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# Self-Care and Oral Self-Care Habits

As a healthcare provider.



## Introduction

- ▶ Do you have the same oral health as your patient?
- ▶ Do you expect your patient to maintain the same health standards as you?
- ▶ Do our patient have better oral health than we do?



I can speak for my profession, as a dental hygienist that we do not have the same oral health habits, that we insist our patients maintain.

- ▶ There actually has been research completed to confirm this theory.
- ▶ I am here today to discuss the importance of our self-care and our oral self-care.

# Definitions

- ▶ Self-Care: is the practice of individuals looking after their own health, using the knowledge and information available to them.
- ▶ Oral Self-Care: plays an important role in maintaining oral health and preventing the occurrence of oral diseases.
- ▶ Plaque: a sticky film of bacteria that constantly forms on your teeth.
- ▶ Dental calculus: calcified dental plaque.



Have you pressed the SNOOZE button 3x before?

- ▶ What is the result of you pressing the snooze button? We are late and skip important steps to get out of the house. For example, you may forget to brush your teeth.

Did you know there was  
a Self-Care Day?

July 24





## What are some items you would consider self-care?

- ▶ Treating yourself to fresh flowers.
- ▶ Taking a walk with no goal in mind.
- ▶ A mini vacation
- ▶ Reading a book
- ▶ Pedicure
- ▶ Facial



# Our topic today is Self-Care and Oral Self-Care.

We must take time for ourselves to  
properly take care of our patients.

# Importance of Oral Self-Care

- ▶ To prevent dental caries
- ▶ To prevent gingivitis
- ▶ To prevent periodontal disease
- ▶ To prevent chronic infections



# Self Care TOPICS



Making healthy lifestyle choices



Avoiding unhealthy lifestyle habits



Making responsible use of prescription and non-prescription medicines



Self-recognition of symptoms



Self-monitoring



Self-management

## Dental Providers

Not perfect because they educate their patients all day.

## Non-Dental Providers

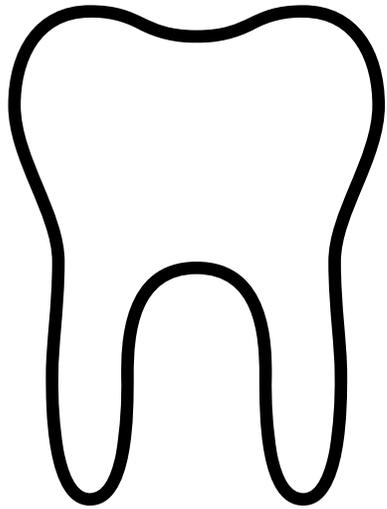
Better dental habits than general population.

## Nurses

Relatively proficient when it comes to brushing and flossing, low at maintaining dental exam and prophylaxis.

Fun facts pertaining to  
Compliance of Oral Health Self-Care

# Oral Health



- ▶ What do you consider oral health?
- ▶ How do you think we should maintain our oral health?
- ▶ Do you think our mental health has anything

# Oral Health Status

## Oral Habits

- ▶ Research proves if an individual suffers from mental illness they have subpar oral health habits.
- ▶ This could simply be a lack of motivation.
- ▶ That individual doesn't consider oral hygiene a priority.
- ▶ Change in our daily routine.



Risks  
associated  
with poor  
oral health.

Dental Cavities

Gingivitis

Periodontal Disease

# Dental Caries Risk

- ▶ Dental Cavities are preventable.
- ▶ If you don't remove plaque you can obtain a cavity.
- ▶ If you don't maintain a balanced PH, you can obtain a cavity.



## Fun Fact

CDC states ONE quarter of adults between 20-64 have untreated cavities.

# Gingivitis

## Preventable

You must remove plaque from your teeth; (brushing and flossing)

However, there is gingivitis that can be caused from food, medications, and hormones.

If gingivitis is not treated it can progress into periodontal disease.

# Periodontal disease

- ▶ Periodontal disease is an infection of the gums and bone that support the teeth.
- ▶ Can be prevented (when no hereditary factors to consider)
- ▶ Poor oral health habits
- ▶ Obesity
- ▶ Poor nutrition
- ▶ Recreational drugs
- ▶ smoking

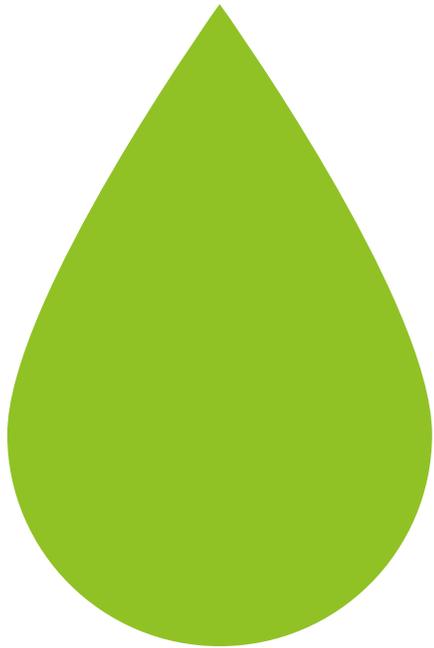


## Examples of oral self-care oral hygiene instructions

- ▶ Brush 2 minutes (electric toothbrush)
- ▶ Floss 1x a day
- ▶ WaterPik
- ▶ Interdental brushes
- ▶ Brushout

# Visiting your dentist

- 2x a year
- Radiographs
- Exam
- Prophy & fluoride treatment
- Oral cancer screening



# Hydration

- ▶ Staying hydrated
- ▶ During patient care, taking the time, to get your fluids in
- ▶ Removes debris from your mouth
- ▶ Helps keep your mouth moist

PH

Maintaining a balanced PH by eating healthy nonacidic foods can help prevent cavities and reduce the number of bacteria in your mouth.



How to be the best for your patient!

# Self Care Resources

- ▶ Kansas Health System has a Self-Care Toolkit.
- ▶ <https://pedagogyeducation.com/Courses/Self-Care-for-Nurses>
- ▶ <https://www.campusce.net/csusm/course/course.aspx?C=210>
- ▶ <https://dartonfoundation.org/event/selfcare-of-healthcare-professionals-4-hour-ceu-course-for-healthcare-professionals/>

# Oral Self-Care

Brushing  
2X a day

Flossing 1X  
a day

Interdental  
brushes

WaterPik

Smokefree

Drugfree

# Your Commitment

- ▶ Are you willing to change?
- ▶ Create a goal
- ▶ Write your goal down
- ▶ Call your dentist to schedule an appointment
- ▶ Plan a mini trip
- ▶ Grab that book you have been wanting to read

# YOU DESERVE IT!

- ▶ Celebrate Life
- ▶ Take time for yourself
- ▶ Be refreshed and ready for your patients

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# Questions

Thank you  
for your  
time!

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