

## ORAL HYGIENE CARE PLANS *(Tick plans in use)*

### Plan of Care 6A

Nursing Action	Rationale
Brush teeth / dentures twice daily using a toothbrush & toothpaste. If not possible, use foam sticks soaked in corsodyl.	To remove plaque / debris from teeth and gums (1). A toothbrush & toothpaste is the most effective tool for cleaning the mouth (2, 11, 12). Foam sticks used with corsodyl can reduce plaque (3, 12).
Soak dentures overnight in cold water / proprietary denture cleaner & brush.	Inhibits formation of plaque and oral infections (4, 12).
Reassess every other day or sooner if condition changes & provide advice & encourage patient/carer to participate.	To evaluate efficacy of current plan of care (4, 5, 9). This is pivotal in reducing the risk of further problems (11, 13).

### Plan of Care 6B: DRY MOUTH (include care in plan 6A)

Offer cold water / soda water, at least 30ml per hour. Use foam sticks if preferred or cannot swallow.	Provides temporary but refreshing relief. More effective if fluids are given regularly (4). Foam sticks are effective in moistening oral mucosa (3).
Offer crushed ice to suck.	Provides a temporary cooling effect (4).
Offer unsweetened pineapple chunks / juice to suck if available.	Pineapple contains ananase, an enzyme which cleans the mouth (6, 12).
Suggest the regular use of lip balm.	Can prevent cracking of lips. Caution with petroleum based when using oxygen (4, 7, 12)
Consider with medical staff whether artificial saliva is appropriate.	Artificial saliva buffers the acidity of the mouth and lubricates the mucous membranes (8, 12).

### Plan of Care 6C: THRUSH (Include care in plans 6A & 6B)

Inform medical staff immediately.	Early treatment can minimise symptoms and prevent erosion of mucosa and spread to other parts of the GI tract (7).
Brush teeth / dentures after each meal.	Prevents organisms being trapped on gums, dentures or teeth (8, 12).
Give antifungal medicines if necessary / prescribed.	To reduce and treat infection (4).
Soak dentures overnight in corsodyl.	To prevent reinfection of the oral mucosa (9).

### Plan of Care 6D: SORE MOUTH (Include care in plans 6A, 6B & 6C)

Brush teeth and tongue twice daily with a soft toothbrush soaked in Difflam.	To aid lifting of debris (10). A soft toothbrush can prevent trauma and reduce infection risk (2, 11, 12). Difflam contains a local anaesthetic (1).
Offer fizzy drinks / soda water hourly.	Effervescence aids the lifting of debris (10).
Consider Vitamin C effervescent tablets with medical staff.	Effervescence aids the lifting of debris (10)
Offer pineapple chunks to suck / chew.	Contains ananase, an enzyme which helps to clean the tongue (6, 12).

### Plan of Care 6E: ULCERATED MOUTH (Include care in plans 6A, 6B, 6C & 6D)

Remove dentures and soak in fresh cold water (change water daily).	Dentures may be too painful to wear. If exposed to heat or left to dry, dentures can become warped and ill fitting (1, 4).
Discuss with medical staff a prescription for a local anaesthetic mouthwash / gel.	Can offer relief (and coating initially) so enabling oral intake to continue (6, 7).

## **ORAL CARE REFERENCES** FREER 09/01

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