are _____.
- 21 Most kids have all their baby teeth by the age of _____.
- 22 Six-stringed instrument.
- 23 Den wears _____ to straighten his teeth.



OTHER RESOURCES



ORAL HEALTH TOOLS ORDER FORM



Topics Covered Include:

Tool	Quantity	Date Requested	Date Needed	Fee
Oral Care: What to Watch For! (Laminated reminder card to use on bags, name badges, etc.)				
Oral Health Mirror Clings (4 x 4 mirror cling with message: Clean Your Teeth & Gums Every Day)				
Table Tents (includes oral health message, can be set up in various locations throughout your organization)				
Consumer Oral Care Kits (includes toothbrush, toothpaste, floss, interdental brush, MCM lip balm, MCM bookmark)				

Oral Health Tools Can Be Sent to:

Name: _____
Organization: _____
Mailing Address: _____
City, State, Zip: _____
Contact Phone #: _____
Contact Email: _____

Please send your completed order form to:

Iowa CareGivers
 939 Office Park Rd., Suite 332
 West Des Moines, IA 50265
 Or by email at: information@iowacaregivers.org
 Or by fax at: 515.226.3214



ORAL HEALTH TOOLS REPORTING FORM



Reporting Form

The information and narrative provided on this reporting form can become an outline for an oral health protocol/procedure that your organization can use in the sustainability of the program and focus on oral health.

Tool	Numbers Reached (include estimates if exact # isn't reported)				Reporting Details for Each Activity (include who used the tool? How the tool was incorporated? Frequency of use? Locations the tool was distributed? Outcomes/Stories as a result of use? Other observations? Procedures established because of use?)
	Date Completed	Staff	Persons Served #	Family/Unpaid Caregiver	
Educational Sessions					
Oral health in-services for all staff					
MCM 8-hour class for nurses, supervisors, administrators, dietitians, dietary staff, social workers, etc.					
MCM 8-hour classes for direct care staff					
Partner Organization Flyer for In-services and classes.					
Tools for Organizational Change					
Key oral health questions, observations, and action plan					
Oral Health Assessment Tool					
Oral Health Care Plan					
Educational Tools					
Posters					
Oral Health Observation Guide					
Oral Care: What to Watch For!					
Mirror Clings					
Table Tent					
Consumer Oral Care Kit					
Consumer Oral Care Kit					



ORAL HEALTH TOOLS REPORTING FORM



Tool	Numbers Reached (include estimates if exact # isn't reported)				Reporting Details for Each Activity (include who used the tool? How the tool was incorporated? Frequency of use? Locations the tool was distributed? Outcomes/Stories as a result of use? Other observations? Procedures established because of use?)
	Date Completed	Staff	Persons Served #	Family/Unpaid Caregiver	
Educational Resources					
Oral Health Articles					
GeriDental App Flyer					
Top 50 Medications related to Dry Mouth					
Adaptive Aids for Toothbrushing					
"Love that Toothbrush"					
Importance of Good Oral Care and Dementia					
Do You Have a Dry Mouth?					
Did You Know? Flash Cards					
Access and Payment for Dental Care					
Oral Health Brochures from National Institute of Dental and Craniofacial Research					
Educational Activities					
Power of a Smile					
"Smile on a Stick" Sample					
Adult Coloring Sheets ○ Smile (Example) ○ Toothbrush (Example)					
"What am I?" Riddle Instructions and Answer					
Myths about Oral Health					
Oral Health Games and Puzzles					
Teeth Models and Large Toothbrushes (Not included, but recommended)					



STEPS TO SUSTAINABILITY



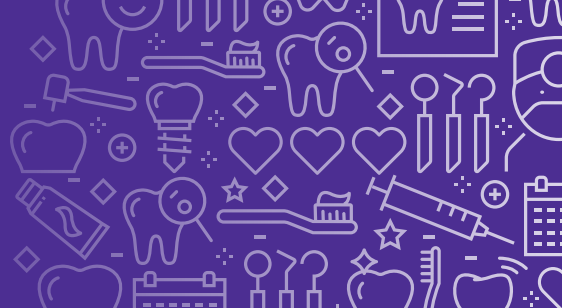
The following bulleted hints are meant to serve as a guide to sustaining the Mouth Care Matters program within your organization.

SUSTAINABILITY:

- ✓ Continue to ensure that staff are trained through the **Educational Sessions** in this toolkit. The goal would be to maintain a 50% critical mass of your staff with this oral health training, skills, and knowledge. Classes can be requested through Iowa CareGivers. Our hope is that the Mouth Care Matters Classes will be integrated into the local community college schedules on a regular basis.
- ✓ Incorporate the **Tools for Organizational Change** into your observations, reporting, assessments, and care plans. Integrating these tools into your regular organizational practices will ensure maintenance of the oral health of your clients/residents.
- ✓ Ensure that oral health becomes an organizational wide priority. Use the **Educational Tools** in this toolkit to keep the topic of oral health at the forefront with staff, families, and clients.
- ✓ Hold periodic staff in-services on oral health to keep the information fresh and skills honed.
- ✓ Use the **Reporting Form** in this toolkit as a narrative to develop an oral health protocol that your organization can use in the sustainability of the program.
- ✓ Ensure adequate staff coverage and time to complete preventative oral cares appropriately to reduce the risk of the client developing more serious issues.
- ✓ Provide appropriate oral health equipment so that staff and clients can maintain proper oral care.



HOW CAN I GET MORE INFORMATION



How Can I Get More Information about the Mouth Care Matters Employer Implementation Toolkit?

Iowa CareGivers is pleased that the Mouth Care Matters Employer Implementation Toolkit is being used! The purpose of the toolkit is to offer oral health tools and resources to health care employers so that systemic oral care practices are applied and integrated into care provided to persons served.

For additional information, please contact:

Iowa CareGivers

Email: information@iowacaregivers.org

Phone: 515-223-2805

Additional Mouth Care Matters information is available on the Iowa CareGivers website:

www.iowacaregivers.org/education/mouth-care-matters.php#.XhJjbUdKiUk



