

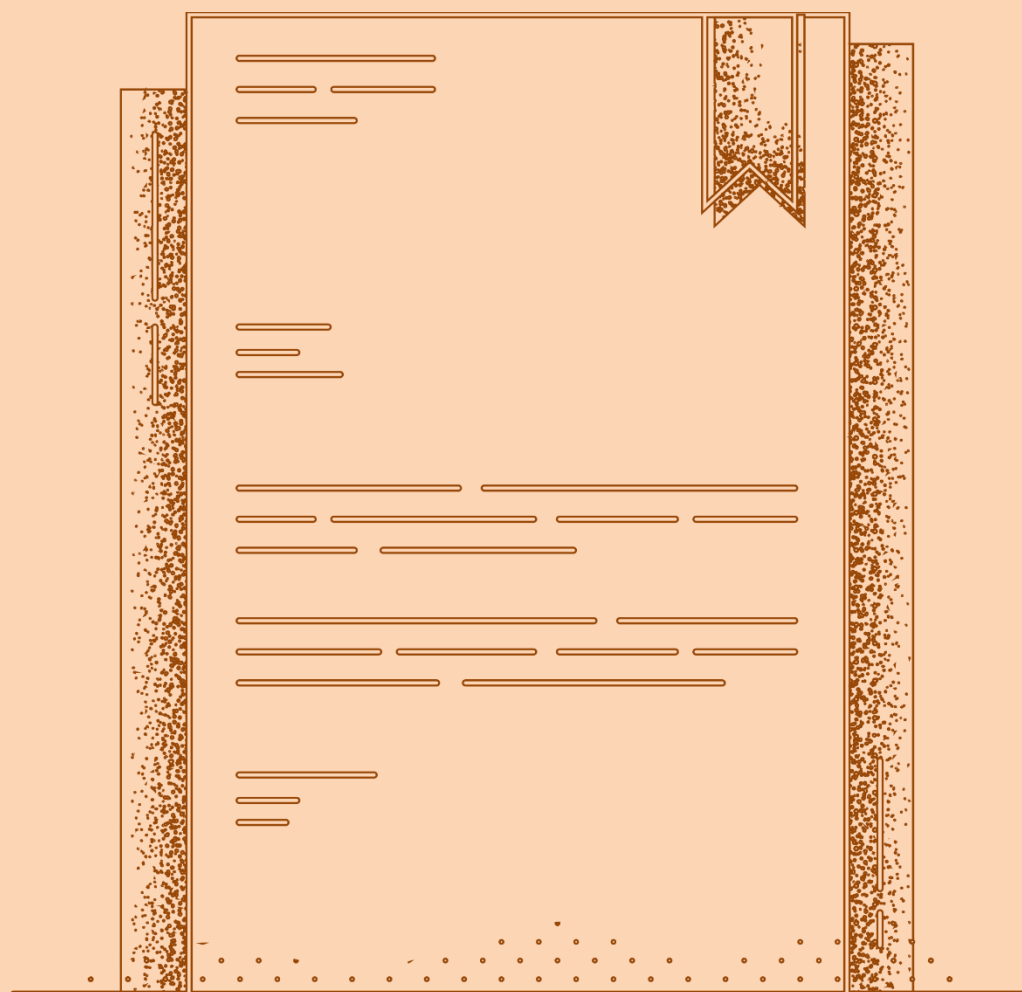


Oral Care Related Skills For CHO/SN





LEARNING OBJECTIVES



At the end of the session, participants must be able to:

- List the core skills that are required for CHO/Staff Nurse to provide oral care services at HWCs
- Describe the proper technique of brushing teeth
- Describe the skills required by the CHO/SN to manage patients with specific oral problems



ORAL HEALTH CARE THROUGH CPHC IN HWCS



- Health promotion and disease prevention
- Screening, early diagnosis, and appropriate treatment
- Disability limitation and rehabilitation





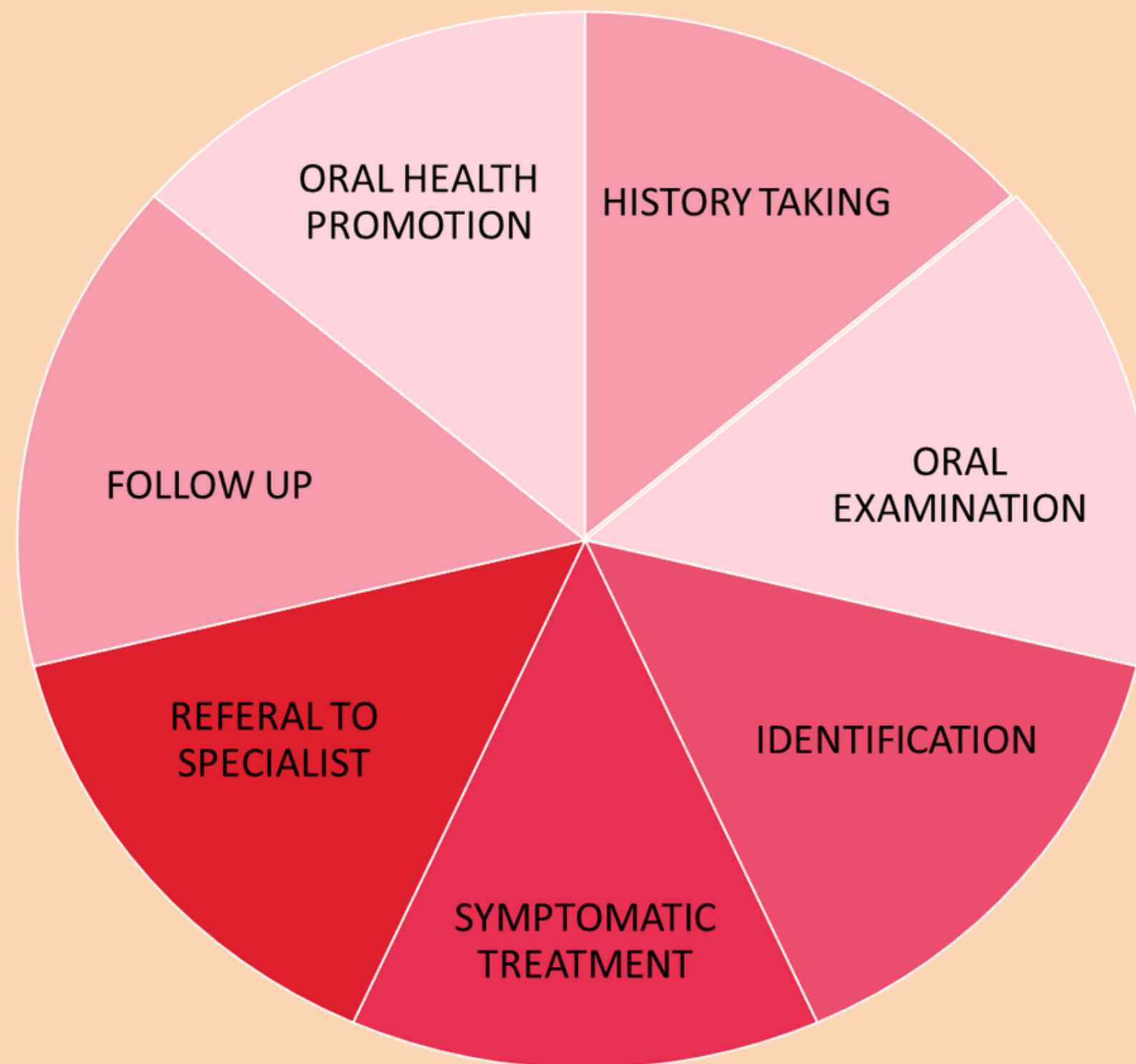
RAJU'S STORY

- 6 year old Raju was brought to the SHC-HWC by his mother saying that her child has not been eating anything since a week.
- What are the core skills that the CHO needs to have to respond to the situation?





CLINICAL SKILLS OF CHO FOR ORAL HEALTH CARE





HISTORY TAKING



Demographic data

Chief complaints

History of presenting illness

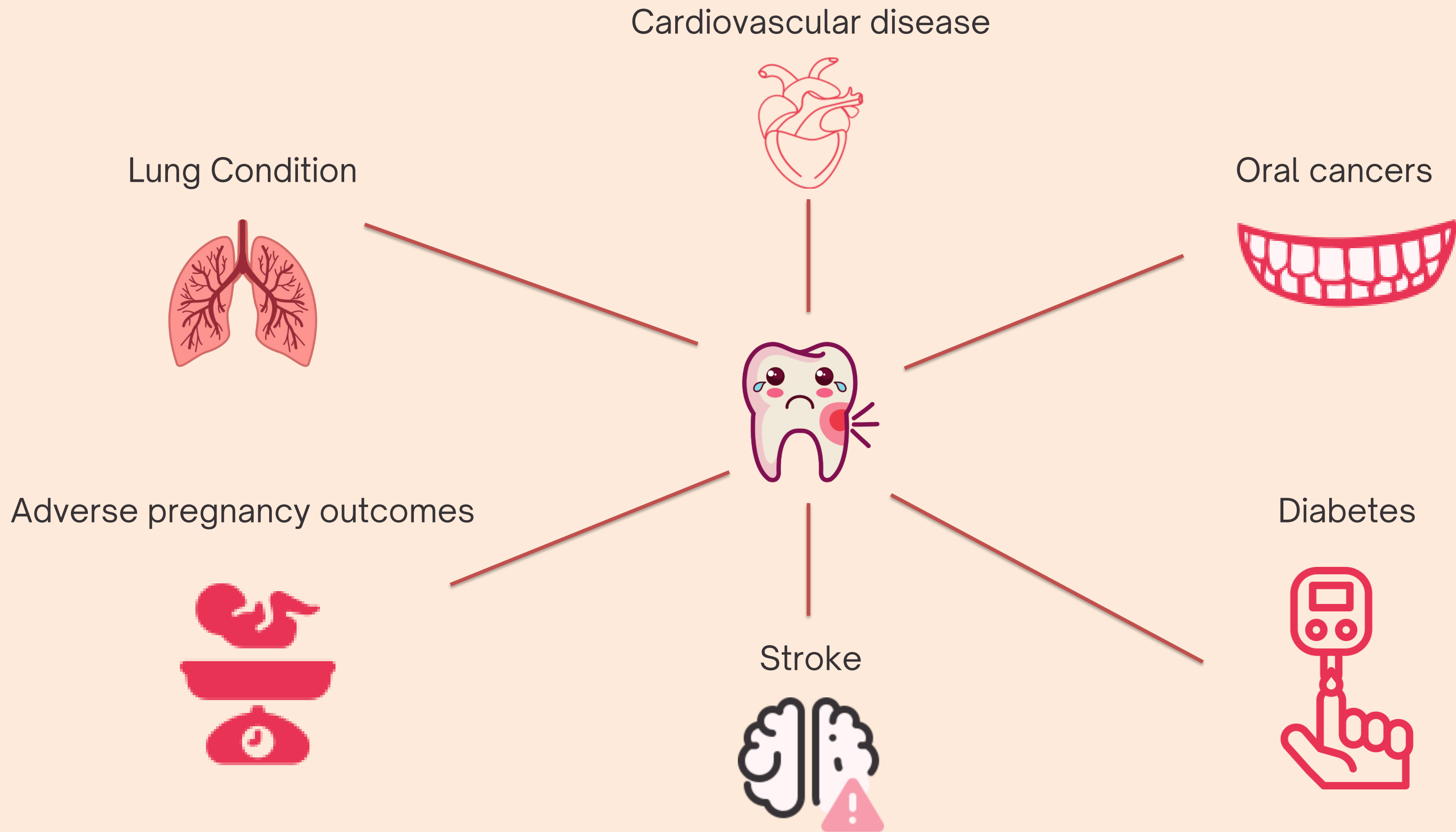
Previous history of oral illness

Previous medical history

HISTORY TAKING



ORAL HEALTH IS LINKED TO SYSTEMIC DISEASES





ORAL EXAMINATION

- Lips
- Cheeks
- The floor of the mouth
- Tongue – all surfaces
- Hard palate
- Soft palate
- Gums
- Teeth

- Ulcer
- White/red patch
- Swelling
- Bleeding
- Discoloration
- Missing teeth





EARLY IDENTIFICATION & SYMPTOMATIC TREATMENT

Presumptive diagnosis based on clinical features and examination findings

Symptomatic treatment:

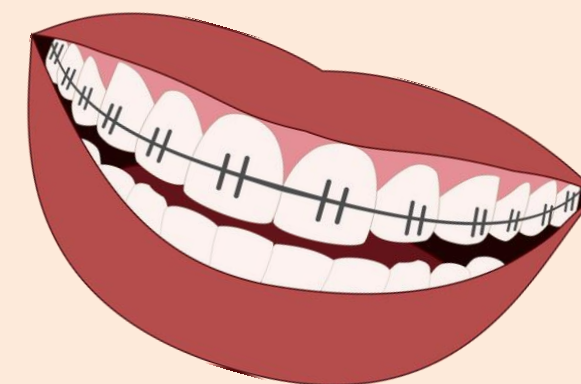
- An analgesic or anti-inflammatory drugs
- Antibiotics if required immediately (In consultation with dentist/medical officer)
- Arrest of bleeding and first aid



REFERRAL TO SPECIALIST AND FOLLOW UP

1

CHO should know where to refer patients presenting with oral health problems who need further care

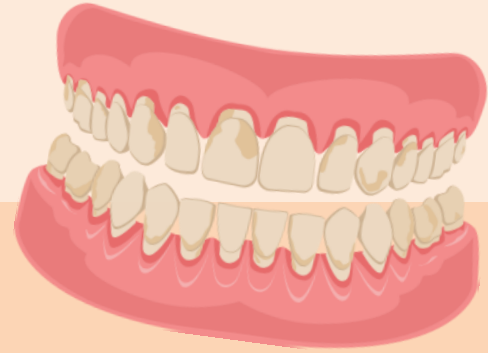


2

Medical Officer PHC will be kept informed regarding all referrals made by CHO



PLATFORMS FOR SCREENING OF ORAL DISEASES



- National programme for prevention and control of cancer, diabetes, cardiovascular disease, and stroke.
- Rashtriya Bal Swasthya Karyakram

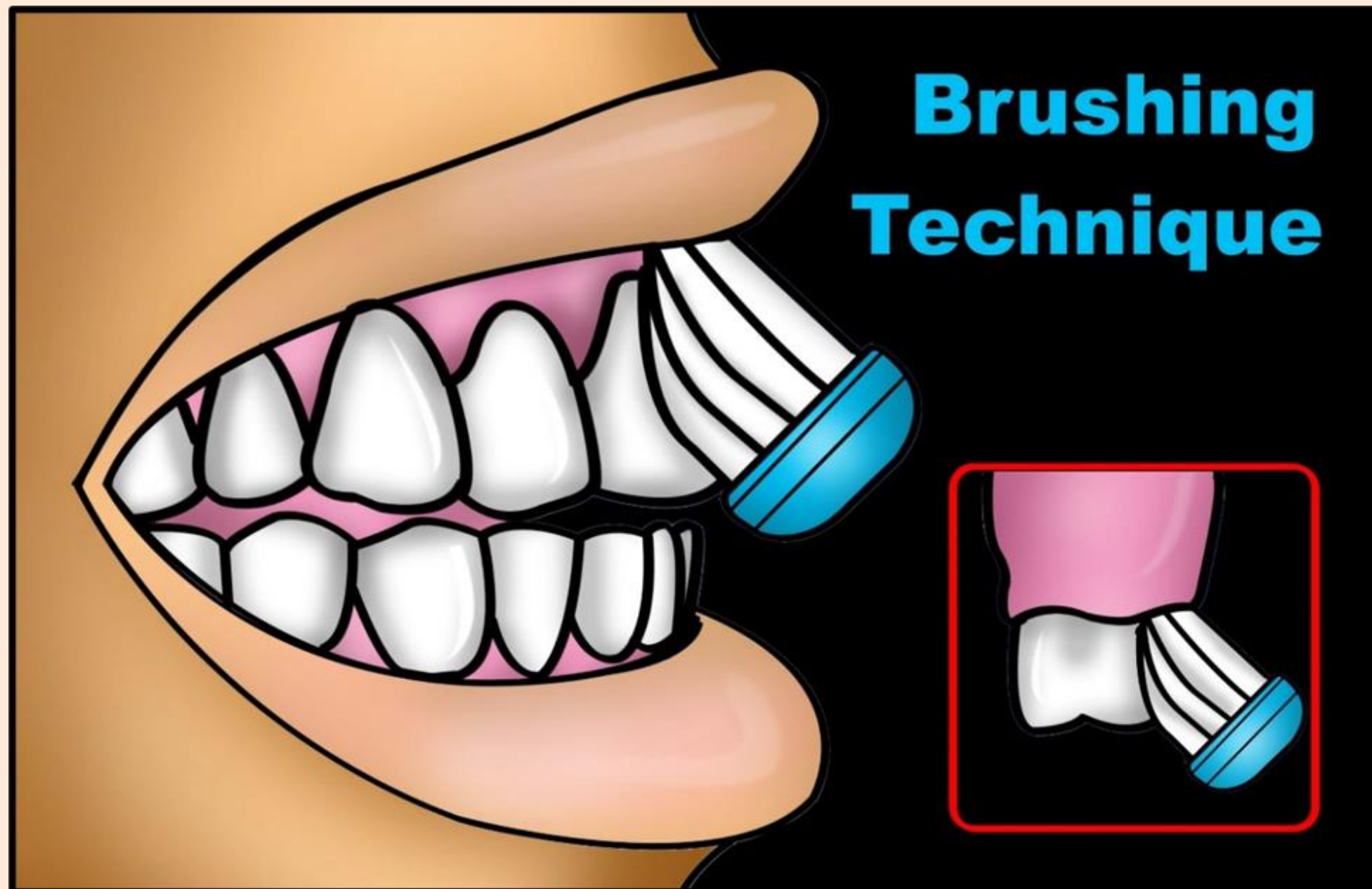




ORAL HEALTH PROMOTION



Proper technique of brushing teeth



[Brushing with Manual Toothbrush - Bass Technique - YouTube](#)



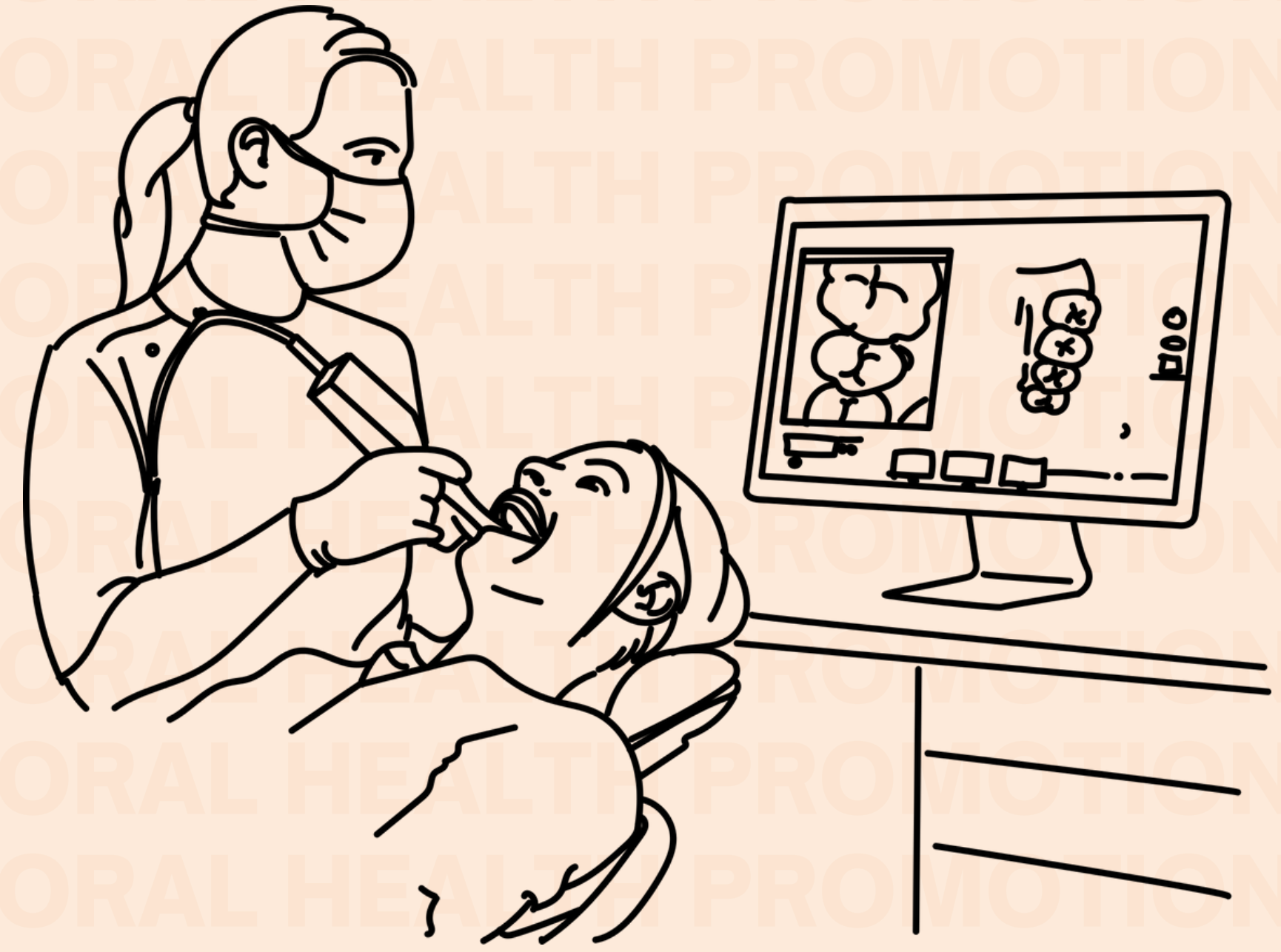
BRUSHING TECHNIQUE





ORAL HEALTH PROMOTION

- Oral health messages
- Counselling technique
- Awareness generation activities





SKILLS REQUIRED TO MANAGE PATIENTS WITH SPECIFIC ORAL PROBLEMS





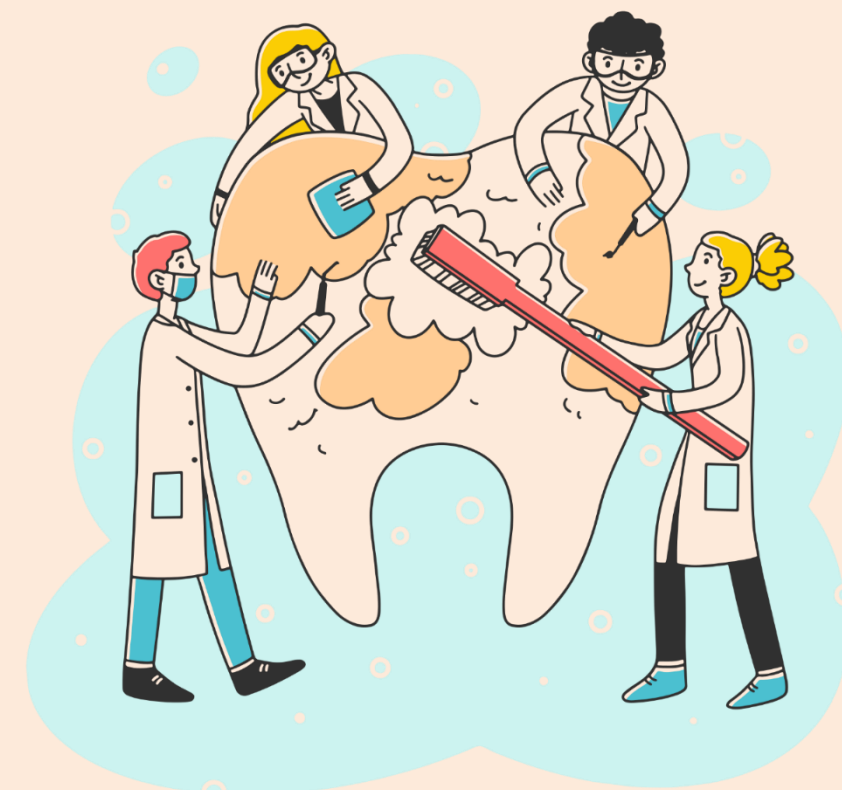
CARE OF PATIENT WITH PAIN IN THE ORAL CAVITY

- Greet patient, listen and ask them details of the pain they experience (severity, location, frequency)
- Collect articles required to do an oral examination and manage pain.
- Remove any food lodged at the site of pain using a toothbrush or rinsing the mouth with warm water.
- Check if patient has fever and any swelling in the oral cavity.
- Place a clove /clove oil at site of pain for temporary relief.





- Give one dose of Paracetamol stat. with water.
- Determine the likely cause of pain. Avoid any warm compress at the site of pain, avoid placing camphor/tobacco, petroleum products at the site of pain.
- Tele consult with the dentist and give the first line of antibiotics prescribed.
- Discuss with family findings and need to refer to the nearest dentist if the pain is not relieved.
- Wash hands and document findings.





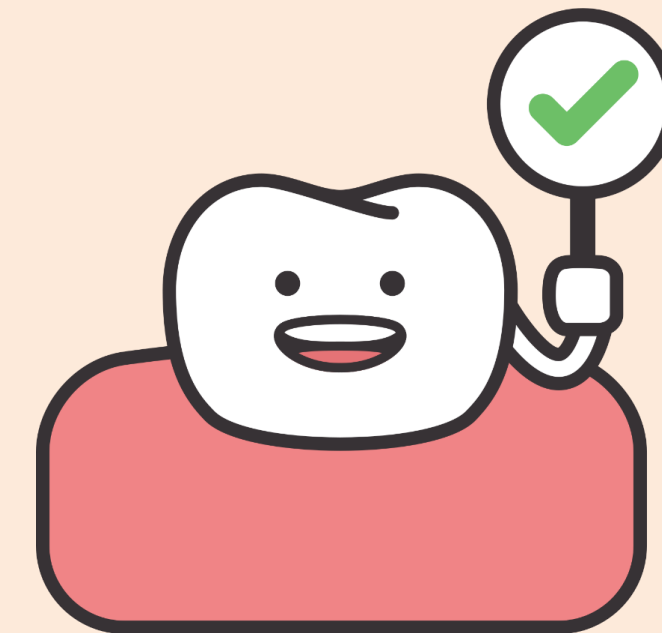
CARE OF PATIENT WITH PAIN IN THE ORAL CAVITY

- Greet patients and inform them of the purpose of your visit.
- Collect articles required to do an oral examination
- Remove any food lodged at the site of the abscess gently by rinsing the mouth with warm water.
- Check if the patient has pain and fever.
- Give one dose of Paracetamol stat. with water for pain relief.





- Examine the mouth to locate the abscess and record it.
- Through tele consult with the dentist and give the first line of antibiotics prescribed.
- Wash hands and document findings.
- Give education on soft foods to eat, and the need for more Vit B and C sourced foods.
- Discuss with family findings and need to refer to the nearest dentist if the abscess does not heal.





CARE OF PATIENT WITH A TOOTH INJURY

- Greet and reassure patient and family and wash hands with soap.
- Wear gloves. Check if the patient has any dentures. Remove them.
- Check if any tooth is loose or broken off.
- Arrest bleeding by applying a cold pack or press with a clean cloth (washed old saree piece) and hold for over five minutes.

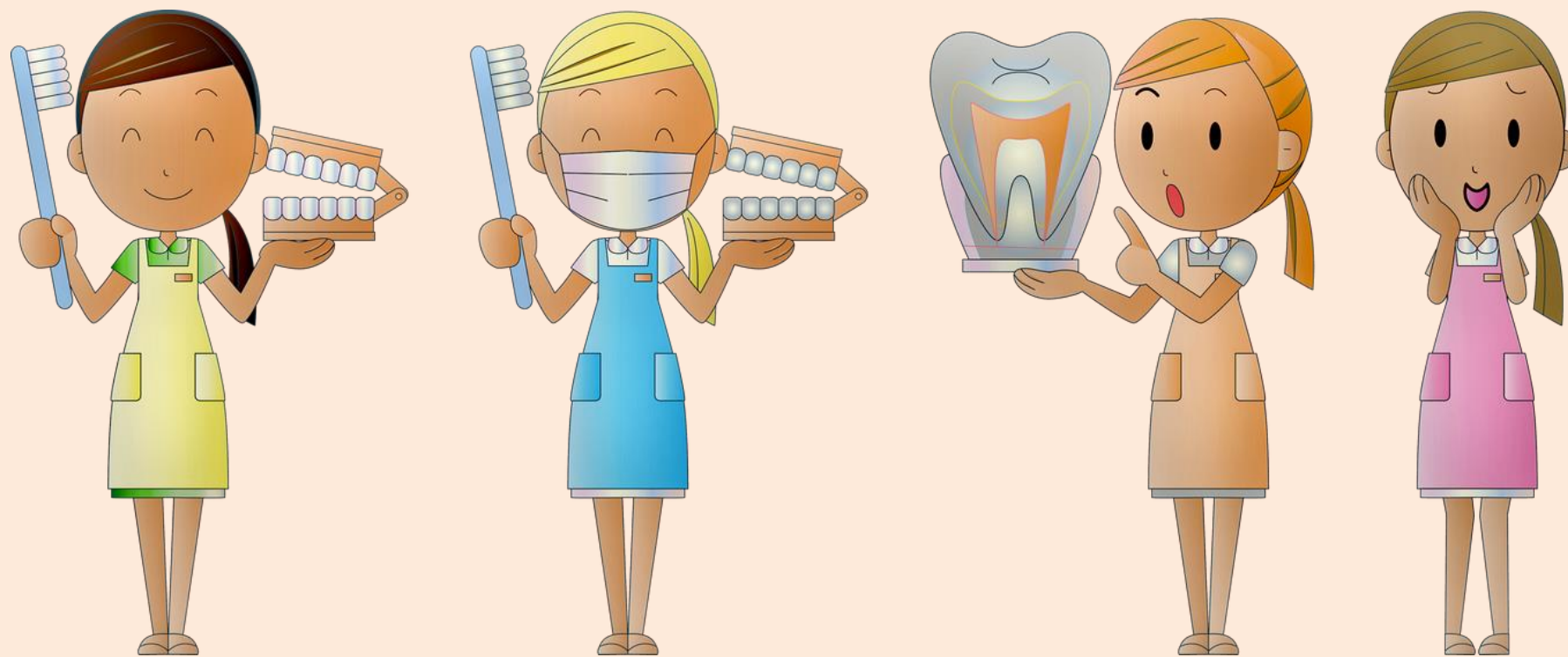




- With family help, keep the broken tooth safe by placing it in milk/tender coconut water.
- Do not let the tooth that is broken off-dry up. Do not wrap the tooth in a soiled cloth. Do not rub, or scrub your mouth or broken tooth.
- Avoid using warm compress/petroleum products/ salt /pain balm/ camphor/ tobacco at site of pain/swelling.
- Assess if it is a probable medico-legal case. Inform the PHC-MO if suspected.

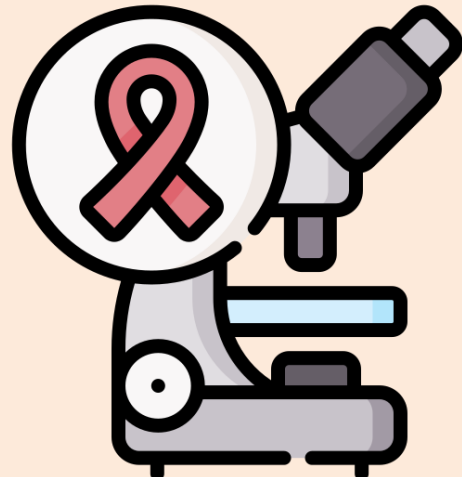
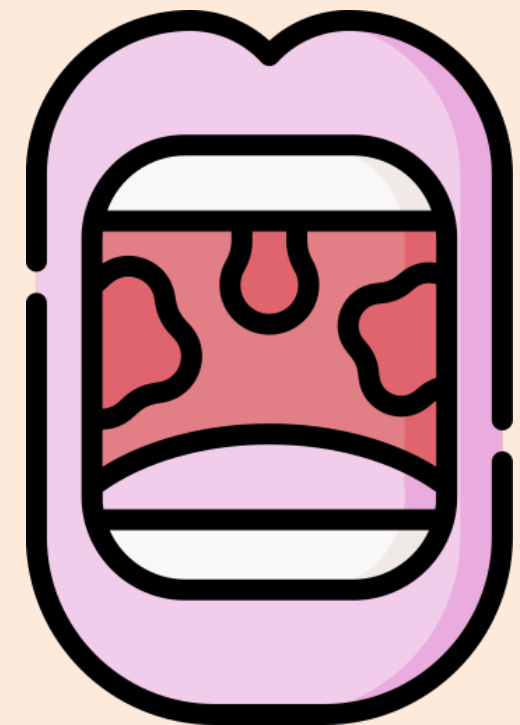


- Call the dentist using teleconsultation and inform of the patients status and refer.
- Arrange transportation so that the patient reaches the dentist within the hour.
- Wash hands and document findings.



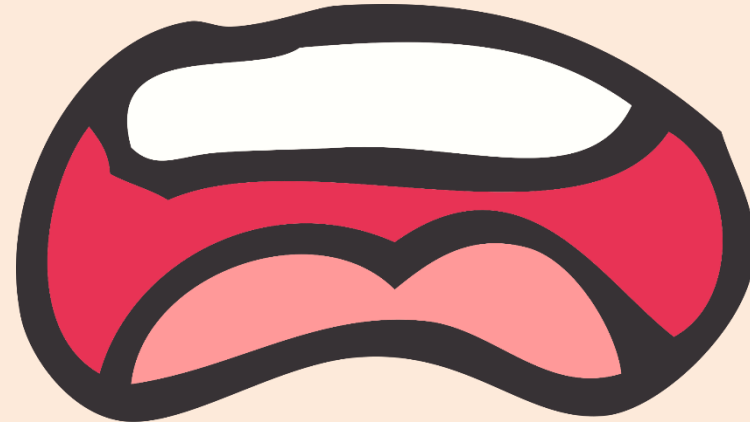
CARE OF PATIENT WITH ULCERS IN THE MOUTH

Greet patient and family and listen to their description of the ulcer in the mouth (size of ulcer, duration, associated with pain/fever)



Wash hands. Collect articles needed for a mouth examination to locate the ulcer and examine it.

Check use of tobacco and tobacco-related products, diet, use of any medication.





Get family support to place some ice chips to melt over the ulcer. If ice not available, rinse mouth with salt water to lessen the pain

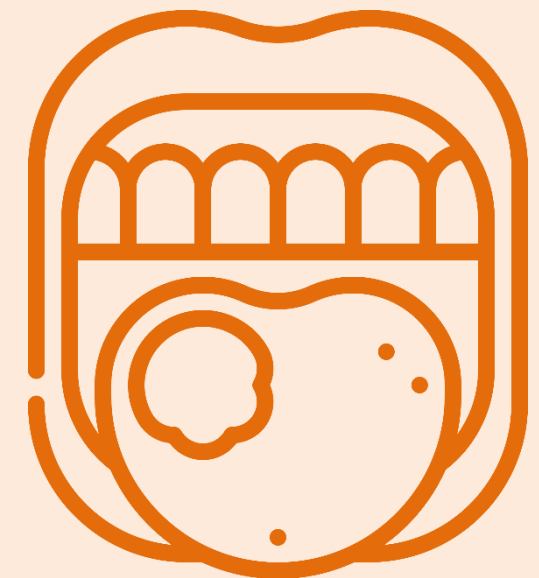
Tell patient/family to avoid spicy food. Give soft food like rice kanjee.

Check if patient has fever, finds it difficult to swallow or eat or drink.

Teleconsultation with a dentist if ulcers are large, last more than two weeks, associated with fever. And follow prescription given.

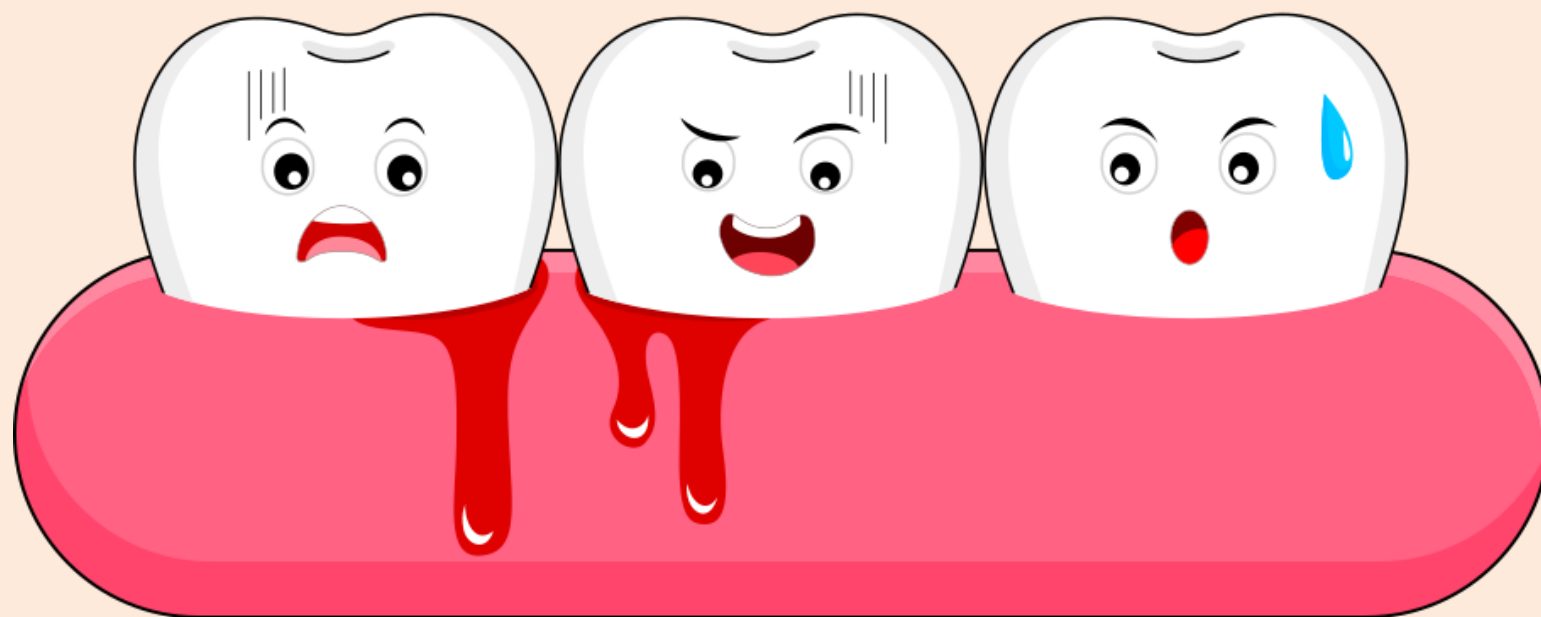
Give education on B Complex rich diets and need for quitting tobacco, if relevant.

Wash hands and document what was done.



CARE OF PATIENT WITH UNCONTROLLED BLEEDING IN ORAL CAVITY

- Greet and reassure patient and family.
- Check the source of uncontrolled bleeding. Check and ensure the patient airway and breathing.
- Arrest uncontrolled bleeding by placing the patient on a side if unconscious, and placing a cold pack firmly at site of bleeding. Keep holding the pack at the site of bleeding.



- While holding, get further history from family
- Identify source of bleeding. Ask for history of trauma.

- Ensure clear airway and breathing and pulse rate.
- Cover the patient in a dark shawl/sheet to keep her/him warm.
- Arrange for transportation for immediate transfer to the dentist.



- Ensure a healthcare worker accompanies the patient to ensure a patent airway, breathing and circulation
- Wash hands and document the procedure.



Thank You

