



# Ageing Well With Good Oral Health

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# What I plan to cover

- The state of oral health in the older population
- The consequences of poor oral health on overall health
- Describe some of the work in the region
- Why and how we can improve oral health on a local and strategic level



Oral health is  
integral to general  
health

# Older People With Older Teeth



# Why invest in oral health?

**Compassion  
&  
dignity**

**Safety**

**Nutrition &  
hydration**

**Part of overall  
health**

**Frailty &  
dependency**

**Financial cost**

# Mouth Care Matters



**Who is most at risk?**



# CQC report June 2019



“teeth being left to rot”

“unacceptable levels of care”

“dentures being surgically removed after going to A&E”

# CQC Report June 2019

- Admission assessment packages did not include mouth care.
- **52%** of care homes had no policy on oral health
- **73%** of care plans did not fully cover oral health
- Almost a half of care home staff have **no training** in oral health
- **Access to dental care** can be a problem for many residents; especially **domiciliary care** or **urgent** out of hours care

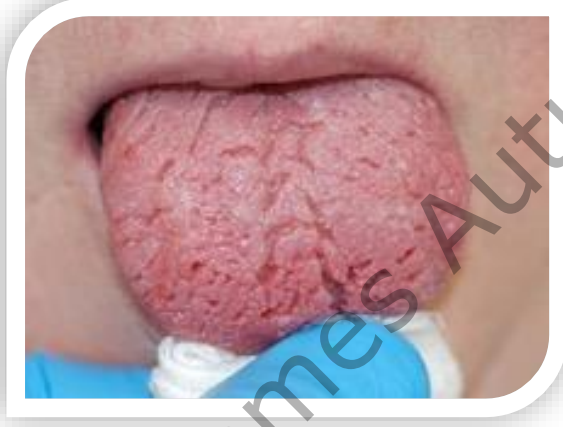


BGS SE&SW Thames Autumn 2019





# What are the consequences?



- **Tooth decay**
- **Gum disease**
- **Pain**
- **Infection**

- **Dry mouth**
- **Accelerates dental problems**
- **Eating**
- **Quality of life**

- **Missing teeth**
- **Loss of function**
- **Self esteem**
- **Socialising**
- **Dignity**

# What are the consequences?



**Oral cancer**  
Late  
presentation  
6<sup>th</sup> most  
common cancer



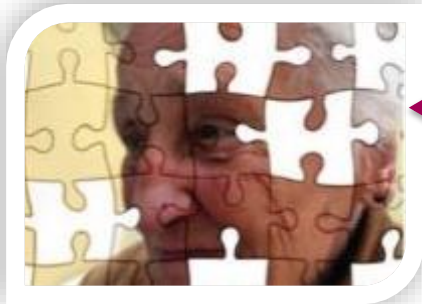
**Fungal infections**  
Acute ulceration  
Misdiagnosis  
Prescribing errors



**Safety issues**  
Neglect



Poor oral health has been linked to general health



Lets put it all into the



# Main cause is periodontal disease

Gingivitis



Moderate Periodontitis



Advanced Periodontitis



Healthy mouth 700 types of bacteria

Inflammatory disease caused by bacteria in dental plaque

Affects soft tissues and bone that supports teeth

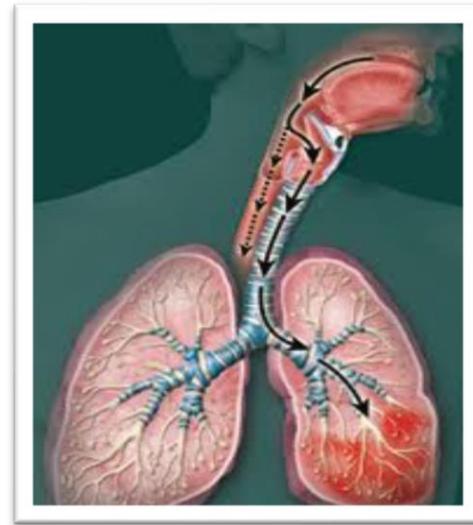
Periodontal disease mainly anaerobic bacteria such as *Porphyromonas gingivalis*



# Aspiration pneumonia and oral pathogens

**Acute inflammatory condition that affects the distal airways and lung alveoli**

- Hospitalised associated pneumonia (nosocomial)
- Ventilator assisted pneumonia
- Community acquired pneumonia



# Microbial infection of the lungs



Scannapieco <sup>11</sup>

## Oral bacteria promotes colonisation of respiratory pathogens

- Modification of mucosal surfaces to promote adhesion of respiratory pathogens
- Increased salivary hydrolytic enzymes that break down mucins
- Cytokines released by oral bacteria adhesion leads to changes in respiratory epithelium promoting colonisation

# Mouth Care Matters

The Oral Health Experience of Inpatients Across Kent, Surrey and Sussex



4 years ago.....

“Improve the  
oral health of  
hospitalised  
patients”



NHS  
Health Education England

- Trust Name
- 1 Bedford and St Peter's Hospitals NHS Foundation Trust
  - 2 Birmingham Community Healthcare NHS Foundation Trust
  - 3 Birmingham Women's and Children's NHS Foundation Trust
  - 4 Birkbeck NHS Foundation Trust
  - 5 Brighton and Sussex University Hospitals NHS Trust
  - 6 Central and North West London NHS Foundation Trust
  - 7 Darent Valley Hospital NHS Foundation Trust
  - 8 City of London and Hackney NHS Foundation Trust
  - 9 Epsom and St Helier's NHS Foundation Trust
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Trust Locations (Training Delivered)





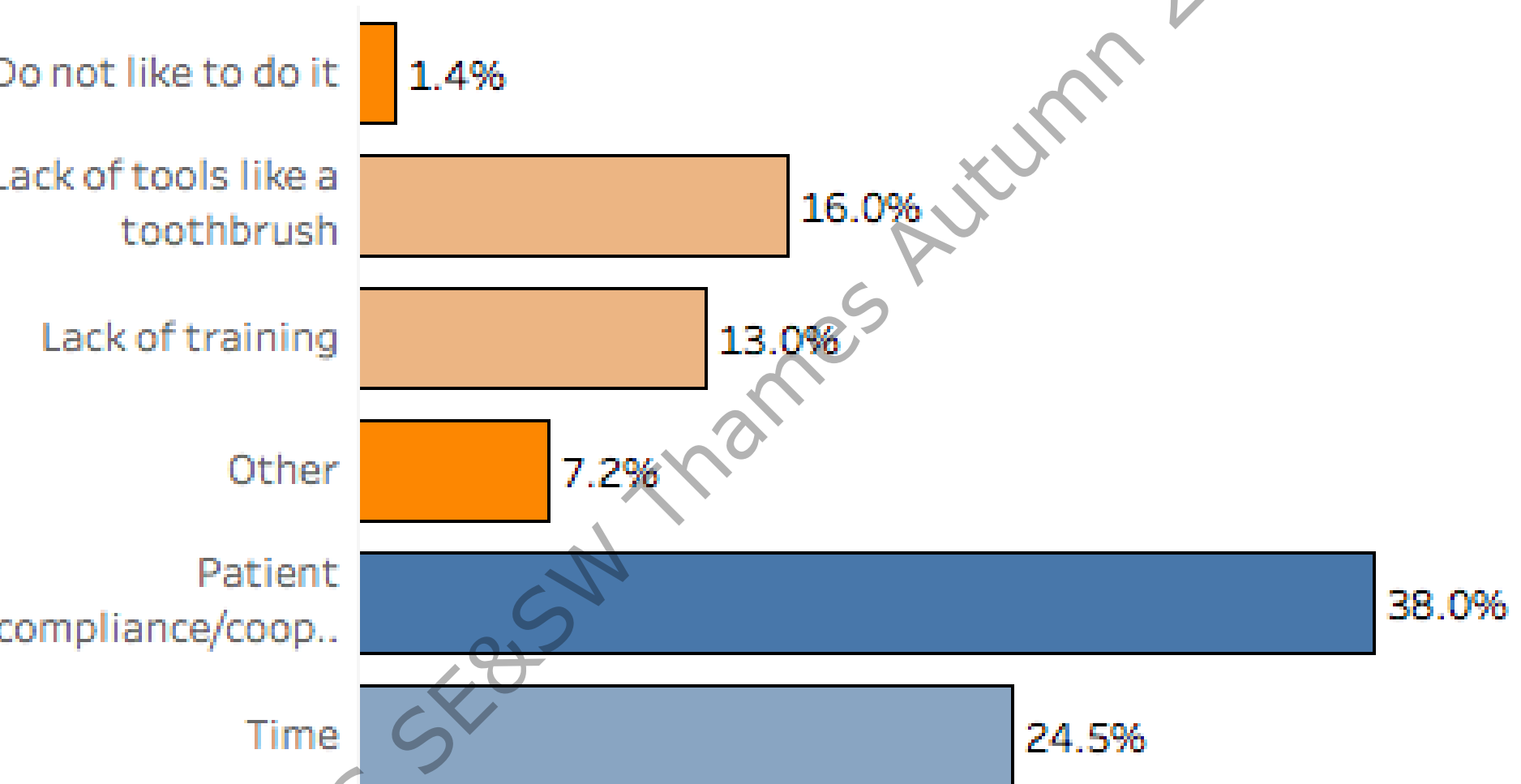
# Hospitalisation is associated with a deterioration in oral health

- Increase in hospital acquired infections
- Poor nutritional intake
- Longer hospital stays
- Increased care costs

**This will affect our vulnerable patients the most**



# Barriers to carrying out mouth care



**1038 nurses**

# Baseline Results

- **13 Trusts with 35 hospital sites**
- **8209 beds available**
- **0/13 had a mouth care policy**
- **5/13 had a mouth care recording tool**
- **5/13 had training for staff**

# Nursing survey

11 Trusts, 724 staff surveyed

- **47%** still use pink foam swabs to clean the mouth
- **52%** had never had any training to carry out mouth care
- **76%** wanted mouth care training



# Inpatient survey

11 Trusts, 724 staff surveyed

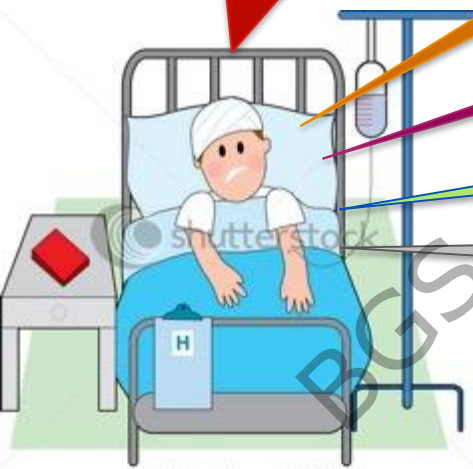
'The products that they use aren't fit for purpose'

'I have issues getting to the bathroom to brush my teeth'

'I had no-where to keep my denture so I put it under my pillow'

'The nurses are too busy so I didn't ask for help'

'I had to ask for help but I only got a pink sponge and water'



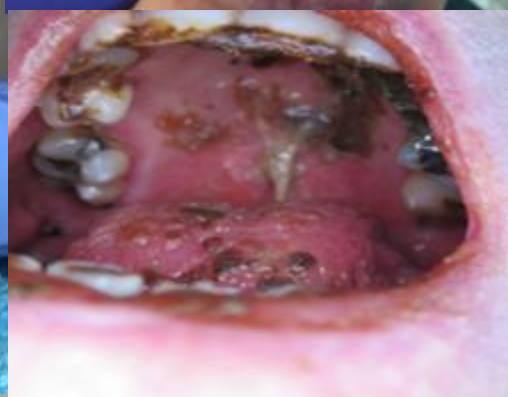
# Denture loss in England.

- 11 Trusts reported losing **695** dentures the last 5 years
- 7 Trusts reported financial reimbursements of **£357,672** over the last 5 years
- Highest amount reimbursed for a single denture was **£2,200**

J. Mann & M. Doshi (2017) *An investigation into denture loss in hospitals in Kent, Surrey and Sussex* *BDJ* **223**, 435–438 (2017)  
doi:10.1038/sj.bdj.2017.728







**Knowledge**

**Correct tools**

**Mouth  
Care  
Matters**

**Skills**

**Support**





**Not just for  
nurses**



Small headed



toothbrush



**Tools on the ward**

# Mouth Care Pack

To be completed for every patient 24 hours after admission

## Mouth care screening sheet

Patient name	
D.O.B	
MRN Number	
NHS Number	

Any tick in a red highlighted box indicates a **MOUTH CARE ASSESSMENT** is required

**1. Patient has:**

Toothbrush	Y <input type="checkbox"/>	N <input type="checkbox"/>	Provided <input type="checkbox"/>
Toothpaste	Y <input type="checkbox"/>	N <input type="checkbox"/>	Provided <input type="checkbox"/>
Upper denture	Y <input type="checkbox"/>	N <input type="checkbox"/>	At home <input type="checkbox"/>
Lower denture	Y <input type="checkbox"/>	N <input type="checkbox"/>	At home <input type="checkbox"/>
Denture pot	Y <input type="checkbox"/>	N <input type="checkbox"/>	Provided <input type="checkbox"/>
No teeth	Y <input type="checkbox"/>	(Patient will still require mouth care)	

If "Y" to dentures, place the sunflower sign at the bedside

**2. Does the patient have any pain or discomfort in the mouth?**

Severe dry mouth	Y <input type="checkbox"/>	N <input type="checkbox"/>
Ulcers	Y <input type="checkbox"/>	N <input type="checkbox"/>
Painful mouth	Y <input type="checkbox"/>	N <input type="checkbox"/>
Painful teeth	Y <input type="checkbox"/>	N <input type="checkbox"/>
Sore tongue	Y <input type="checkbox"/>	N <input type="checkbox"/>
Other <input type="checkbox"/>	(please specify):	

**3. Patients with any of the following will require a mouth care assessment:**

<input type="checkbox"/> Chemotherapy	<input type="checkbox"/> Learning difficulties
<input type="checkbox"/> Delirium	<input type="checkbox"/> Nil by mouth
<input type="checkbox"/> Dementia	<input type="checkbox"/> Palliative care
<input type="checkbox"/> Dependent on oxygen use	<input type="checkbox"/> Refusing food or drink
<input type="checkbox"/> Dysphagia	<input type="checkbox"/> Severe mental health
<input type="checkbox"/> Frail	<input type="checkbox"/> Stroke
<input type="checkbox"/> Head & neck radiation	<input type="checkbox"/> Unable to communicate
<input type="checkbox"/> ICU / HDU	<input type="checkbox"/> Uncontrolled diabetes

**2. Level of support:** ☐ Requires risk assessment ☐ Unable to get to a sink/needs assistance

**Patient is fully dependent on others for mouth care** ☐  
**Mouth care assessment required.** Record all mouth care on the daily recording sheet.

**Patient requires some assistance** ☐  
**Unable** to get to a sink or needs help with mouth care. Record all mouth care on the daily recording sheet  
 Please state the assistance patient requires: (i.e. bowl, encouragement, reminders, remove dentures etc)

**Patient is independent** ☐  
**Able** to walk to a sink and needs **NO** assistance with mouth care

Signed: \_\_\_\_\_ Name: \_\_\_\_\_ Date: \_\_\_\_\_ Job title: \_\_\_\_\_

# Mouth care screening

Assess every patients mouth after 24 hrs in hospital

Products

Dentures

Pain or discomfort

Level of support



# MCM Resources

[www.mouthcarematters.hee.nhs.uk](http://www.mouthcarematters.hee.nhs.uk)



**Mouth Care Matters**

**Mouth Care Pack**

To be completed for every patient 24 hours after admission.

MRN Number: \_\_\_\_\_

Ward Number: \_\_\_\_\_

**Mouth care screening sheet**

Any tick in a red highlighted box indicates a **MOUTH CARE ASSESS**

<b>1. Patient has:</b>			
Toothbrush	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Toothpaste	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Upper denture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Lower denture	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Denture pot	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
No teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>2. Does the patient have any pain or discomfort in the mouth?</b>			
Severe dry mouth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ulcers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Painful mouth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Painful teeth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sore throat	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>3. Patient with any of the following:</b>			
Chemotherapy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dehydration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dependent on oxygen use	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diarrhoea	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Head & neck radiation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
ICU/HDU	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Malocclusion	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Refusing food or drink	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Severe mental health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stroke	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unable to communicate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Uncontrolled diabetes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>4. Level of support:</b>			
Requires no assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Unable to get to a sink/bedside assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Patient is fully dependent on others for mouth care</b>			
<b>Mouth care assessment required.</b> Notify all staff on the ward/department.			
<b>Patient requires some assistance</b>			
<b>Unable to get to a sink or needs help with mouth care. Decided at health care on the daily rounding team.</b>			
<b>Please note the absolute patient requires:</b> a bowl, encouragement, reminders, remove dentures and			
<b>Patient is independent</b>			
<b>able to walk to a sink and needs NO assistance with mouth care</b>			
Agreed:	Name:	Date:	Job title:

**Mouth Care Matters**

**Health Education England**

**What is MOUTH CARE?**

MOUTH CARE is an acronym for the things you need to remember to do to keep your mouth healthy.

**The Mouth Care Pack...**

Smoothing cream, Mouth care assessment, Daily rounding sheet.

**What to look for?**

Upper lip & cheek, Tongue & gums, Teeth are not loose or broken, Teeth are not bleeding or inflamed, Cheek & jaw pain or tender, Cheek, jaw, throat & tooth swelling.

**Mouth care assessment guide**

**Eyes**

Red & sore, Swollen, inflamed, Swollen, inflamed.

**Teeth**

Top teeth, Bottom teeth, Swollen, inflamed.

**Tongue**

Red & sore, Swollen, inflamed, Swollen, inflamed.

**Swallow & Suck**

Swallow, Suck, Swollen, inflamed.

**Mouth Care Matters**

**Health Education England**

**The denture sunflower**

1. If you see the denture sunflower at a patient's bedside, please try to be extra vigilant when checking up after meals.

2. Patients occasionally sleep their dentures in tissue and leave them on the bedside / drawer top. These can be accidentally swept away as rubbish.

3. Using a denture is highly distressing for a patient and it affects their dignity and ability to eat and drink.

**QualityMask**

**Mouth Care Matters**

**Health Education England**

**A guide for hospital healthcare professionals**

**QualityMask**

**Mouth Care Matters**

**Patient de**

**QualityMask**

# Health Economics

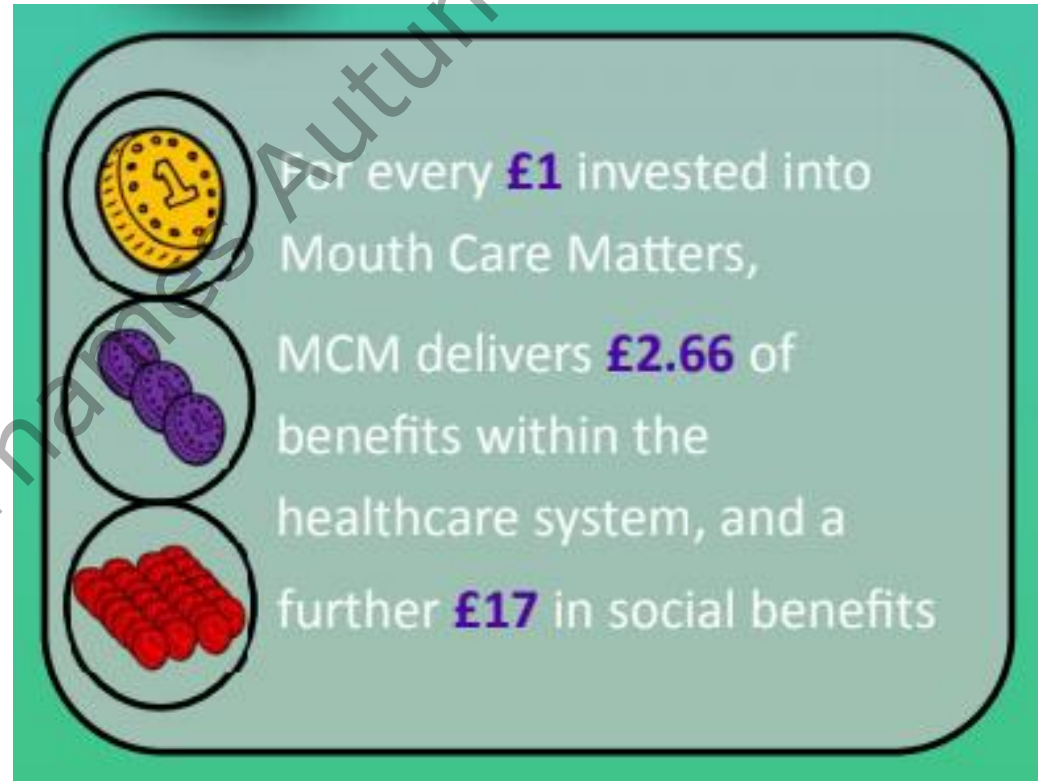
Kent Surrey Sussex  
Academic Health Science  
Network

## Cost benefit analysis of the Mouth Care Matters programme

June 2017

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# Addressed one problem BUT.....

## Training for doctors...

- **3%** of junior doctors had had training
- **0%** said they felt very confident about diagnosing oral conditions



Doshi, Mili & Weeraman, Maydini & Mann, Jessica. (2019). A survey of the knowledge of junior doctors in managing oral conditions in adult inpatients. *British Dental Journal*.

Geriatric Medicine Research Collaborative. "A nationwide survey of confidence and knowledge of assessment and management oral conditions amongst a sample of physicians, United Kingdom." *BMC research notes* vol. 12,1 348. 20 Jun. 2019, doi:10.1186/s13104-019-4359-0

# Access to dental care is a problem

## Pathways for urgent dental care

- Fragmented care
- Responsibility of the trust/care home
- Work needed







BGS SE&SW Thames Autumn 2019

29.11.17





BGS SE&SW Thames Autumn 2019

29.11.17

# Who is responsible for dental care?

## Commissioning specification

**“The following services are excluded from this service:**

**Care to secondary care in-patients ...”**

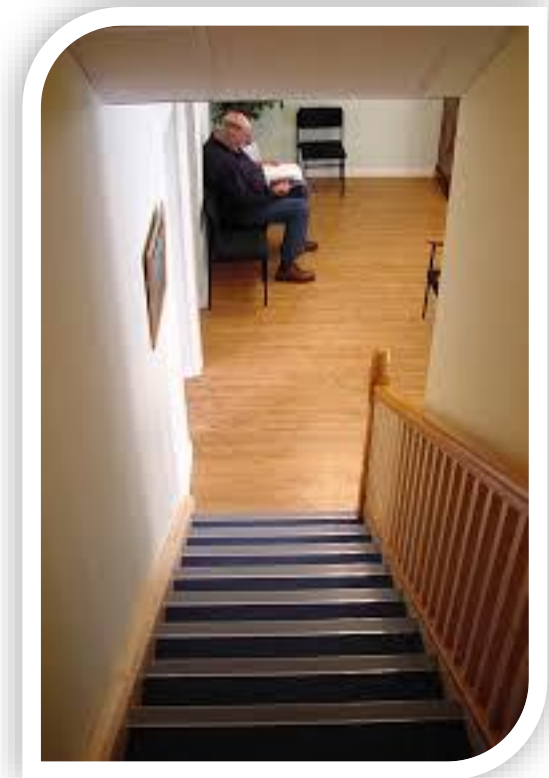
BDA suggest levels of commissioning are low and falling, equivalent to providing coverage to under 1.3% of the population whose activity is significantly limited by disability or ill health.

# Type of dental services



# Barriers to dental access for older people

- Lack of awareness/anxiety
- Surgery design
- Availability/capacity of services
- Training of dental team
- NHS charges
- Referral pathways





Type of service	Description	How to access
<b>General Dental Practice</b>	Private and NHS treatment for the majority of the public	Can access directly
<b>Special Care Dental Service (also known as Community Dental Services or Public Dental Services)</b>	Provide care for patients with significant comorbidities or disabilities that are unable to be treated in general practice. May provide care under sedation or general anesthesia if appropriate.	Need to be referred. Many services accept referrals from care homes and general medical practitioners and hospital practitioners.
<b>Domiciliary service</b>	Provide some treatment at homes in a care homes Service often linked to special care dental service. NHS dental charges apply	Need to be referred. Many services accept referrals from care homes and general medical practitioners and hospital practitioners.
<b>Oral &amp; Maxillo-facial surgery departments</b>	Provide services for head and neck trauma, cancer and complex surgical procedures. Not present at every hospital and do not provide routine dental care	First point of call for serious pathology: unexplained ulceration, large and rapidly progressing swellings, suspicion of oral cancer. Need to be referred



# Strategic responsibilities

Strategic leaders  
local authorities ,  
HEE, PCN, NHS  
improvement

Commissioners  
of services

Providers of  
services

Regulators of  
services


# What changes can you make tomorrow

- Look in the mouth
- Ask about mouth care
- Teach the team
- Review prescriptions
- Signpost to dental services
- Put those dentures in a pot!!!

# Mouth Care is more than common sense

8<sup>th</sup> March 2016

11<sup>th</sup> January 2016

A close-up photograph of a patient's open mouth, showing severe dental decay and infection. The lower teeth are heavily decayed, with large, irregular, yellowish-white masses of decayed material and pus-like exudate covering the crowns. The surrounding gingival tissue is red, swollen, and inflamed. A gloved hand is visible on the left side of the frame, holding the patient's lip. The text "Everybody deserves the right to a clean and comfortable mouth" is overlaid in white, bold, sans-serif font across the upper portion of the image. A diagonal watermark "BGS SE&SW Thames Valley University 2019" is visible across the lower half of the image.

**Everybody deserves  
the right to a clean and  
comfortable mouth**

11<sup>th</sup> March 2017

# { Mouth Care Matters



Any questions?

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