

| Education of the Non-Dental Team in Improving the Oral Health of Older People in Care Homes

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### **ABSTRACT**

"Improving the oral health of older people in care homes" (TOPIC) is an ongoing feasibility study funded by the National Institute for Health Research (NIHR). The study aims to assess the viability of several interventions for care home staff to improve standards of oral health in residential facilities for older people. The planned interventions are based on the 2016 NICE guideline (NG48) "Oral Health for Adults in Care Homes" and consist of an oral health assessment of residents, daily "support worker assisted" tooth brushing with fluoride toothpaste, and notably, a staff training package on how to improve oral health. This poster aims to highlight the training methods used to educate the non-dental team and includes some qualitative feedback from care home staff members on the developed training package.

## INTRODUCTION

Our ageing population is increasing. Currently, half of all residents enter care homes with some of their own natural teeth and this is expected to increase. The prevention of dental disease is key in maintaining quality of life, function and aesthetics. The TOPIC training package has been designed using a co-production model with active involvement from older patients and care home staff.

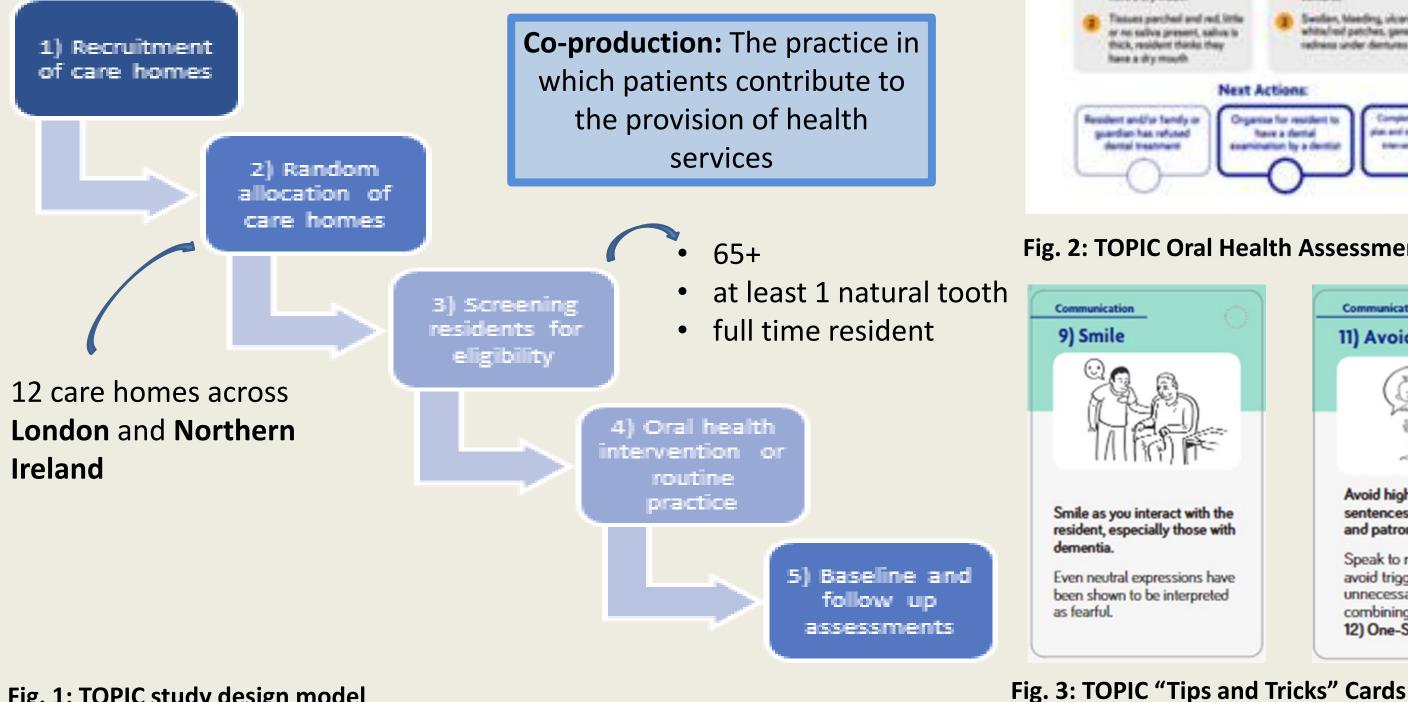


Fig. 1: TOPIC study design model

## TRAINING INTERVENTION

The oral health interventions in TOPIC will be delivered by non-dental care home staff. In order to facilitate this process a PowerPoint presentation was developed covering the details of the study and explaining the role of the non-dental team in data collection, oral health screening and maintenance. Staff were provided with an "Oral Health Assessment Tool", a "Personal Oral Care Plan" proforma, an "Oral Health Poster". "Tips and Tricks" cards and a "Weekly Oral Hygiene Record" form for residents. An instructional video was also produced by the research team on how to carry out screening and best provide oral care.



Fig. 2: TOPIC Oral Health Assessment Tool Communication Communication 9) Smile 11) Avoid Baby Talk





# 1b) Oral Health Awareness & Action or older people living in care homes the mouth is important for eating, drinking, speaking and smiling ood mouth care can prevent pain/infection and support a good quality of life. he following tips can help you support good mouth care. Level of Support Identify the amount of assistance needed. Routine Mouth care twice a day can prevent pain and infection. Speak to the person's dential about the best toothpaste and toothbrush to use. Sugar in food and drivks causes tooth decay and pain/infecti Keep sugar to mealtimes - between meals encourage sevoury anack (e.g toast with futter, cheese, sausage rolls). Use sweeteners rather than sugar in tex and coffee. Use cream and butter to provide energy rether than sugar. Dry Mouth makes tooth decay and pain/infection more likely. Speak to the person's doctor about medications worsening the dry mouth Pain It's vital that pain and infection in the mouth is recognised and the person is seen quickly by a dentist. If the person cannot tell you they have pain, you may recognise changes to sehaviour that may indicate pain & infection. Examples include: Grimacing or flinching during eating or drinking. Holding face or swollen face. Refusing food or drink, waking from sleep more than normal.

Care Home Nurse 2 (BHSCT)

'Due to the pressures of the job, I often do not get time to provide proper oral healthcare to our residents - this is usually a task for our care assistants. This video has reinforced the importance of oral health & of course the need for regular nursing assessment using a tool like that presented in the video'

**EVALUATION** 

'Mouth care is something we could probably do better. I liked

the video, it was professional, informative, and reminded just

'Okay, I was sceptical about this video. We have so much online

training - but this was actually good. Short, informative and to the

point. The video didn't bother with long-winded theory (which was a

relief!) it told me what I needed to do & how. It is a valuable resource'

how important mouth care is to our patients'

**Care Home Clinical Lead (SEHSCT)** 

### **Care Home Nurse 1 (SEHSCT)**

'This is a timely resource given the focus on oral health from our regulator. We have shared this resource with our clinical teams'

### Care Home Manager (BHSCT)

'Towards the end of the video, the dentist demonstrated how one should actually brush someone's teeth. I have never had any training or direction about this ever - so this was so valuable to me. In particular, the importance of the night-time routine was something I took away from the video'

### **Care Home Senior Care Assistant (SEHSCT)**

## **DISCUSSION**

A key factor in the successful delivery of training is ensuring that content is relevant and at a level appropriate to the intended audience. The TOPIC training package was designed in partnership with care home staff. Hopefully, this will ensure active engagement and understanding of the training programme ultimately facilitating improvement in the oral health of residents in their care. For more information on TOPIC please scan below.







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