

Oral Care for Independent Pt.

Purposes of oral care:

- ✓ Prevent oral infection.
- ✓ Prevent bad odor.
- ✓ Enhance comfort.
- ✓ Improve self concept.

Equipment:

For Brushing and flossing

1. Toothbrush.
2. Dentifrice(tooth paste)
3. Tongue blade.
4. Gauze.
5. Emesis basin
6. Towel.
7. Clean gloves.
8. Cup of water.
9. Floss.
10. mouthwash

for cleaning dentures

- * clean gloves
- * gauze
- * denture container
- * clean washcloth
- * toothbrush
- * towel
- * emesis basin
- * tooth paste
- * clean cup
- * mouth wash

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Assessment:

١. قِيم الشفاه (lips)، واللثة (gum)، واللسان (tongue)، والمخاط الفموي (oral mucosa)، وسقف الحلق (soft & hard palate) لوجود نزف (bleeding) أو التهاب (infection) أو (lesion or white patches).
٢. تعرف على عناية المريض بفمه، من حيث: الوقت time، والتكرار frequency.
٣. قيم وجود رائحة كريهة (bad odor)

٤. قيم وقدرته الإدراكية cognitive ability ، يؤثر على مدى مساعدته في التنظيف.

٥. انتبه لفقْد في الأسنان (missing teeth).

Brushing& flossing

1. introduce self & explain to client what you are to do
2. perform hand hygiene
3. provide for client privacy
4. prepare the client(assist the client to a sitting position in bed , if health . if not, assist the client to a side - lying position with the head turned)
5. prepare the equipment
 - * place the towel under the client chin
 - * apply clean gloves
 - * moisten(بلل) the tooth brush with water & apply the tooth paste to the tooth brush
 - * for the client who must remain in bed place the curved basin under the client chin
6. brush the teeth
 - * hand the toothbrush to the client or brush the client teeth as follows:
 - *Hold the brush against the teeth with a 45- degree angle
(نمسك الفرشاة بزاوية ٤٥ درجة)
 - *Move the brush up & down gently

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*Repeat until all outer & inner surface of the teeth and gum are cleaned (نكرر التنظيف حتى تصبح الأسطح الداخلية والخارجية للأسنان واللثة نظيفة)

*Clean the biting surface by moving the brush back & front (نظف حافة الأسنان العلوية والسفلية بتحريك الفرشاة للأمام والخلف)

*Brush the tongue gently with the toothbrush

* hand the client the water cup or mouthwash to rinse the mouth vigorously then ask the client to spit the water into the basin (أعط المريض كوب ماء أو غسول الفم حتى يشطف (المضمضة) فمه بشدة ثم يبصق)

* repeat the preceding steps until the mouth is free of toothpaste & food particles (أعد الخطوة السابقة حتى تتأكد أن الفم قد نظف تماما من معجون الأسنان وبقايا الطعام)

* remove the curved basin and help the client wipe the mouth (أزل الوعاء وساعد المريض على تنشيف فمه)

7. floss the teeth (gently slide the floss into the space between the gum & the tooth then move the floss away from the gum with up & down motions

8. remove the equipment

9.remove the discard gloves & perform hand hygiene

10. document assessment of the teeth , tongue , gum & oral mucosa include any problems

Note : brushing & flossing teeth are not usually recorded

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Denture care

1. remove the denture

* apply gloves

* if the client can not remove the denture take the gauze grasp the upper plate at the front teeth with your thumb & second finger & move the

denture up and down slightly , lower the upper plate move it out of mouth & place it in the denture container

* lift the lower plate & place it in the denture container

2. clean the denture

* take the denture container to a sink & take care not to drop the denture

* place a wash cloth in the bowel of a sink filling it with 1 in (1-2.30 cm) water

* using a toothbrush to clean the denture with tepid running water (غسلها بماء دافئ)

3. return the denture to the mouth

* offer some mouthwash & a curved basin to rinse the mouth

* insert the plates (hold each plate at a slight angle)

Note : if the client dose not want to wear the denture put them in a denture container filling with water & close it then write the client name and number of his room on it

4. remove the gloves & perform hand hygiene

5. document all assessment & include any problem

Providing special oral care for the unconscious client

Equipment :

- Towel
- curved basin
- clean gloves
- oral air way
- tooth brush
- lubricant
- * cup of water
- * mouthwash
- * gauze
- * syringe
- * suction machine

performance:

1. prepare the client

* position the unconscious client in a side –lying position with the head lowered to prevent aspiration (إلى الرنة)
لمنع رجوع وارتداد الماء

* place the towel under the client chin

* place the curved basin against the client chin

* apply gloves

* put the oral air way to hold the mouth open

2. clean the teeth (the same precede steps نفس الخطوات السابقة لتنظيف الأسنان)

* But here we use the syringe by filling it some water & injecting the teeth gently into each side of the mouth

* make sure that all the rinsing solution has run out of the mouth into the basin , if not use the suction machine (تأكد من أن جميع الماء المستخدم في شطف الفم قد خرجت وإذا لم تكن كذلك استخدم آلة شفط الماء)

3. take out the oral air way

4. wipe the mouth with towel

5. lubricate the client lips with lubricant(رطب شفاه المريض بمرطب الشفاه)

6. remove & discard gloves , perform hand hygiene

7. document assessment of the teeth , tongue , gum & oral mucosa include any problem

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