

Oral Health Training for those supporting clients with Dysphagia



ADD SPEAKERS NAME AND DATE OF SESSION

Housekeeping Rules

- Please **ask** questions - If it's on your mind the chances are it's on someone else's too!
- Place yourself on mute when not speaking, but please leave your camera on.
- If the slides are not moving, please let me know

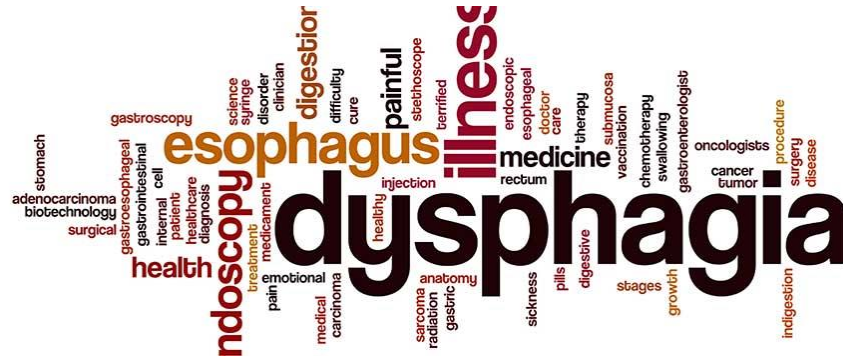
Aims of the Session

- Describe the common causes of dysphagia and how it can impact on an individual's oral health.
- Identify the oral health problems and the potential effects of poor oral health for those with dysphagia.
- Demonstrate an effective mouthcare routine for cleaning natural teeth and dentures for those with swallowing difficulties or nil by mouth.

Dysphagia

Dysphagia is the medical term for swallowing difficulty

Mouthcare is especially important for those with Dysphagia



Clinical Features of Dysphagia

- Problems eating
- Coughing or choking
- Weight loss
- Aspiration risks



Causes of Dysphagia

- Neurological
- Congenital
- Obstructive
- COPD
- Oral Causes



Nil by Mouth

Greater risk of oral problems

- Tooth decay
- Gum disease
- Dry mouth

Thickening Agents

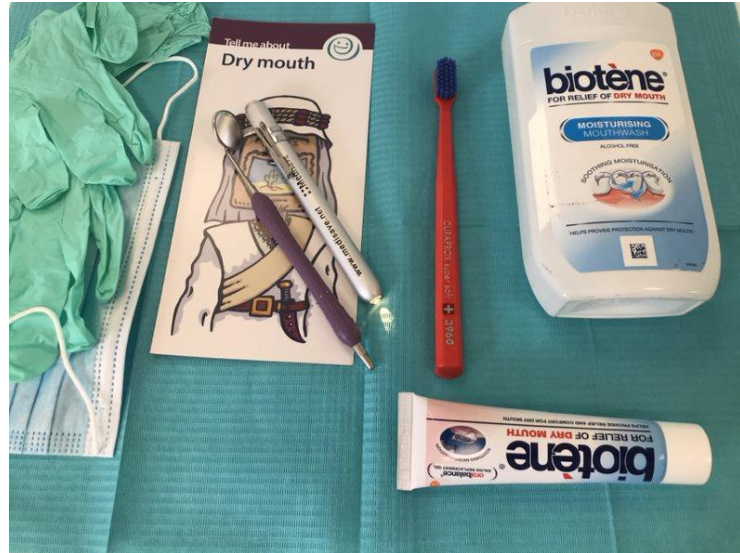
- Some thickening agents may contain sugar and can cause tooth decay. If these are given at mealtimes around 3-4 times daily this is not usually a problem.
- It is important to take guidance about thickeners recommended from the swallow assessment and SALT Team.



Mouthcare

Regular mouthcare

- Remove debris
- Sit up right
- Non foaming toothpaste
- Suction brush



Toothbrushing

- Use a small headed toothbrush
- A pea size amount of fluoride toothpaste
- Brush all surface of teeth
- Non foaming toothpaste may be useful
- If possible spit out any excess toothpaste





Next brush the outer surfaces of each tooth,



Suctioning Toothbrushes

- Suctioning toothbrushes have a suction tube and assist in removing dry oral secretions and removes any excess toothpaste.
- You should seek advice from the speech and language therapist (SALT) team if there is an aspiration risk.



Toothpaste



- Pea size of family fluoride toothpaste
- High content fluoride toothpaste
- Non-Foaming toothpaste

Denture care

Its common that many people with dysphagia to struggle to wear dentures.

- Dentures may need to be removed
- It can be difficult getting used to new dentures
- It is important to keep dentures safe.



Denture care



Visiting the Dentist - Makaton



Health Education England has collaborated on a short film highlighting the experience of someone with a learning disability visiting the dentist, available via [YouTube](#).



Health Education England

Your Dental Appointment - A Positive Choice

When should I ask for help

Mouth problems can cause physical complications and emotional distress. So, it's important to involve experts if you're worried.

- Doctors and dentists
- Occupational health
- SALT teams
- Dietetic teams
- Pharmacists



Thanks for Listening

- Please visit our website for a list of useful resources and links <https://www.hee.nhs.uk/our-work/oral-health>

