

# Oral Health

## AIMS

To understand how to prevent tooth decay and mouth issues in the elderly

## DURATION

Half day course (3 hours)

## LEARNING OUTCOMES

By the end of this course you will:

- Recognise the impact of poor oral health care
- Be aware of the statistics of oral care in care homes
- Understand the roles and responsibilities of Carers regarding oral Health
- Recognise the importance of the mouth and teeth
- Be aware of the anatomy of the mouth and teeth
- Recognise common mouth problems and how they are treated
- Know how to support residents with their oral hygiene
- Know of correct methods for cleaning teeth
- Understand how certain medical conditions can complicate oral hygiene
- Know how dementia affects oral hygiene
- Recognise the importance of well-fitting dentures
- Understand how to support residents with their dentures

---

## LESSONS AND TOPICS

### The importance of Oral Care

- Why is Oral Healthcare Important?
- Why are Care Home Residents at Greater Risk?
- Facts and Statistics
- Roles and Responsibilities

### The Function and Anatomy of the Mouth

- The Mouth
- The Teeth

### Common Mouth Problems

- Dental Plaque
- Acid Attack
- Tooth Decay (Caries)
- Gum Disease
- Infections

### Supporting Good Oral Hygiene

- Oral Health Assessment
- Cleaning Teeth
- Health Issues and Teeth Cleaning
- Dementia and Teeth Cleaning
- Oral Health Care Plans

### Denture Care

- Dentures
- Types of Dentures
- Dentures at Night
- Denture Adhesive
- Cleaning Dentures
- Eating with Dentures
- When to Seek Medical Advice