

# Improving ORAL HEALTH in Salford Care Homes

Developing people  
for health and  
healthcare

[www.hee.nhs.uk](http://www.hee.nhs.uk)



HEALTH & SOCIAL CARE WORKING  
WITH YOU AND YOUR COMMUNITY

The Mouth Care Matters programme aims to create a healthcare team that is more responsive and personalised for patients and delivers better clinical outcomes, bringing an increased awareness of the importance of good mouth care and how it impacts on general health and quality of life

The initiative is relevant for all people who provide personal care to patients be that in an acute, care home or community setting.

The Mouth Care Matters programme is being delivered across many hospitals and care homes in England

[www.mouthcarematters.hee.nhs.uk](http://www.mouthcarematters.hee.nhs.uk)

## True or false

After brushing teeth, you should spit out left over toothpaste and not rinse your mouth out?





## True or false

**Brushing a vulnerable patients teeth twice a day will reduce their risk of hospital-acquired infections?**



# True or false

It is not safe to brush teeth for patients with swallowing difficulties?



## The Care Quality Commission (CQC)

- June 2019 CQC published the findings of an in-depth review on the state of oral health care in care homes across England.
- Carried out by dedicated CQC dental inspectors alongside the adult health and social care team.
- It revealed that 3 years on from the publication of NICE guidance (NG 48) on oral health in care homes, steps are often not being taken to ensure that people get the oral health care they need to ensure that they are pain-free and that their dignity is respected.

## Findings by the Care Quality Commission (CQC)

- 52% of care homes visited had no oral health policy
- 47% of care homes were not providing staff with any training to support residents daily oral care.
- 73% of residents care plans reviewed only partly covered or did not cover oral health at all – homes looking after people with dementia being the most likely to have no plan in place.
- 17% of care homes said they did not assess peoples oral health on admission.



# Importance of oral care

- Research shows that bacteria builds in the oral cavity within 24-48 hours. Daily oral care has been shown to decrease the frequency of fever and death from pneumonia for patients who are elderly by an average of 40% using tooth brushing (Maeda et al 2014, Barnes et al 2014)
- Chest sepsis results in significant morbidity, with associated increased length and cost of hospital stay and mortality rates reported to be as high as 20% to 30%

## Studies

- A systematic review found the removal of dental plaque reduces the incidence and mortality of pneumonia  
*Scannapieco et al, 2003*
- Approximately one in 10 cases of death from pneumonia in elderly nursing homes may be prevented by improving oral hygiene  
*Sjogren et al, 2008*

# Would we ignore this?





## What will the Mouth Care Matters cover?

Meeting Nice guidance 48 (July 2016) and CQC requirements and the implementation of the CHORUS folder.

- Supporting mouth care with residents as well as those with challenging behaviour
- Denture care /marking
- Mouth Care policy
- Mouth care assessment
- Daily mouth care plan
- Recognising common oral conditions in older people
- Finding a dentist

If its not been recorded its not been done!

# The best mouth care equipment

***Toothbrush and toothpaste is best!***

***This is the bare minimum that should be used for your residents***

**Tooth brushing is the single most effective way to remove debris from the mouth.**

**Tooth brushing should be carried out as a minimum at night and at one other time of the day.**

Essential  
'Tools'



Sodium lauryl Sulphate  
(SLS) free – non foaming

Mild in flavour

Some products contain MILK  
proteins





## Tooth brushing for patients with challenging behaviour

- Calm and kind approach
- Maintain eye contact
- Ask family or carer for assistance
- Try different times of day
- Short bursts
- Give patient a toothbrush to hold/place patients hand over yours whilst providing mouth care
- Record mouth care or if patient refuses

# And finally

Supporting patients with mouth care is an essential part of general care.

**We look forward to working with you.**

Contact details for Mouth Care Matters

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Thank you to Health Education England for providing some of the slides in this presentation