

Brushing Your Patient's Teeth (top and bottom)

Place bristles along the gumline facing slightly to the gums. Bristles should contact both the tooth surface and the gumline.



Gently brush the outer tooth surfaces of 2-3 teeth using a vibrating back & forth rolling motion. Move brush to the next group of 2-3 teeth and repeat.



On the insides, make the bristles slightly contact the tooth surface and gumline. Gently brush using back, forth, and rolling motions along all of the inner tooth surfaces.



Tilt brush up behind the front teeth. Make several up & down strokes using the front half of the brush.



**notice how the toothbrush is facing up for the top teeth and down for the bottom teeth*

Place the brush against the biting surface of the teeth & use a gentle back & forth scrubbing motion. Brush the tongue from back to front to remove odor-producing bacteria.



This patient care brochure was brought to you by the Mississippi Dental Hygienists' Association along with the five dental hygiene schools in Mississippi as part of a statewide effort to educate caregivers about the importance of maintaining oral health in patients.

Denture Care

To remove dentures from a patient's mouth:

1. Position the patient over a sink if possible and have them swish with warm water
2. Fill the sink with warm water with a washrag down in the bottom so the dentures won't break if you drop them
3. For top denture, pull the patient's lip up to expose the border of the denture and break the seal, place thumb against the front teeth, place fingers against the roof of the mouth, press down and forward
4. For bottom denture, place thumb against front teeth, fingers against inside teeth, pull slowly on the denture while applying a rocking motion

To clean dentures by immersion:

1. After removing denture, place in plastic container with fitted cover ***Make sure your patient's name is clearly visible on the container***
2. Use warm water
3. Follow manufacturer's directions to insure correct cleaning
4. Check that denture is completely submerged in solution, & place cover on container
5. When denture is removed after complete cleaning, rinse under running water to remove debris & chemicals
6. Empty contents, clean container, & brush dentures before placing in patient's mouth

To properly brush dentures:

1. Spread a towel, wash cloth, or rubber mat over the bottom of the sink to serve as a cushion, and fill the sink with warm water
2. Grasp the denture in the palm of your hand securely, but without squeezing
3. With a damp denture brush and denture cleaner, brush all areas of the denture
4. Rinse denture and brush under running water



Plaque forms and food debris collects on dentures just like on natural teeth. If dentures are not removed and cleaned every day, they may cause painful sore spots and odor. It is also important to let your patient's oral tissues rest each day.

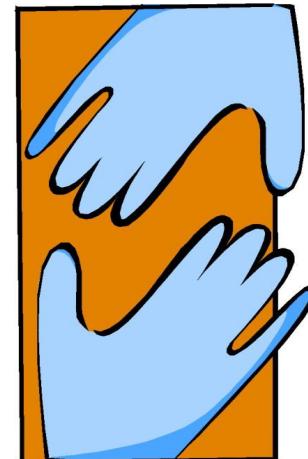
Dignified

Intervention:

Brushing a

Combative

Patient's Teeth



Tips for handling the combative patient: Dignified Intervention

Think about this: Chances are *you* are going to live long enough to become a resident in a nursing or assisted living home.

What kind of care would *YOU* like to receive?

Recent studies have shown correlations between **poor oral care & nosocomial pneumonia infection** among nursing home residents ^{1,2}.



What type of care would you like to receive as a patient living in a nursing home?

Pneumonia is the most serious common infection occurring in nursing homes, and has a *high fatality rate*¹.

What can you do as a caregiver to insure that your patients are cared for as well as you'd like to be treated?

1. Mylotte, J. (2002). Nursing home-acquired pneumonia. *Clinical Infectious Diseases*, 35. DOI: 10.1086/344281

2. Shay, K., Scannapeico, F.A., Terpenning, M., Smith, B.J., & Taylor, G.W. (2005). Nosocomial pneumonia and oral health. *Special Care in Dentistry*, 25(4), DOI: 10.1111/j.1754-4505.2005.tb01647.x

It's all about expectations

You expect to get your work done. Your patient expects to be left alone. You may become upset that the patient is not cooperating so you become frustrated. Your patient is fearful (even though it's not justified) and they become protective of what they can control...their bodies and how they react.

Protect Yourself First

Don't jeopardize your safety. *Always wear safety glasses and use clean gloves before you perform oral care on your patients.*

Anticipate Combative Behavior

Remember that brushing a patient's teeth can be difficult because you are invading their personal space.

- Stay calm
- Create a sense of safety
- Use a low tone of voice
- Don't smile too much
- Reassure your patient
- Avoid sounding threatening, be matter of fact
- Don't tell your patient they are confused or hallucinating, this may agitate them more
- Keep your hands visible at all times, with your palms up if possible
- Stay at the patient's eye level
- Put in hearing aids and glasses before oral care

- Be patient, it may take several days of trying before a patient will let you brush their teeth, but KEEP TRYING!
- Offer your patient a choice: "Mr. Doe, do you want to brush your teeth before or after I brush them for you?"
- Brush the front teeth first
- If your patient is not showing signs of trouble (biting the toothbrush, turning their head) then try the sides, insides, and lastly the biting surfaces



Know your patients

If you see that your patients are showing major aggression during oral care or feeding, there

may be a dental condition that is causing them pain. Seek the advice of a dentist as soon as possible.



Remember, you are in control of yourself and how you react to combative behaviors!