



British Society of
Gerodontology



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board

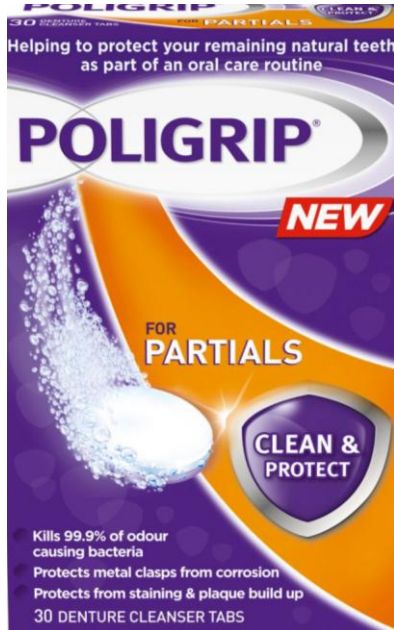
Top Tips in Oral Health for Older People

9/6/2017

Claire Curtin

StR in Special Care Dentistry

How should our patients be cleaning their dentures?




What is the best way to clean a denture?

Aim – to disturb the biofilm on the denture

Cochrane Review : “Interventions for cleaning dentures in adults”

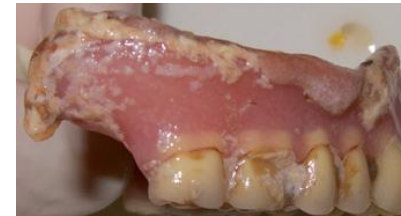
- Poor quality evidence
- Weak evidence to support toothbrushing with paste
- Enzyme cleaners/effervescent tablets better than placebo
- No difference between enzyme and effervescent tablets for short soaking <15 minutes

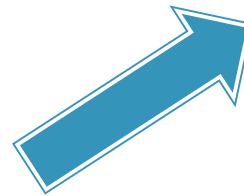
- Summary  No firm evidence to support brushing vs soaking
Both methods better than soaking in water

The Denture Box

Faigenblum BDJ 2015; 215: 9-12

Suggested method to improve cleaning of dentures for both patients
and their carers





How should a denture be stored overnight?

“store dentures in water after cleaning to prevent warping”

NHS choice website



American College of Prosthodontists



British Oral Health Foundation



Is there any evidence of warping?

- Lim & Lee 2016 – 3D scanning of maxillary complete denture bases
- Consani et al – Measurement of displacement of fixed points on denture bases
 - More displacement when stored dry (difference 0.7 – 1.5%)
? Clinical relevance

Does dry storage have any benefits?

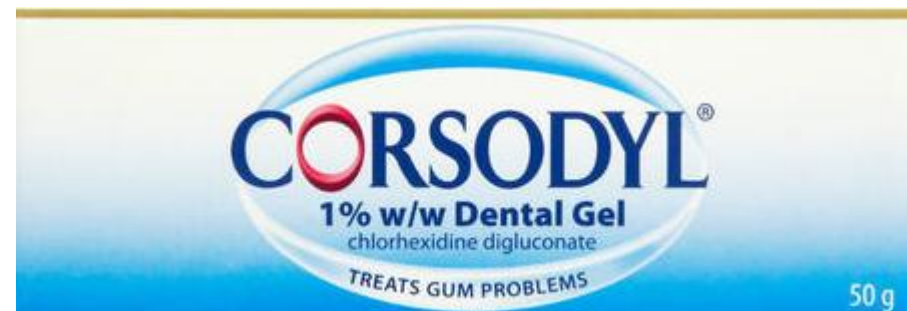
- Manfredi et al 2013 – organism in the denture biofilm less likely to survive dry storage

What should we advise for critically ill patients?

Cochrane Review :

“Oral Hygiene Care for critically ill patients to prevent ventilator associated pneumonia”

- Systematic review of critically ill patients on ventilators in hospital
- Strong evidence to support the use of chlorhexidine gel or mouthrinse for these patients
- Reduced VAP incidence from 25% to 19%



NICE Guidance: Oral Care for Adults in Care Homes

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Oral health for adults in care homes

NICE guideline [NG48] Published date: July 2016

- Responsibilities for Oral Health Promotion Services
 - Deliver advice, support and training
 - Help care homes to find out about local services
- Responsibilities for Dental Practices & CDS
 - Provide examination and dental care as appropriate
 - Label dentures at manufacture

Responsibilities for Care Homes Managers

- Policy on mouthcare is in place
- Assess mouthcare needs of new residents and have a care plan in place
- Ensure daily mouthcare is provided
- Ensure staff are trained to carry out assessments and mouthcare
- Ensure local health services address the needs of the residents



Quality Standards for Care Homes

Tips from Care Home Work in Wales

We work closely with the pharmacist who refers residents on SIP feeds / medication causing a very dry mouth to CDS team for preventive care and prescription of high fluoride tooth paste”

“All resident’s tooth brushes are the same colour for 3 months, e.g. green or blue or red. All brushes changed every 3 months so staff can immediately identify residents with an “old” brush”

“The denture marking aspect of the programme is a great success and continues to be hugely appreciated by both care staff and residents. Care staff report far greater numbers of misplaced dentures being reunited with their owners now that denture marking has started!”

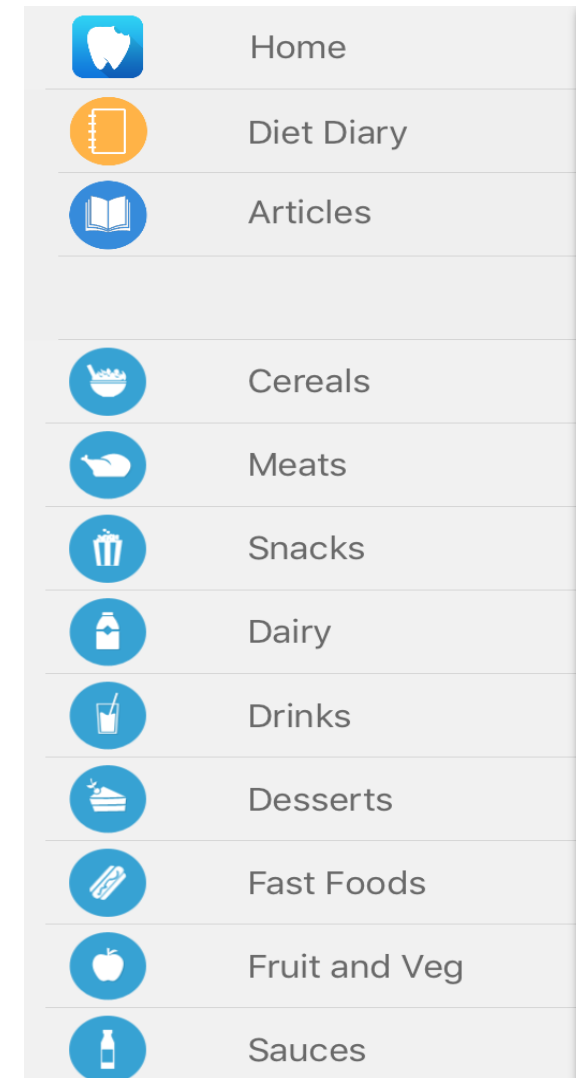
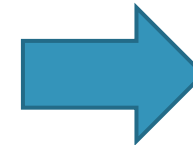
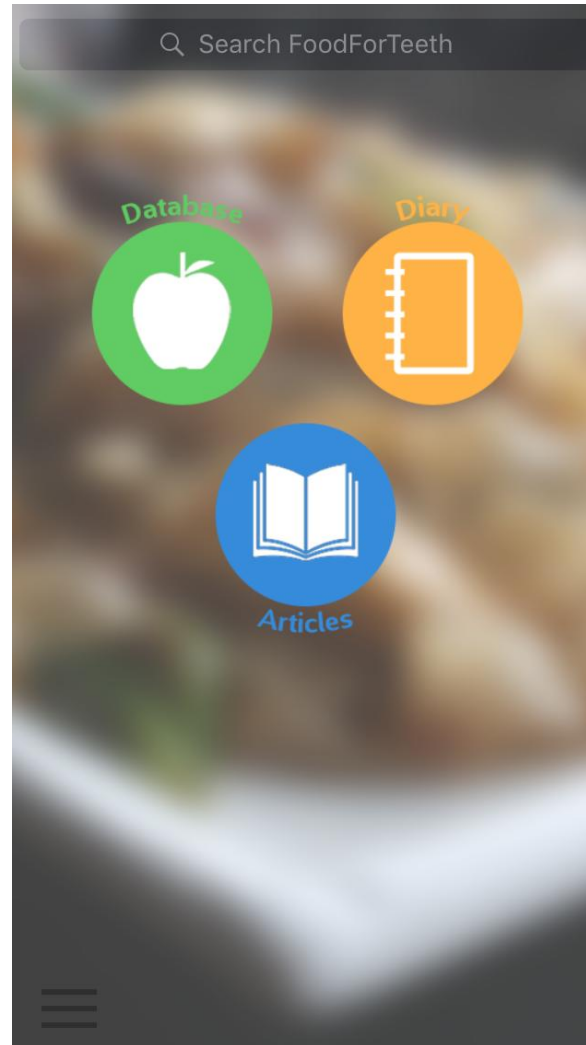
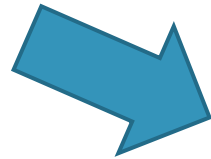
“We use different coloured paper for the oral care assessment and care plan so staff can immediately distinguish them and ensure that residents have both”

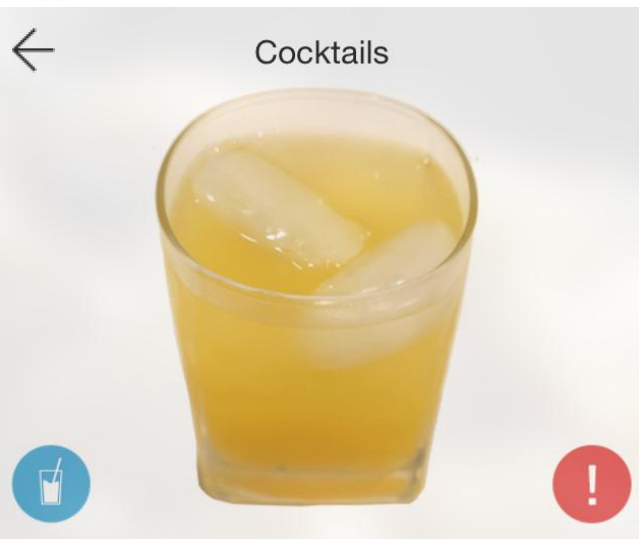
What's new in oral care?



New App for Dental Care







Cocktails

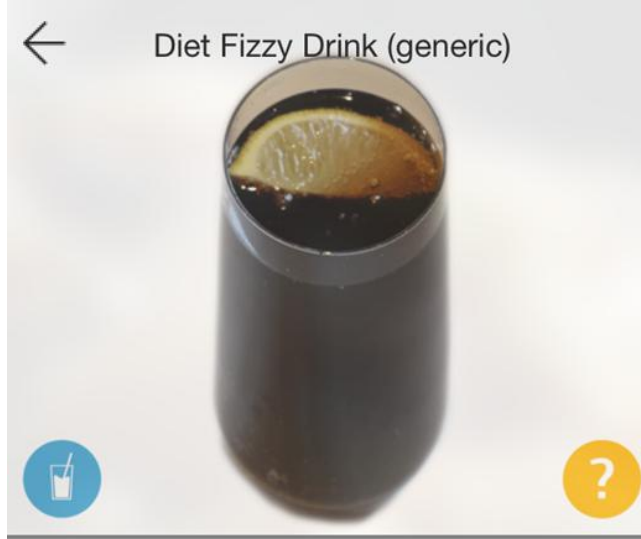
Depends on the type of cocktail but any cocktail with a fruit juice has a high risk of causing tooth decay especially as you sip on it slowly throughout the night. Enjoy alcohol in moderation.

Why not try one of these alternatives:

Mineral Water

Cappucino (no added sugar)

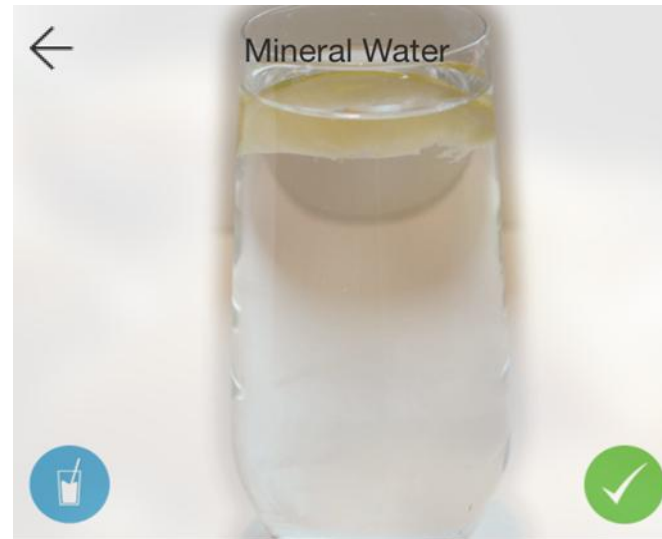
Coffee (without sugar)



Diet Fizzy Drink (generic)

Diet drinks do not cause tooth decay because they do not rely on sugars to sweeten them. However, the acidic content of diet drinks can wear away the layers of your teeth.

If you have lots of fillings, or a history of tooth decay, then it may be the lesser of two evils to drink sugar-free drinks rather than the sugary alternatives.



Mineral Water

Water is great. A perfect, healthy substitute to all those nasty, sugary, acidic drinks so widely available today. Water is also good to help neutralise the effect of acidic drinks, and helps to clear away food stuck to your teeth. Drink more water! (But be wary of flavoured water, which has a lower pH and is more acidic. Flavoured water should not be used as an alternative to regular water).



