

## LESSON PLAN

**Course:** Making a difference in Oral Health Care

**Topic:** Oral Care in Short Term Units

**Audience:** Physical Therapists and Occupational Therapists

**Time:** 40 minutes

**Materials:** Computer, PowerPoint,

**Instructional Objectives:**

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

1. Define QoL Quality of Life
2. Describe the characteristics of plaque formation.
3. Discuss the benefits of an oral health assessment being completed upon admissions.
4. Evaluate how you, as a Physical Therapist or Occupational Therapist can assist your patients while visiting them for their care.
5. Indicate a commitment to remain aware of your professional role in treating a patient in short-term care.

**References:**

<https://bmccgeriatr.biomedcentral.com/articles/10.1186/s12877-021-02281-z>

<https://doi.org/10.1177/23779608211045258>

Koistinen S, Olai L, Ståhlacke K, Fält A, Ehrenberg A. Oral health-related quality of life and associated factors among older people in short-term care. *Int J Dent Hygiene*. 2020;18:163–172. <https://doi.org/10.1111/idh.12424>

Giuliano KK, Baker D, Quinn B. The epidemiology of nonventilator hospital-acquired pneumonia in the United States. *Am J Infect Control*. 2018 Mar;46(3):322-327. doi: 10.1016/j.ajic.2017.09.005. Epub 2017 Oct 16. PMID: 29050905.

<https://www.environmentandurbanization.org/calvert-henderson-quality-life-indicators-new-tool-assessing-national-trends#:~:text=The%20twelve%20quality%20of%20life,public%20safety%2C%20recreation%20and%20shelter.>

TIME	LESSON CONTENT	NOTES-MEDIA-Q/A
5 minutes	<p><b>I. ANTICIPATORY SET</b></p> <p>A. <u>Introduction</u></p> <p>When visiting your patients in a short-term facility do you provide any oral hygiene instructions or provide any assistance with them brushing or flossing their teeth. If you do not do you think this is something you can fit into your visit with your patient? Maybe you have never even considered patients who are in short term care who may or may not assist them with their oral care. Maybe you don't think it's part of your job. However, I am here to discuss with you that many individuals who are in a short-term facility do not receive the oral care treatment they need. As a healthcare provider it is part of our job to discuss or maybe assist our patients with their oral health needs</p>	<p>Slide #1 Name</p> <p>Slide #2 Objectives</p> <p>Slide #3 Intro</p> <p>Q: Do you provide oral hygiene instructions when visiting your patients?</p> <p>A: Answer will vary</p> <p>Slide #4 Photo provider and patient.</p> <p>Slide #5 Your top priorities.</p>
3 minutes	<p>B. <u>Gain Attention/Motivate</u></p> <p>Do you have a family member in a short-term facility? Do you know if their oral health care needs are being met? Maybe they are in a short-term facility that is not convenient for you to visit them on a regular basis. You would want to make sure this individual friend or family member is receiving the care they deserve and need.</p>	
3 minutes	<p>C. <u>Activate Prior Knowledge</u></p> <p>I know many of you are Physical Therapists and Occupational Therapists and you might focus primarily on where a patient's injury or surgery site is. I know especially for the PT's, however, for the occupational therapists, this is a task you can assist your patients with. The simple coordination of brushing, using floss, or if they are unable to use floss, maybe introducing them to a WaterPik, to help reduce that biofilm from building up on their teeth and gums.</p>	
1 minute	<p>D. <u>Establish Rationale</u></p> <p>Attending today's lecture will give you more understanding of why we should assist these patients, and just discuss the importance of why an individual's oral health is important overall and benefits healing.</p>	

TIME	LESSON CONTENT	NOTES-MEDIA-Q/A
2 minutes	<b>I. Quality of Life</b> A. Defined <ol style="list-style-type: none"> <li>1. perception of their situation in life</li> <li>2. culture they live in</li> <li>3. relation to their goals</li> <li>4. standards and concerns</li> <li>5. happiness</li> </ol>	Slide #6 Quality of life defined.
1 minute	B. Statistics <ol style="list-style-type: none"> <li>1. QOL is measurable</li> <li>2. wealth</li> <li>3. culture they live in</li> </ol>	Slide #7 Statistics
4 minutes	<ol style="list-style-type: none"> <li>4. perceive their health</li> </ol> C. Quality of Life Indicators <ol style="list-style-type: none"> <li>1. education</li> <li>2. employment</li> <li>3. energy</li> <li>4. environment</li> <li>5. health</li> <li>6. human rights</li> <li>7. income</li> <li>8. infrastructure</li> <li>9. nation security</li> <li>10. public safety</li> <li>11. recreation</li> <li>12. shelter</li> </ol>	Slide #8 Quality of Life Indicators  Slide #9 Characteristics of daily oral care in short-term facilities.  Slide #10 What is oral care?
5 minutes	<b>II. Characteristics of daily oral care in short-term facilities</b> A. What is oral care? <ol style="list-style-type: none"> <li>1. Brushing 2x daily</li> <li>2. Caring for dentures</li> <li>3. Patient's choice of product</li> <li>4. Removing plaque</li> </ol> B. Why is oral care important? <ol style="list-style-type: none"> <li>1. Not brushing</li> <li>2. Plaque formation</li> <li>3. Bacteria from plaque</li> <li>4. Preventing illness</li> </ol> C. Why is oral care neglected in short term facilities? <ol style="list-style-type: none"> <li>1. Lack of knowledge</li> <li>2. extensive obstacle</li> <li>3. training</li> </ol>	Slide #11 Why is oral care important?  Slide #12 Why is oral care neglected in short-term facilities?

TIME	LESSON CONTENT	NOTES-MEDIA-Q/A
3 minutes	<b>III. Oral Health Assessment Upon Admissions</b> A. Complete Oral Health History <ol style="list-style-type: none"> <li>1. current hygiene practice</li> <li>2. bleeding gums</li> <li>3. dental decay</li> <li>4. dry mouth</li> <li>5. removable appliance</li> <li>6. oral health supplies</li> <li>7. prescription oral care products</li> </ol>	<b>Slide #13</b> Oral Health Assessment Upon Admissions  <b>Slide #14</b> Complete Oral Health History
1 minute	B. Complete an oral exam <ol style="list-style-type: none"> <li>1. Health History form</li> <li>2. Oral health assessment tool</li> <li>3. care plan</li> <li>4. supplies if needed</li> </ol>	<b>Slide #15</b> Complete an oral exam.
1 minute	C. During the Patient's stay <ol style="list-style-type: none"> <li>1. Standard Operating Procedure (SOP) written</li> <li>2. Training</li> <li>3. Supplies &amp; frequency of care</li> <li>4. Electronic Health Record (ERH)</li> </ol>	<b>Slide #16</b> Patient's stay.
1 minute	<b>IV. Challenges in assisting your patient with their oral hygiene.</b> A. Ethical Aspects when aiding in short-term care. <ol style="list-style-type: none"> <li>1. do not want assistance</li> <li>2. fatigued</li> <li>3. hearing impaired</li> <li>4. ventilated</li> </ol>	<b>Slide #17</b> Challenges assisting with oral hygiene.  <b>Slide #18</b> Ethical Aspects
2 minutes	B. Patient wants to manage their own dental hygiene needs. <ol style="list-style-type: none"> <li>1. do it themselves</li> <li>2. time of day</li> <li>3. don't want you observing</li> <li>4. gag reflux</li> </ol>	<b>Slide #19</b> manage own dental hygiene needs.
1 minute	C. Satisfied with their mouth. <ol style="list-style-type: none"> <li>1. no pain</li> <li>2. enjoy self-care</li> <li>3. self sufficient</li> </ol>	<b>Slide #20</b> Satisfied with their mouth.
1 minute	<b>V. Barriers of you assisting with oral health.</b> A. Lack of time <ol style="list-style-type: none"> <li>1. don't want to be observed</li> <li>2. take up your time</li> </ol>	<b>Slide #21</b> Barriers of you assisting with oral health.
1 minute	B. Not being a burden. <ol style="list-style-type: none"> <li>1. they think it's an inconvenience for you</li> <li>2. your there for other reasons</li> </ol>	<b>Slide #22</b> Burden

TIME	LESSON CONTENT	NOTES-MEDIA-Q/A
1 minute	<p>C. Lack of Knowledge</p> <ol style="list-style-type: none"> <li>1. not trained enough</li> <li>2. make the conversation</li> <li>3. educate them</li> </ol>	<p>Slide #23 Lack of Knowledge</p>
3 minutes	<p><b>SUMMARY:</b></p> <p>As you can see patients who are in a short-term facility, may not be getting the oral health needs they need. There are many factors that facilities must take into consideration to make sure their staff is properly trained. Also, it's an extra expense to make sure these patients have a dental exam prior to being admitted into the short-term facility. Unfortunately, the patient might not be able to afford that additional cost, and many facilities don't have the expenses to have a dentist on-site to perform dental exams, to determine the patient's oral health status. My goal today was to bring to your attention that many people do not realize the importance of an individual's overall oral health, and how so many health problems can occur from a patient not removing plaque daily. Have a conversation with your patient about their oral health and assist them and educate your patient.</p>	<p>Slide #24 Summary</p>

	LESSON CONTENT	NOTES-MEDIA-Q/A
	<p><b>CRITICAL THINKING ACTIVITY:</b></p> <p>Class Discussion: I will have a discussion to see if any providers are currently assisting their patients with oral health needs or oral hygiene instructions. We will discuss how we can incorporate this into their visits with patients and make any changes necessary.</p>	<p>Slide #25 Critical Thinking Activity</p> <p>Slide #26 What are your thoughts on incorporating this into your daily practice?</p> <p>Slide #27 References</p> <p>Slide #28 Questions from audience?</p> <p>Slide #29 Thank you and contact information.</p>

## **Test Items**

**Objective #1:** Define QoL Quality of Life.

**Test Item #1:** Quality of Life can be characterized by?

- a. Perception of an individual's life
- b. How much money an individual makes
- c. Health and wellness
- d. Caring for others

**Objective #2:** Describe the characteristics of plaque formation.

**Test Item #2:** Test Item: Which of the following is consistent with plaque formation?

- a. Forms after you brush teeth
- b. It's sticky
- c. It's a bacteria
- d. All of the above

**Objective #3:** Discuss the benefits of an oral health assessment being completed upon admissions.

**Test Item #3:** Which characteristic would **BEST** describe an oral health assessment being completed upon admissions?

- a. It determines if patient has cavities.
- b. The gingival status is determined.
- c. You know the current oral health status of the patient.
- d. A tooth extraction may be needed.

**Objective #4:** Evaluate how you, as a Physical Therapist or Occupational Therapist can assist your patients while visiting them for their oral health care.

**Test Item #4** In a paragraph (3-5 sentences) Explain how you can assist your patient with their oral health care.

**Objective #5** During our class discussion we discussed making changes to assist your patients with their oral health care needs. Indicate a commitment to make these changes when visiting your patient in short-term care.

**Test Item #5:** In one paragraph, indicate your commitment to make these changes.

**Correct Answer Key:**

1. A
2. D
3. C
4. In one paragraph, indicate your commitment to make these changes.
- 5 The answer will vary depending on what the provider feels they can change while visiting their patients.