Introduction to the Care Home Oral Care Toolkit

This toolkit aims to support staff to provide good oral care in alignment with the 2018 NICE guidelines for oral care in care homes. It has been developed with health care assistants and nurses who understand the complex nature of providing good oral care. They told us that they wanted to provide good oral care for residents and knew it was important for both health and wellbeing but highlighted the challenges they often faced.

We hope this toolkit will help care home staff to find ways to overcome these challenges and enable them to provide the best care possible. We also understand it will need to be adjusted as we get feedback from the people who use it. We would love to hear your thoughts about the tool - what works, what doesn't work and any ideas for future improvements. Just send an email to **topic.oralhealth@gmail.com** with your thoughts or suggestions.

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1a)	Oral Health Assessment Tool	Assess
1b)	Oral Health Risk Factors	
2a)	Oral Care Plan	Plan
2b)	My Oral Care Plan Summary	
3a)	Delivering Oral Care	Implement
3b)	Tips & Tricks Cards	
4)	Weekly Care record	Evaluate

Acknowledgements

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With co-design care home partners: Norbury Court, Scarsdale Grange, Rosebank Care Home and Broomgrove Nursing Home.

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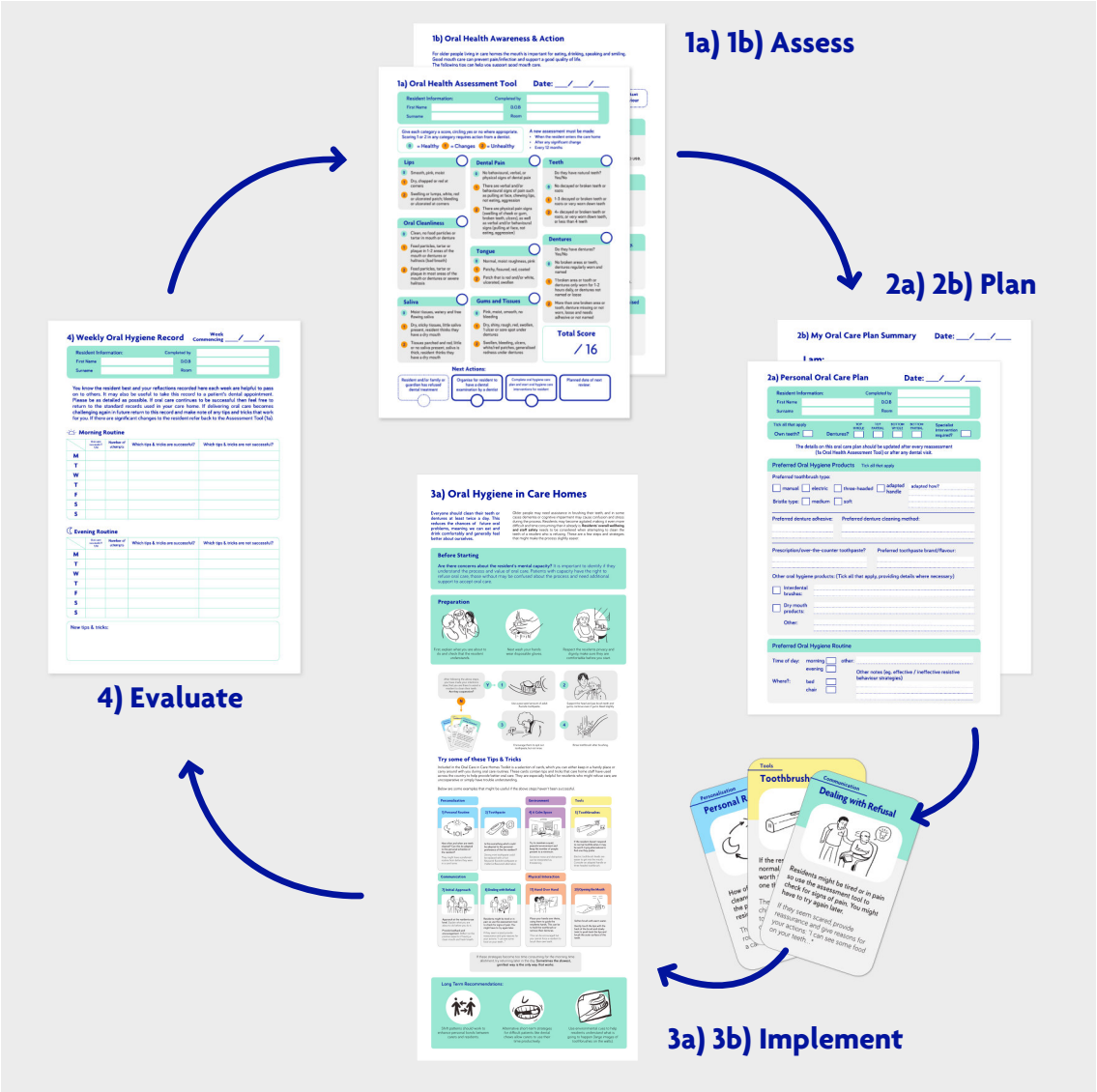
User Guide

When a resident enters the care home for the first time they should have an Oral Health Assessment **(1a)** to begin to understand their specific needs, including any potential risks to their oral health **(1b)**. Once the assessment is complete this information can be used to create a formal plan **(2a)**. This will keep track of the residents preferences of products as well as routines that work for them. This is distilled into a more informal summary which can be kept in the residents room for easy access **(2b)**.

A guide on how to deliver oral care, especially to people who might resist it, is included as a poster that can be displayed in staff rooms and offices **(3a)**. This is combined with a set of Tips and Tricks Cards that collect useful strategies from care homes across the country **(3b)**.

Finally the residents oral health is monitored on a weekly basis with the Weekly Care Record, this is also a good place to record any tips and tricks that have improved care for this resident. This information can then be easily accessed by care home staff. When 12 months pass or if any significant change is noticed return to **1a** and deliver another assessment.



2a) Personal Oral Care Plan

Date: ___/____/____

Resident Information:

		Completed by	
First Name		D.O.B	
Surname		Room	

Tick all that apply

Own teeth?	☐	Dentures?	TOP WHOLE ☐	TOP PARTIAL ☐	BOTTOM WHOLE ☐	BOTTOM PARTIAL ☐	Specialist intervention required? ☐

The details on this oral care plan should be updated after every reassessment (1a Oral Health Assessment Tool) or after any dental visit.

Preferred Oral Hygiene Products

Tick all that apply

Preferred toothbrush type:

☐ manual ☐ electric ☐ three-headed ☐ adapted handle

adapted how? .....

Bristle type: ☐ medium ☐ soft

Preferred denture adhesive: .....

Preferred denture cleaning method: .....

Prescription/over-the-counter toothpaste? .....

Preferred toothpaste brand/flavour: .....

Other oral hygiene products: (Tick all that apply, providing details where necessary)

☐ Interdental brushes: .....

☐ Dry mouth products: .....

Other: .....

Preferred Oral Hygiene Routine

Time of day: morning ☐ evening ☐ other: .....

Where?: bed ☐ chair ☐

Other notes (eg. effective / ineffective resistive behaviour strategies)

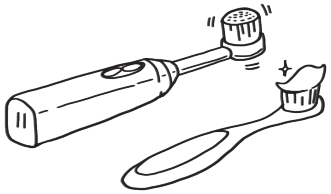
.....

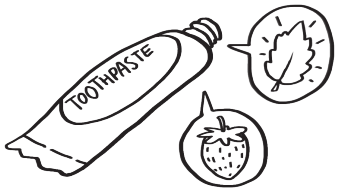
2b) My Oral Care Plan Summary

Date: ___/___/___

I am: .....

and I live in room: .....





The toothbrush I prefer is: .....

.....

.....

and the toothpaste I like is: .....

.....

.....

Other products I need are:

1) .....
2) .....
3) .....
4) .....

I prefer to have my teeth cleaned by:

.....

because .....

I like them cleaned ..... **times a day...**

- ☐ first thing in the morning
- ☐ after breakfast
- ☐ after dinner
- ☐ before bed
- ☐ other .....

.....

Things that help me clean my teeth:

.....

.....

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