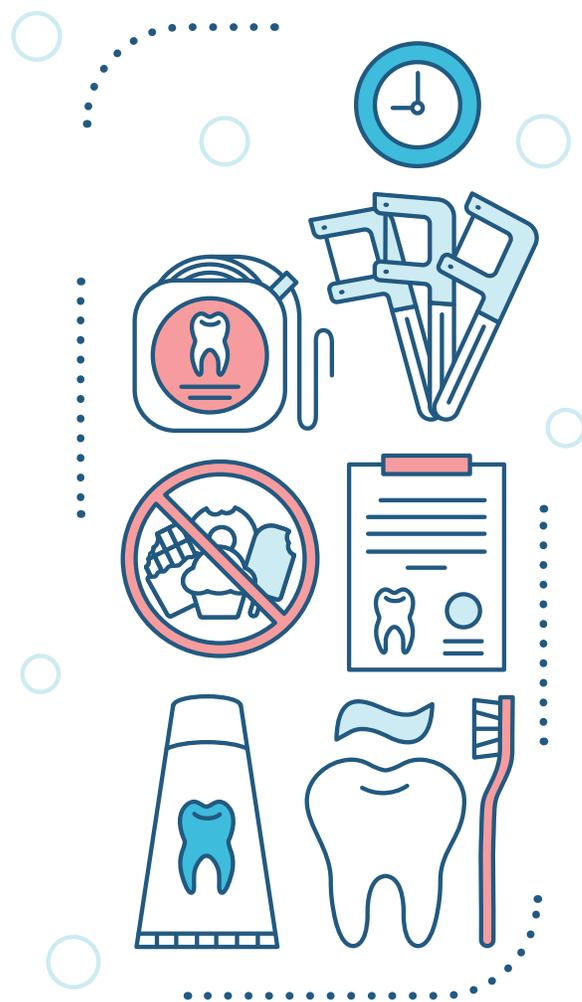


# OK Senior Smiles



## Oral Health Care **Educational Toolkit**



OKLAHOMA  
State Department  
of Health



OKLAHOMA  
State Department  
of Health

## OK Senior Smiles Oral Health Care Project

# Oral Health Care Educational Toolkit & Instructional Guide

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Digital copy of this toolkit can be found under OK Senior Smiles at:  
<https://oklahoma.gov/health/family-health/dental-health-service.html>



## Acknowledgements

This instructional toolkit guide was developed as part of the following project:

OK Senior Smile Oral Care Project (2020-2023)

Sincere appreciation to Dalhousie University and University of Kentucky College of Dentistry for their part in this project.

## Introduction

**Welcome to the OK Senior Smile Oral Care Project educational toolkit guide!**

Thank you for participating in this important program and taking a step in making Oklahoma the leader in oral health for nursing home residents. By participating, you are not only impacting the oral health of your residents, but also their overall health. This guide has been created to provide you and your staff with step-by-step instructions, educational tools and resources for introducing the OK Senior Smile Project into your long-term care facility.

## Overview

**Importance of providing proper daily oral hygiene.**

The purpose of OK Senior Smiles is to educate the nursing home staff, residents and resident families/councils on the importance of daily oral hygiene and the impact oral health has on one's overall health. With



the elderly population growing at a rapid rate, retaining more of their natural teeth and the impact poor oral hygiene has on their overall health, it is imperative that optimal oral hygiene be encouraged and provided.

Approximately 1 in 10 cases of death from pneumonia in nursing home residents may be prevented by improving daily oral hygiene. In addition to pneumonia, oral diseases can lead to other health concerns related to diabetes, heart disease, and stroke.

The OK Senior Smiles Project, in partnership with the OK Senior Smiles Advisory Group and supported by the Oklahoma State Department of Health, has developed a comprehensive oral health toolkit and education curriculum for nursing home staff, residents and resident families/councils.

# OK Senior Smiles



## FACILITATOR'S GUIDE FOR STAFF TRAININGS

## Facilitator's Instructions for Using OK Senior Smiles Staff Education/Curriculum

### **Follow these steps to educate your staff on oral health care:**

- Identify an “oral care champion” who will be the primary contact liaison with the OK Senior Smile Project consultant
- Familiarize yourself with the content of the provided presentations
- Each training session will be presented by a video link. We have provided the links for the videos in the tool kit. Think about the best way your home can present the videos to your employees. For instance, you may be able to connect a laptop to a larger T.V. screen for better sound and visual presentation
- Each training session will take approximately 45 minutes for the presentation, assessments, and discussion
- Be sure to make enough copies of the pre- and post- assessments for each participant before the session
- Take additional pens for staff to complete the assessments
- Remember to have an attendance sheet for staff to sign

### **Prepare attendees before each staff education session:**

- Ask attendees to sign in
- Welcome attendees
- Hand out the pre-assessments at the beginning of the session
- Introduce the topic of the current presentation

- Ask the attendees to complete the pre-assessment. Remind them that the pre-assessment is to help show what they currently know, so they should not be concerned if they are unable to answer all the questions.

### **Closing each staff education session:**

- Allow attendees to ask questions and participate in discussion
- Hand out the post-assessment
- Once attendees complete the post-assessment, use the post-assessment answer key to go over the questions as a group and compare how attendees performed on the pre-assessment versus post-assessment
- Thank attendees for participating

## **Staff Training Materials**

Before and after each training session, assessments are completed by attendees. These assessments are provided in the back of this toolkit in the attachment section and include:

- Pre- and post-assessments: Training #1-Importance of Daily Oral Care for the Elderly and Oral Care Strategies
- Pre- and post-assessments: Training #2-Identifying Oral Conditions and Treating Residents with Resistant Behavior
- Answer key to pre- and post-assessments

## Vimeo Links to the OK Senior Smiles Trainings

The OK Senior Smiles Project curriculum is designed as a “train-the-trainer” model to enable the director of nursing (or designated person) to educate new hires and maintain sustainability. The presentations provided in your toolkit include:

- Training #1-Importance of Daily Oral Care for the Elderly and Oral Care Strategies
  - Vimeo Link: <https://vimeo.com/445001724/2dafccf270>
- Training #2-Identifying Oral Conditions and Treating Residents with Resistant Behavior
  - Vimeo Link: <https://vimeo.com/446928984/0845194bb6>

### Remember:

- It is important to include annual oral care education to staff in-service schedule to keep the subject fresh
- It is important to provide oral care education to all new staff members as part of your new hire orientation so that they can continue the good habits with residents
- It is also important to educate residents and their families about the positive impact good oral hygiene and routine dental care has on a resident’s overall health

# OK Senior Smiles



FREE ONLINE  
STAFF  
CONTINUING  
EDUCATION



## Continuing Education

### **Smiles for Life**

This one hour course addresses the vital role medical clinicians can play in promoting the oral health needs of older adults. Clinicians will learn how to perform a comprehensive oral assessment, identify and manage common geriatric oral conditions, counsel patients on effective preventive measures and collaborate with dental professionals. Additionally, this module will address the link between oral and systemic health and review common oral side effects of medications. Click on the link below, or type in smiles for life, click online courses, click on Course #8-Geriatric Oral Health.

### [www.SmilesForLifeOralHealth.org](http://www.SmilesForLifeOralHealth.org)

- Free Online Oral Care Continuing Education for staff
- One Hour Course integrating medical clinician roles in promoting oral health needs in older adults.
- Click Learn Online - Course 8 – Geriatric Oral Health

# OK Senior Smiles



FACILITY/RESIDENT/  
FAMILY  
EDUCATION

## Facility/Resident and Family Education

There are resources in your toolkit you can provide to your facility, residents, and the residents' families on daily oral care and how important it is to their overall health. These resources include:

- Importance of Oral Health
- Recommended Facility Oral Health Practices and Policies
- Daily Hygiene Among Residents
  - How to brush
  - How to clean between the teeth
  - Denture and appliance care

Brushing up on Mouth Care Manual link below:

<https://www.dal.ca/content/dam/dalhousie/pdf/dept/ahprc/BrushingUp-OCManual.pdf>

*The pages listed below refer to the pages in the Mouth Care Manual that will link you to fact sheets on important oral health issues.*

- Common Oral Conditions-page 21 of the manual
- Denture Care - page 30 of the manual
- Dry Mouth - page 32 of the manual
- Labeling Dentures - page 36 of the manual
- Oral Care During Cancer Treatment - page 40 of the manual
- Palliative Oral Care - page 44 of the manual
- Periodontal Disease – page 46 of the manual
- Taste and Swallowing Disorders – page 48 of the manual
- Toothbrushes - pages 50-51 of the manual
- Mouth Rinses – page 52 of the manual
- Floss and Floss Aids – pages 53-54
- Denture Products – pages 55-56 of the manual
- Dry Mouth & Cold Sore Products – pages 57-59 of the manual

# OK Senior Smiles



STAFF

ORAL CARE

CLINICAL

TOOLS

## Oklahoma Oral Care Staff Clinical Tools

### **Annual Oral Health Assessment Tool**

Please see pages 17-18 of the Brushing Up on Mouth Care manual, linked below, and incorporate these tools for direct care purposes when completing oral health assessments on new residents, or anytime you update care planning.

<https://www.dal.ca/content/dam/dalhousie/pdf/dept/ahprc/BrushingUp-OCManual.pdf>

or Google: [\*Brushing up on Mouth Care Dalhousie\*](#), to find the pdf.

### **Daily Oral Health Assessment Tool**

Please see pages 15-16 of the Brushing Up on Mouth Care manual, linked above, and use the tools for direct care purposes when completing a daily oral assessment.

### **Oral Hygiene Care Plan Tool for Long Term Care**

Please see pages 19-20 of the Brushing Up on Mouth Care manual, linked above, and use these tools for direct care purposes anytime an oral health assessment is updated.

### **Daily Oral Care Card Tools**

Please see pages 7-14 of the Brushing Up on Mouth Care manual, which is linked above. Use these tools daily to outline the necessary steps for providing daily oral care for someone with natural teeth, dentures, partials or a combination of natural teeth and dentures/partial. There is also a card that makes recommendations for those residents who have difficulty swallowing. These cards may be used for direct care, learning and teaching purposes.



# **OK Senior Smiles**



# **ORAL CARE VIDEO RESOURCES**

## **Oral Care Video Resources**

Collection of excellent short videos by Exceptional Needs Dental Services on performing oral hygiene for residents in long term care.

### **Why is dental hygiene so important?**

- <https://youtu.be/-DREyOIPkE>

### **Considerations for Dementia**

- <https://youtu.be/jnxQsGg3R3w>

### **Dry Mouth**

- <https://youtu.be/hRcTpR4e7t8>

### **Denture Care**

- <https://www.youtube.com/watch?v=8bsB-h108VY>

# OK Senior Smiles



## SUPPLEMENTAL MATERIALS

1. OK Senior Smiles Training 1 and Training 2 Pre-Assessments and Post-Assessments (Use with p.8 OK Senior Smiles Training Project)
2. Delta Dental Resource for Dental Care. This guide lists free and low-cost dental care clinics in our state. Please refer to this guide for those that cannot afford dental care. (This guide is updated quarterly)
3. Oral Health Training Program provided by the University of Kentucky College of Dentistry. The downloadable power point presentation can be found at:  
<https://dentistry.uky.edu/nursing-home-oral-health>