

LESSON PLAN

Course: Self-Care & Oral Self-Care 101

Topic: The importance of Self-Care and Oral-Self-Care

Audience: Nurses and Medical Assistants

Time: 40 minutes

Materials: Computer, PowerPoint,

Instructional Objectives:

Upon completion of the lecture, the student should be able to:

1. Define Self-Care and Oral Health Care
2. Describe the characteristics of compliance.
3. Discuss why self-care and oral self-care habits are closely related.
4. Evaluate how you would manage or even change your current oral self-care if you do not follow currently have a routine.
5. Indicate a commitment to maintain your self-care to have optimal oral self-care.

References:

Author, A. A., Author, B. B., & Author, C. C. (YEAR). Title of article is typed here. *Name of Journal is Italicized*, XXX(X), 234-45. <https://doi.org/xxxx>

Author, A. A. & Author, B. B. (YEAR). Title of article here: If it has a colon you capitalize the first word after the colon. *Name of Journal*, XX(XX), 1-11. <https://xxxx>

Author, A. A. (YEAR). Title of book (1st ed.). Publisher Name. <https://xxxx>

Author, A. A. & Author, B. B. (YEAR). Title of chapter. In E. E. Editor (Ed.), Title of book (pp. 1-13). Publisher Name. <https://doi.org/xxx>

Centers for Disease Control and Prevention. (YEAR, Month 28). Title of work. <https://xxxxxx>

World Health Organization. (YEAR, Month 14). Title of work. <https://xxxxx>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
5 minutes	<p>I. ANTICIPATORY SET</p> <p>A. <u>Introduction</u></p> <p><i>“Self-Care is a priority and necessity not a luxury in the work that we do.”</i></p> <p>–Anonymous</p> <p>I know in my profession, and not just my profession, but healthcare providers within a dental office do not have the same oral health habits, that we insist our patients have. Our compliance is just not the same, and yes there has been research completed on students in healthcare professions. You might be sitting there wondering why I am here to talk to you about oral self-care., it’s important and some of the items I share; you might not have previously thought about or considered. So let’s talk oral self-care habits and discuss a few definitions that will be helpful during this lecture.</p> <p>Self-Care: the practice of individuals looking after their own health, using the knowledge and information available to them.</p> <p>Oral Self-Care: plays an important role in maintaining oral health and preventing the occurrence of oral diseases.</p> <p>Plaque: dental plaque is a sticky film of bacteria that constantly forms on your teeth.</p> <p>Calculus: calcified dental plaque.</p> <p>Gingivitis: an inflammation of the gingival tissue.</p> <p>Periodontal disease: inflammation and infection of the gum tissue and supporting bone of the teeth.</p> <p>B. <u>Gain Attention/Motivate</u></p> <p>Has anyone in the room ever pressed snooze 3x in the morning and when you finally get out of bed, you are rushing around to get ready? What about falling asleep on the couch without brushing and flossing? Maybe you go a couple of days without brushing and then you finally do, and you just scrub those teeth to make up for missing a day or two.</p>	<p>Slide #1: Self-Care and Oral Self-Care Habits</p> <p>Note: As a healthcare provider</p> <p>Q: Have you ever wondered or considered if health care professionals have the same oral health as our patients?</p> <p>A: Answers will vary, but the students will learn that the correct answer is “No”.</p> <p>Slide #2: Picture of individual thinking.</p>

TIME	C. <u>Activate Prior Knowledge</u>	NOTES – MEDIA – Q/A
3 minutes	<p data-bbox="358 233 1003 548">Did you know there is a Self-Care Day? It is July 24, according to World Health Organization (WHO). What would you consider some oral self-care habits are? Taking a walk without a goal, pedicure, massage, treating yourself to fresh flowers, and just sitting reading a book. Maybe even taking a mini vacation that you have been wanting to take. Our topic today is Self-Care and Oral Self-Care habits for healthcare providers. We will soon get burnt out or become ill.</p> <p data-bbox="358 590 1003 1083"><u>D. Establish Rationale</u> Attending today’s lecture will give you more understanding of why Self-Care and Oral Self-Care are an important part of our daily lives. If we are run down and out of energy, we cannot properly care for our patient’s. If we aren’t feeling well at work, we can’t take proper car of our patients. If aren’t at work because we just want to be at home in our bed, guess what we can’t take care of our patients, and that is why taking time for yourself is so important. This includes proper oral self-care. Poor oral hygiene can lead to a variety of problems to include dental caries, gingivitis, periodontal disease, and even lead to chronic infections.</p> <p data-bbox="573 1192 790 1220" style="text-align: center;">LESSON CONTENT</p> <p data-bbox="358 1266 725 1293">Learning the signs of Self-Care.</p> <p data-bbox="358 1339 768 1367"><u>E. Present Instructional Objectives</u> After today’s lecture, you should be able to:</p> <ol data-bbox="407 1409 1000 1759" style="list-style-type: none"> 1. Define Self-Care and Oral Self-Care 2. Describe the characteristics of compliance. 3. Discuss why self-care and oral self-care habits are closely related. 4. Evaluate how you would manage or even change your current oral self-care if you do not follow some of the recommended guidelines for oral self-care. 5. Indicate a commitment to maintain your self-care to have optimal oral self-care. 	<p data-bbox="1032 415 1263 443">Slide #3: Objectives</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
2 minutes		
1 minute	<p>I. Self-Care</p> <p>A. Making healthy lifestyle choices- being active and eating healthy.</p> <ol style="list-style-type: none"> 1. getting enough sleep 2. practicing mindfulness 3. managing stress 4. keeping mind and body fit 5. connect socially <p>B. Avoiding unhealthy lifestyle habits-</p> <ol style="list-style-type: none"> 1. avoid smoking and excessive alcohol consumption 2. avoid processed meat consumption 3. being sedentary <p>C. Making responsible use of prescription and non-prescription medications.</p> <ol style="list-style-type: none"> 1. follow over the counter directions 2. take medications as prescribed by your physician 3. don't share your medications with family and friends <p>D. Self-recognition of symptoms- assessing and addressing symptoms.</p> <ol style="list-style-type: none"> 1. recognize health problem early <p>E. Self-Monitoring- checking for signs of deterioration or improvement.</p> <ol style="list-style-type: none"> 1. notice our own actions 2. 	<p>Slide #4: Domestic violence definition & stats</p> <p>Note: Definition is from the US Dept of Justice.</p> <p>Q: Based on these statistics, what do you think is the likelihood that you might one day have an abuse victim as a patient?</p> <p>A: Answers will vary; however, there is a strong likelihood that it could happen during their career.</p>
2 minutes	<p>II. Examples, Signs, & Symptoms of Abuse:</p> <p>A. Physical</p> <ol style="list-style-type: none"> 1. hitting/slapping 2. shoving 3. grabbing 4. pinching 5. biting <ol style="list-style-type: none"> a. impression of teeth marks 6. hair pulling <ol style="list-style-type: none"> a. patches of missing hair 7. forced alcohol/drug ingestion 8. overly medicated/sedated 9. lacerations <ol style="list-style-type: none"> a. varying phases of healing 	<p>Slide #5: occurrences</p> <p>Slide #6 physical signs & symptoms</p> <p>Slide #7 phases of lacerations and bruises</p>

TIME		NOTES – MEDIA – Q/A
2 minutes	<p>i. bleeding to hemostasis (clotting)</p> <p>LESSON CONTENT</p> <p>ii. inflammatory (transudate, swelling)</p> <p>iii. proliferative (granulation tissue)</p> <p>iv. maturation (remodeling collagen with flexibility)</p> <p>10. bruising</p> <p>a. varying colors</p> <p>i. red = immediate</p> <p>ii. blue, purple, black = 1-2 days</p> <p>iii. yellow, green = 5-10 days</p> <p>iv. yellowish-brown, light brown = 10-14 days</p>	<p>Q: What would cause someone to have multiple lacerations or bruises of varying phases of healing?</p> <p>A: It is likely the person had multiple injuries occur at different time periods.</p> <p>Note: The healing process may vary person-to-person.</p>
2 minutes	<p>11. fractures</p> <p>12. repeating patterns of such injuries</p> <p>a. past reports in patient record</p> <p>B. Emotional</p> <p>1. undermining self-worth or esteem</p> <p>2. belittling</p> <p>3. constant criticism</p> <p>4. name calling</p> <p>5. isolation</p> <p>C. Economic</p> <p>1. coercion</p> <p>2. fraud</p> <p>3. restricted access to entitled funds/resources</p> <p>a. food</p> <p>b. medications</p> <p>c. shelter</p> <p>d. clothing</p> <p>e. hygiene</p> <p>f. access to healthcare</p> <p>4. manipulation of credit or financial information</p> <p>5. exploiting powers of attorney</p> <p>6. scams</p> <p>7. dehydration/malnourished</p> <p>D. Psychological</p> <p>1. fear by intimidation</p> <p>2. threats of harm</p> <p>3. destruction of property</p>	<p>Slide #8 emotional signs & symptoms</p> <p>Slide #9 economic signs & symptoms</p> <p>Q: In what ways might you be clued into someone struggling with financial security?</p> <p>A: The patient may willingly disclose it, diminished personal appearance or bodily malodor may be noticed, or the staff member in charge of collections may mention a concern.</p>
2 minutes		<p>Slide #10 psychological signs & symptoms</p> <p>Slide #11 sexual signs & symptoms</p>

TIME		NOTES – MEDIA – Q/A
1 minute	4. forcing isolation from others E. Sexual 1. coercing sexual contact LESSON CONTENT 2. rape 3. incest F. Personal losses associated with domestic violence 1. independence 2. life savings a. security 3. health a. diminished quality b. decreased life span 4. dignity a. embarrassment b. shame c. fear	Slide #12: personal losses Q: Based on this information, when during the dental hygiene process of care do you think you might first notice signs or symptoms of abuse? A: Signs and symptoms may be disclosed during the health history or could be noticed during the EOE/IOE portion of the appointment.
1 minute		Slide #13: accidental injuries
3 minutes	G. Sign/symptoms of accidents (not abuse) 1. bracing for falls a. scrapes on palms of hands b. scrapes on knees c. scrapes on elbows III. Characteristics of Abusers: A. overly strict parents/caregivers B. extreme jealousy C. possessiveness D. bad temper E. verbal abuse 1. name calling & profanity F. controlling behavior G. antiquated beliefs of females H. unfair control of finances I. preventing victim's speech J. aggressive behavior/language K. habitual failure to bring child for appointments	Note: Emphasize the seriousness of suspected abuse. This must be taken with caution and approached carefully. Not all injuries are indicative of abuse.
2 minutes	IV. Management of suspected case: A. Be aware 1. extraoral exam a. extremities i. fractured limbs ii. limping iii. back of hand injuries b. excessive tenderness c. unusual bumps	Slide #14: Management of suspected abuse cases Slide #15: Awareness during EOE exam

TIME		NOTES – MEDIA – Q/A
3 minutes	<ul style="list-style-type: none"> d. usual bruising <ul style="list-style-type: none"> i. locations ii. severity/size <p>LESSON CONTENT</p> <ul style="list-style-type: none"> iii. mixed phases of healing e. patches of missing hair f. torn earlobe g. cheek lesions h. neck (choke marks) i. lacerations j. characteristic behaviors <ul style="list-style-type: none"> i. very quiet ii. scared/nervous iii. jumpy/jittery 	<p>Slide #16: Awareness during IOE exam</p>
5 minutes	<ul style="list-style-type: none"> 2. intraoral exam <ul style="list-style-type: none"> a. torn frenum b. avulsed teeth c. non-vital teeth d. tongue injuries e. jaw fractures f. bruised mucosa g. untreated/rampant caries h. untreated pain B. Engage in dialogue <ul style="list-style-type: none"> 1. AVDR Model <ul style="list-style-type: none"> a. Ask questions <ul style="list-style-type: none"> i. non-threatening tone ii. non-judgmental iii. when alone with victim iv. abuser leaves during x-rays v. ensure safety vi. listen closely b. Validate <ul style="list-style-type: none"> i. acknowledge victim's feelings ii. assure them iii. written documentation iv. photograph evidence v. radiographic evidence c. Refer & Report <ul style="list-style-type: none"> i. treat oral injuries ii. refer if out of scope iii. local abuse shelters iv. written documentation 	<p>Slide #17: AVDR Model</p> <p>Note: AVDR can be applicable to many forms of suspected abuse cases.</p> <p>Q: In our operatory, what types of photographic evidence might be helpful?</p> <p>A: Intraoral photos for injuries in the mouth; point & shoot cameras for injuries outside of the mouth</p>
1 minute	<ul style="list-style-type: none"> 2. separate verbal histories <ul style="list-style-type: none"> a. from victim 	<p>Note: Ensure treatment is kept within scope of practice.</p> <p>Slide #18: Talk with victim & abuser</p>

TIME		NOTES – MEDIA – Q/A
3 minutes	<p>i. if safe and alone b. from abuser i. if safe</p> <p>LESSON CONTENT</p> <p>C. Report</p> <ol style="list-style-type: none"> 1. Legal & ethical obligation <ol style="list-style-type: none"> a. legislative mandates per state b. state Department of Human Services c. city/county Adult Protection Services d. held liable for not reporting e. immunity & anonymity f. confidentiality not applicable g. consequences of not reporting <ol style="list-style-type: none"> i. 35% continued abuse ii. 5% may die from abuse 2. When <ol style="list-style-type: none"> a. immediately <ol style="list-style-type: none"> i. prevent further abuse b. ensure safety c. 911 if necessary 	<p>Slide #19: Reporting</p> <p>Q: Does this information help clarify the legal & ethical obligation you have?</p> <p>A: Answers will vary; may need to give further clarity based on answers.</p> <p>Note: If in immediate danger, call 911 for emergency help.</p>
3 minutes	<p>V. Continuing Education & actionable commitment:</p> <p>B. Mid-Atlantic P.A.N.D.A.</p> <ol style="list-style-type: none"> 1. “Prevent Abuse and Neglect through Dental Awareness” <ol style="list-style-type: none"> a. educational program for dental professionals <ol style="list-style-type: none"> i. dentists ii. dental hygienists iii. dental assistants 2. PACE approved program provider <ol style="list-style-type: none"> a. Academy of General Dentistry 3. Focus: recognize, report, refer <ol style="list-style-type: none"> a. child abuse & neglect b. intimate partner violence c. vulnerable adults d. human trafficking e. bullying 	<p>Slide #20: P.A.N.D.A.</p> <p>NOTE: PACE is an administrative system which ensures quality of continuing education programs.</p>

TIME		NOTES – MEDIA – Q/A
4 minutes	<p style="text-align: center;">LESSON CONTENT</p> <p>C. Office Procedures</p> <ol style="list-style-type: none"> 1. review literature on topic 2. staff meetings <ol style="list-style-type: none"> a. written procedures b. all staff on board 3. Department of Human Services <ol style="list-style-type: none"> a. local phone number 4. Local abuse shelters <ol style="list-style-type: none"> a. prepared cards to distribute <ol style="list-style-type: none"> i. local phone numbers 5. Documentation <ol style="list-style-type: none"> a. discrepancies of victim vs. abuser stories b. clear/comprehensive c. professional language d. quotes (verbatim statements) d. date/time e. “reason to suspect” f. If your opinion: <i>“In my opinion..”</i> g. radiographs h. intra/extra oral photographs 6. Commit to reporting 	<p>Slide #21: Office protocol</p> <p>Q: What are good strategies for researching more information on this topic?</p> <p>A: Authoritative websites such as organizations or government entities, journal articles, & communicate with local abuse shelters.</p> <p>Slide #22: documentation</p> <p>Note: Typically, opinions are excluded from written documentation in charts; however, in the case of suspected abuse, it is ok to indicate something as your opinion based on factual observations.</p>

TIME		NOTES – MEDIA – Q/A
3 minutes	<p style="text-align: center;">LESSON CONTENT</p> <p>SUMMARY: I hope you now have a better understanding of what domestic violence is and the seriousness of this topic. Take what you learned and use this knowledge to recognize various forms of abuse, as well as their signs and symptoms such as lacerations, bruising, and fractures in children and adults. Remain constantly aware of characteristics that may be presented by suspected abusers and victims. Remember that abuse is a serious matter and you owe it to yourself and society to not only recognize abuse but also have an action plan such as the AVDR intervention model. Do not delay in properly reporting suspected cases to appropriate agencies. Also, make needed referrals to stop the abuse and secure medical assistance for injuries outside of your scope of practice. Continue seeking further education and training on this topic with programs such as P.A.N.D.A. and use that knowledge to help your office establish a protocol to handle such cases. Finally, make a professional commitment to fulfill your legal and ethical obligations to appropriately recognize, refer, and report domestic violence.</p>	<p>Slide #23: summary</p> <p>Note: Thank the learners for their attention and participation.</p> <p>Q: From our lecture today, what do you feel resonated with you the most?</p> <p>A: Answers will vary. If misconceptions are noticed, provide clarity.</p>

TIME	LESSON CONTENT	NOTES – MEDIA – Q/A
5 minutes	<p data-bbox="573 268 790 296">LESSON CONTENT</p> <p data-bbox="358 342 719 369">CRITICAL THINKING ACTIVITY:</p> <p data-bbox="358 415 1003 730">Case: Here is the same boy from the beginning of today's lecture. You talk to his mom and she says, <i>"He fell down because he is just clumsy."</i> However, you notice odd injuries. The boy seems very nervous and the mom instructs him to not speak. Now that you are aware of the signs and symptoms of abuse, think about what procedures you should follow if you suspect child abuse. What steps would you take to determine if abuse has occurred?</p> <p data-bbox="358 772 987 947">1. Look at the type of injuries in the picture, are they consistent with a fall that occurred one day ago? Answer: No. The boy has bruising and lacerations on both sides of his face that are in various stages of healing and has bitemarks on one cheek.</p> <p data-bbox="358 989 995 1304">2. What are some other things to look for? Answer: Look for characteristics of the injuries that would support or disprove the mom's story.</p> <ul data-bbox="415 1094 995 1304" style="list-style-type: none"> • Ask how long ago it happened to see if timing is appropriate for color of bruise healing. • Look for injuries consistent with an accident: scrapes on palms of hands, knees (attempt to brace for fall). <p data-bbox="358 1346 995 1482">3. How might you find an opportunity to ask the child one-on-one about what happened? Answer: Maybe when mom goes to restroom or leaves so you can take radiographs.</p> <p data-bbox="358 1524 995 1654">4. What should you do if the stories don't match up? Answer: Document your findings with written details, photos, and radiographs if indicated. Then report according to your state's laws.</p>	<p data-bbox="1032 268 1396 296">Slide #24: critical thinking case</p>

Test Items

Objective #1: Define domestic violence.

Test Item #1: Domestic violence is characterized by an abuser seeking to gain or maintain what over another person?

- a. power and control
- b. support and loyalty
- c. obedience and partnership
- d. subordination and trust

Objective #2: Describe signs and symptoms of domestic violence.

Test Item #2: Which of the following is consistent with possible abuse?

- a. scraped palms
- b. skinned knees
- c. carious lesion
- d. malnourishment

Objective #3: Discuss characteristics of abusers and victims.

Test Item #3: Which characteristic would **BEST** describe a possible abuser?

- a. concern of others' wellbeing
- b. tender to touch
- c. mild personality
- d. preventing others' speech

Objective #4: Evaluate how a dental professional should manage suspected patient cases of abuse.

Test Item #4: 5-year-old James presents for his recare dental hygiene exam. His upper lip appears to have a recent frenum tear, and there is an almost healed bruise on his cheek. Three of his anterior teeth are badly chipped. When the dental hygienist questions James about what happened, he looks nervous and says that a bully at school punched him. When the mom is questioned, she states that James is clumsy and fell yesterday when trying to exit the bus after school. The dental hygienist assumed that the bully must have shoved James and made him fall face-first from the bus. The dental hygienist records the chipped teeth in James' record and an appointment is made for restorations. No further action was taken. Did the dental hygienist handle this in an appropriate way? Explain your answer in 3-4 sentences.

Objective #5: Indicate a commitment to remain aware of your professional role in addressing suspected cases of abuse.

Test Item #5: In one paragraph (3-4 sentences), indicate your personal commitment to maintaining professional awareness of your role as a dental hygienist to help address domestic violence.

Correct Answer Key:

1. A
2. D
3. B
4. The dental hygienist did not handle this in an appropriate way. He/she should have asked more questions of James when alone and specifically ask about the possibility of it happening while riding the school bus. Exact wording used to describe the incident from the child and the mother should be factually documented in the record. The dental hygienist should have looked in James' dental record for possible past documentation of signs and symptoms of abuse which may indicate a pattern. Documentation should have been made about the frenum tear, cheek bruise (notating stage of healing), and chipped teeth with photographs and radiographs. A report should have been made according to state regulations.
5. As a dental hygienist, I will seek continuing education courses related to the topic of domestic violence and the role dental professionals have regarding adult or child abuse cases. I will also remain aware of state regulations for reporting suspected abuse cases. I will also inquire with my place of employment about established protocols for addressing suspected abuse cases.