



ORAL HYGEINE

Key Terms

Dentures	Radiotherapy	Vaccu Suck
Chlorhexidine	Immunosuppression	Oralcavity

INTRODUCTION

Good oral hygiene involves cleanliness, comfort and the moisturizing of the mouth structure.

DEFINITION:

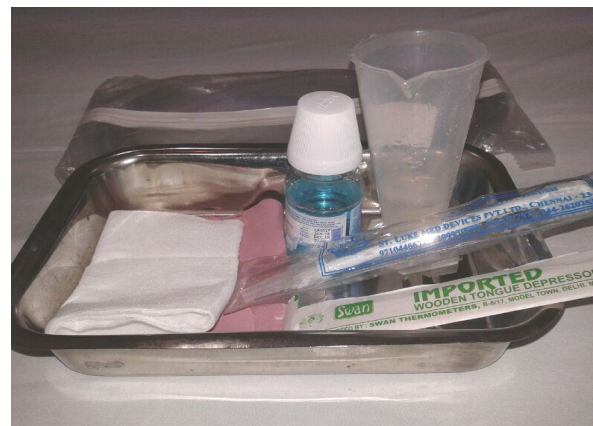
Oral hygiene means brushing or cleaning the oral cavity or the dentures using alcohol based mouth wash.

INDICATION:

- Patients whose diet is restricted or who have poor nutrition;
- Patients who are suffering from dehydration, nausea or vomiting;
- Patients on oxygen therapy;
- Patients who are receiving radiotherapy or cytotoxic therapy for malignant disease.
- Patient who are unable to perform oral hygiene on their own

EQUIPMENTS

- Tray containing
- 2 % Chlorhexidine Mouth wash
- Ounce glass
- Water for dilution
- Spatula
- Sterile tray containing artery forceps, thumb forceps, 1 bowl, gauze piece.
- Mackintosh
- Face towel



- Lubricant for lips (eg. Vaseline)
- Kidney tray

ADDITIONAL EQUIPMENT FOR SPECIALISED MOUTH CARE AS REQUIRED

- Suction brush
- Hand care
- Suction equipment
- Vaccu Suck
- 100 ml NS for flush

ASSISTING THE CLIENT WITH ORAL CARE

S.NO	NURSING ACTION	RATIONALE
1.	Explain the procedures	Providing information, fosters cooperation, understanding and participation in care.
2.	Collect all equipments required	Organization of equipments facilitates accurate skill performance
3.	Close door and /or put screen	To maintain privacy
4.	Perform hand hygiene and wear clean gloves	To prevent the spread of infection
5.	Prepare chlorhexidine solution with water in 1:1 ratio.	Solutions must be prepared each time before use to maximize their efficacy
6.	Assist the client a comfortable upright position or sitting position	To promote his/her comfort and safety and effectiveness of the care including oral inspection and assessment

7.	<p>Inspect oral cavity</p> <p>1) Inspect whole the oral cavity ,such as teeth,gums, mucosa and tongue, with the aid of Spatula and torch</p> <p>2) Take notes if you find any abnormalities, e.g., bleeding, swelling, ulcers, sores, etc.</p>	<ul style="list-style-type: none"> • Comprehensive assessment is essential to determine individual needs • Some clients with anemia, immunosuppression, diabetes, renal impairment, epilepsy and taking steroids should be paid attention to oral condition. • They may have complication in oral cavity.
8.	<p>Place face towel over the client chest or on the thigh with mackintosh</p>	<p>To prevent the clothing form wetting and not to give uncomfortable condition</p>
9.	<p>Put kidney tray in hand or assist the patient holding a kidney tray</p>	<p>To receive disposal surely</p>
10.	<p>Instruct the client to brush teeth</p> <p>Points of instruction</p> <p>1) Patient places a soft toothbrush at a 45 °angle to the teeth.</p> <p>2) Patient brushes in direction of the tips of the bristles under the gum line with tooth paste.</p>	<ul style="list-style-type: none"> • Effective in dislodging debris and dental plaque from teeth and gingival margin

	<p>Rotate the bristles using vibrating or jiggling motion until all outer and inner surfaces of the teeth and gums are clean.</p> <p>3) Patient brushes biting surfaces of the teeth</p> <p>4) Patient clean tongue from inner to outer and avoid posterior direction.</p>	<ul style="list-style-type: none"> • Cleansing posterior direction of the tongue may cause the gag reflex
11.	<p>Rinse oral cavity</p> <p>1) Ask the client to rinse with diluted chlorhexidine and void contents into the kidney tray.</p>	<ul style="list-style-type: none"> • To make comfort and not to remain any fluid and debris • To reduce potential for infection
12.	<p>Ask the client to wipe mouth and around it.</p>	<p>To make comfort and provide the well-appearance</p>
13.	<p>Confirm the condition of client's teeth, gums and tongue. Apply lubricant to lips.</p>	<p>To moisturize lips and reduce risk for cracking</p>
14.	<p>Rinse and dry tooth brush thoroughly. Return the proper place for personal belongings after drying up.</p>	<p>To prevent the growth of microorganisms</p>

15.	Replace all instruments	To prepare equipments for the next procedure
16.	Discard dirt properly and safely	To maintain standard precautions
17.	Remove gloves and wash your hands	To prevent the spread of infection
18.	Document the care and sign on the records.	<ul style="list-style-type: none"> • Documentation provides ongoing data collection and coordination of care • Giving signature maintains professional accountability
19.	Report any findings to senior staffs	To provide continuity of care

PROVIDING ORAL CARE FOR DEPENDENT CLIENT

S.NO	NURSING ACTION	RATIONALE
1.	Wash hand and apply clean gloves	Reduce transmission of microorganism
2.	Provide privacy	To maintain patient dignity
3.	Assess the need for oral hygiene	Determine status of oralcavity and extend of need for oral hygiene
4.	Remove the clean glove	Reduce transmission of microorganism
5.	Explain the procedure and need for the oral hygiene	For clients involvement with the procedure and to minimize anxiety
6.	Prepare the equipment near the bed side	Provides accessible work area
7.	<ul style="list-style-type: none"> • Raise the bed to comfortable working position 	Proper position helps the patient from choking or aspirating

	<ul style="list-style-type: none"> Raise headend of the bed and lower the side rails. Move patient closer (side lying position can be used) 	
8.	Place towel over clients chest	Prevent soiling
9.	Place the kidney tray near the headend	To receive disposal surely
10.	Open the sterile pack with the bowl facing upward	To pour solution in a sterile way.
11.	Prepare chlorhexidine and water with 1:1 ratio	Solutions must be prepared each time before use to maximize their efficacy
12.	Apply sterile gloves	To prevent cross infection
13.	Carefully separate upper and lower teeth	For exposure of the oral cavity
14.	<p>Clean oral surfaces:</p> <p>If the patient is on ventilator or absence of gag reflex use specially designed brush connected to vaccu suck to wall mounted suction apparatus.</p>	
15.	Ask the client to open the mouth and insert the padded spatula gently from the angle of mouth toward the back molar area.	The spatula assists in keeping the client's mouth open. As a reflex mechanism, the client may bite the fingers.

**Watch out**

Never use your fingers to open the client's mouth.

16.	Clean the client's teeth from incisors to molars using up and down movements from gums to crown.	Friction cleanses the teeth.
17.	Clean oral cavity from proximal to distal, outer to inner parts	Friction cleanses the teeth.
18.	Rinse and dry tooth brush thoroughly. Return the proper place for personal belongings after drying up.	To prevent the growth of microorganisms
19.	Clean tongue from inner to outer aspect	Microorganisms collect and grow on tongue surface and contribute to bad breath.
20.	<p>Rinse oral cavity:</p> <p>1) Provide the prepared chlorhexidine solution and position kidney tray.</p> <p>2) If the client cannot gargle by him/herself,</p> <p>a) rinse the areas using moistened gauze</p> <p>3) Assist to void the contents into kidney tray. If the client cannot spit up, especially in the case of unconscious client, suction any solution.</p>	<ul style="list-style-type: none"> • To remove debris and make refresh • Rinsing or suctioning removes cleaning solution and debris. • To avoid aspiration of the solution
21.	Confirm the condition of client's teeth, gums, mucosa and tongue.	To assess the efficacy of oral care and determine any abnormalities

22.	Wipe mouth and around it. Apply lubricant to lips by using foam swab or gauze piece with artery forceps	Lubricant prevents lips from drying and cracking
23.	Reposition the client in comfortable position.	To provides for the client's comfort and safety
24.	Replace all equipments in proper place.	To prepare equipments for the next care
25.	Discard dirt properly and safety	To maintain standard precautions
26.	Remove gloves and perform hand hygiene	To prevent the spread of infection
27.	Document the care and sign on the records.	<ul style="list-style-type: none"> • Documentation provides ongoing data collection and coordination of care. • Giving signature maintains professional accountability
28.	21. Report any findings to the senior staff	To provide continuity of care

 **Watch out**
FREQUENCY OF CARE

Oral care should be performed at least every four hours. Fourth hourly care will reduce the potential for infection from microorganisms.

DOCUMENTATION

- Document the care and sign on the records
- Document the condition of the oral cavity for any bleeding, swelling, halitosis

**PATIENT FAMILY EDUCATION:**

- Instruct the patient not to swallow the solution
- Instruct the patient not to bite the brush during the procedure

