



Oral Care Related Skills

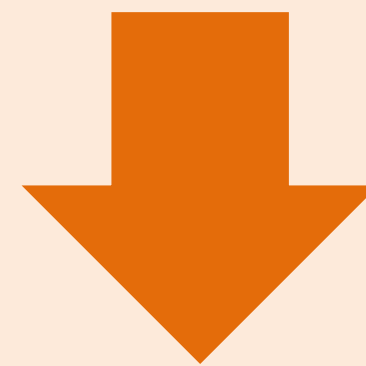
For FLW





ORAL HEALTH CARE - THROUGH CPHC IN HWCS

- Disease-free oral cavities among all the people of the country irrespective of the ability of the patient to pay for the procedure
- Expand the availability of all aspects of oral health including referral to appropriate health facilities
- Leveraging screening for oral cancer under Universal Screening of Common Non-Communicable Diseases and the Rashtriya Bal Swasthya Karyakram (RBSK)



SKILLS



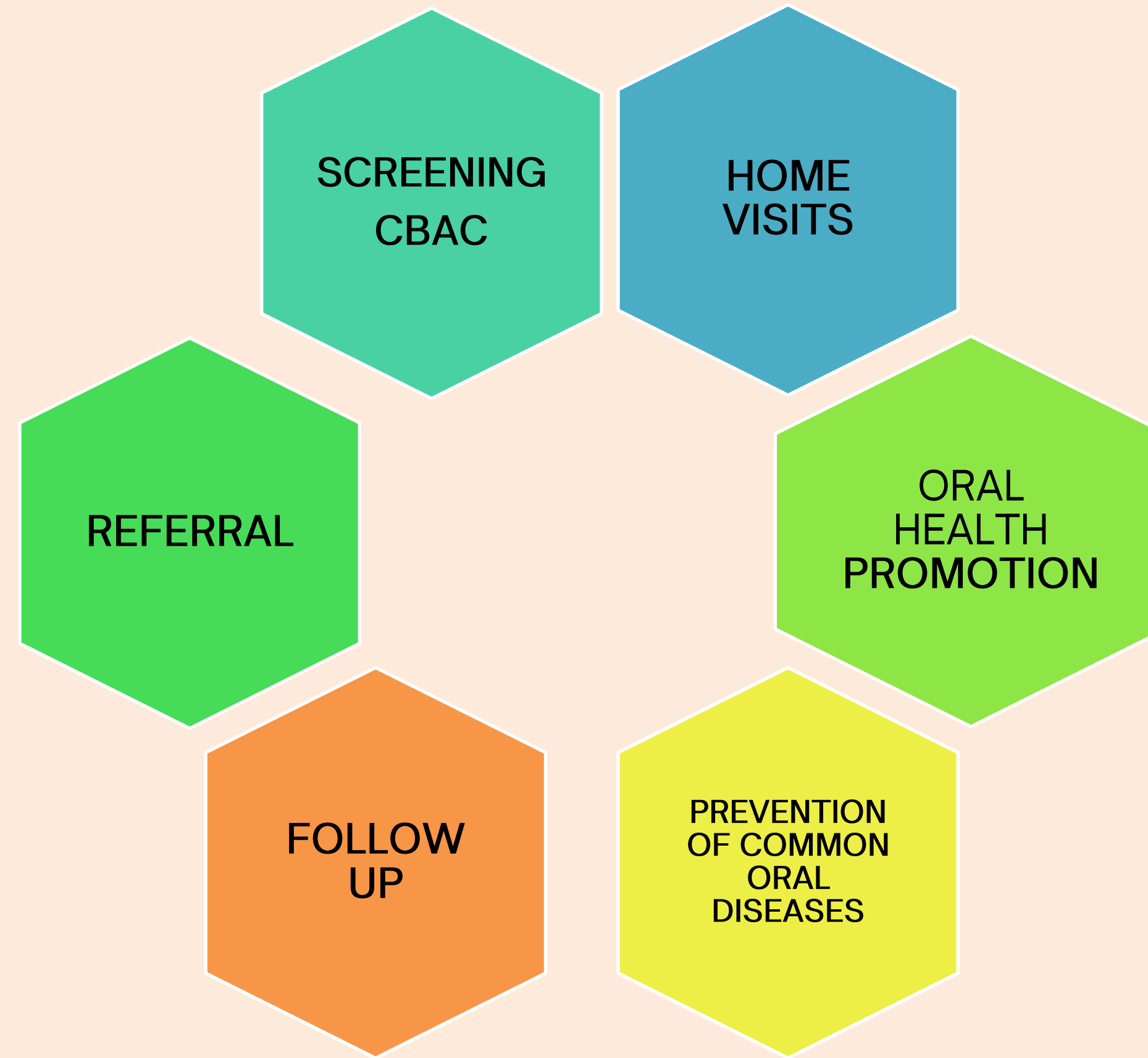
KANTA'S STORY

- Kanta had a severe tooth ache and rushed to the ASHA for help...
- WHAT ARE THE **CORE SKILLS** ASHA NEEDS TO HAVE TO RESPOND TO KANTA?



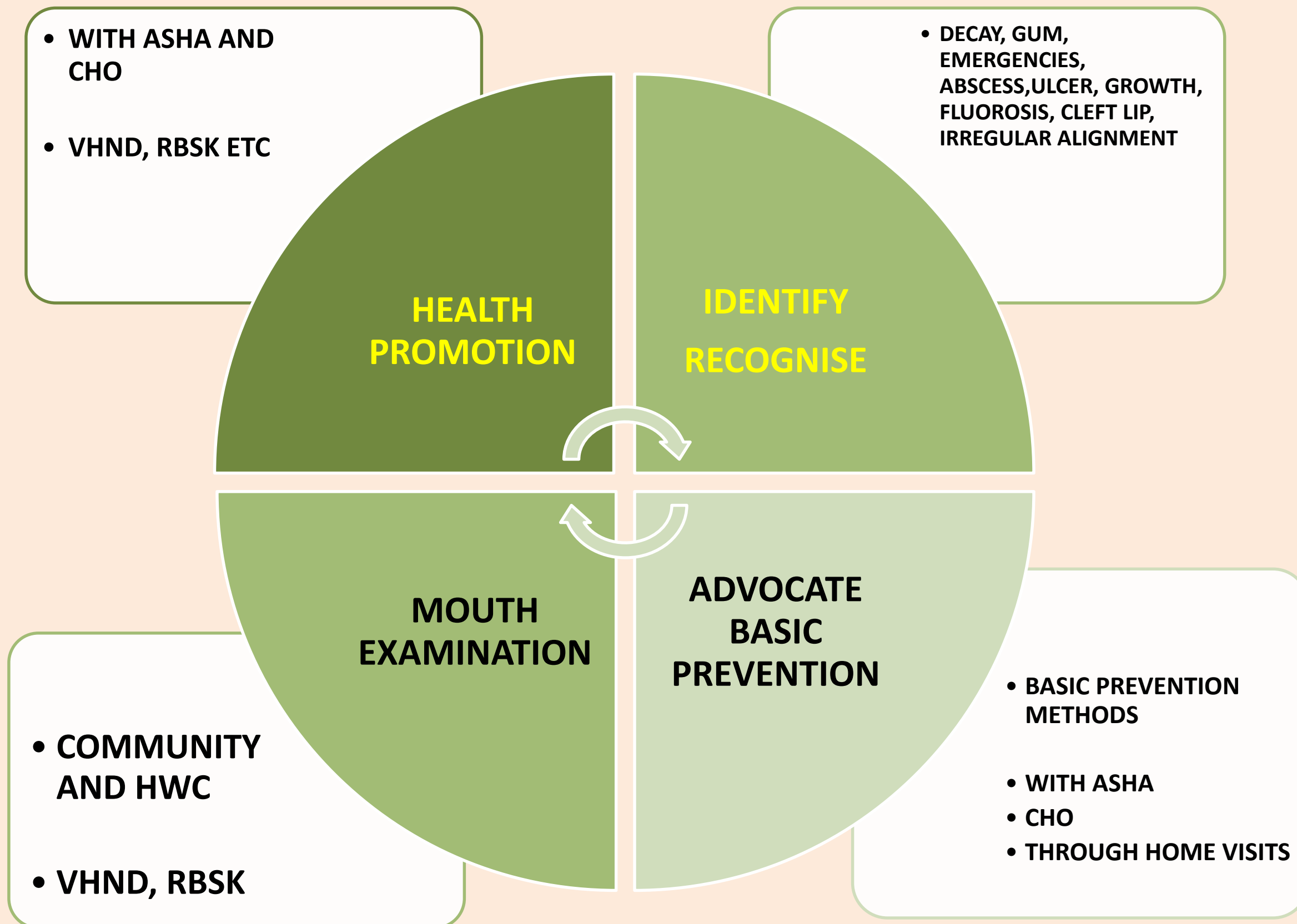


CORE SKILLS OF ASHA FOR ORAL HEALTH CARE





FEW CORE SKILLS OF AN MPW (WITH ASHA)

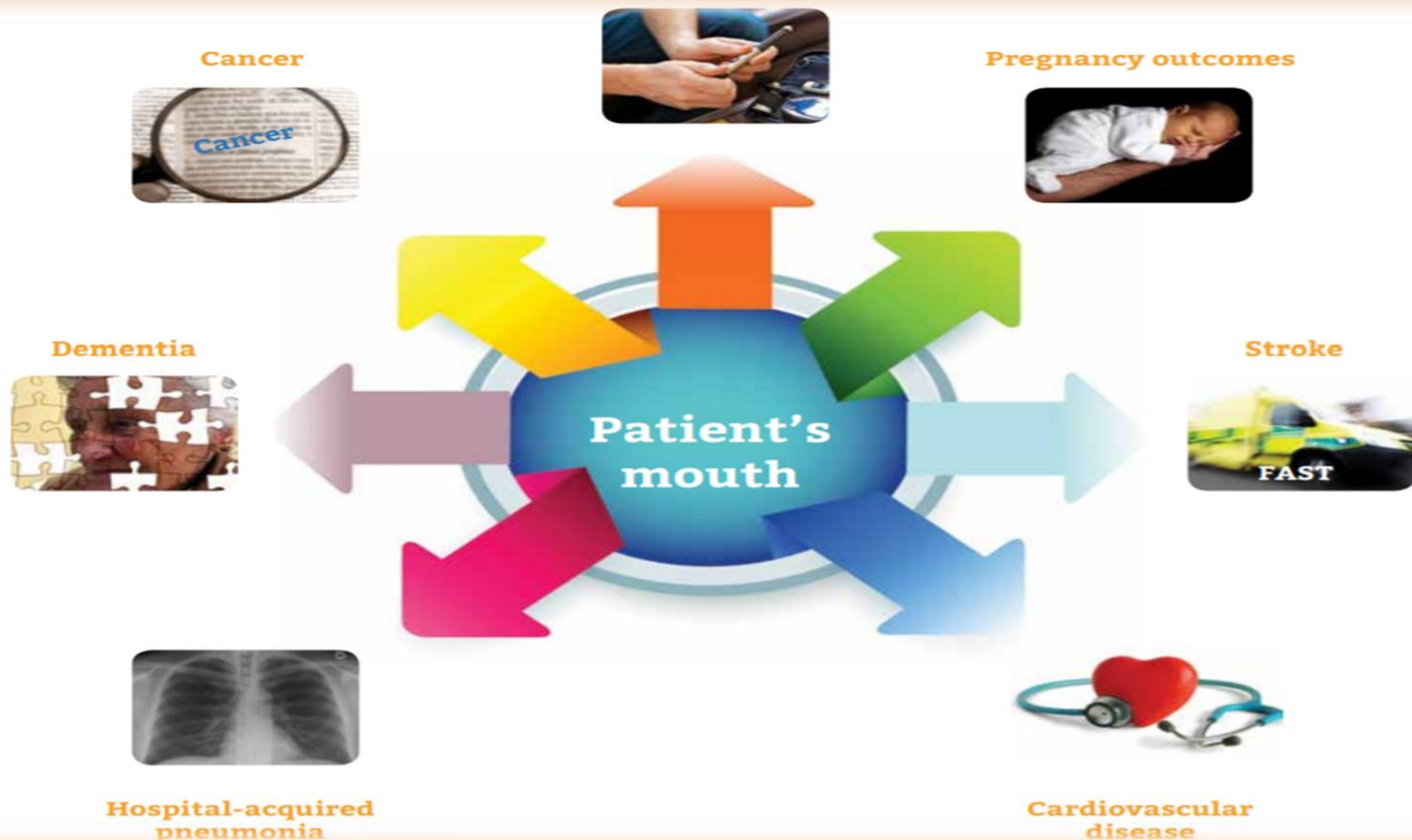




MPW SKILLS

- Guide the community to undertake immediate measures of pain relief like.
 - Saline rinses.
 - Using clove/clove oil.
 - Dispense single dose of Paracetamol when required.
- Carry out first aid and perform appropriate referral in case of oro - maxillofacial trauma or emergency
- Screening and early detection Population based screening for 0-18 years (under RBSK) .
- Support and Referral to CHO at Health and Wellness Centres.
- Follow-up care of identified cases for treatment adherence during home visits and outreach activities

ORAL CARE IS LINKED TO SYSTEMIC DISEASES





ASHA- USING CBAC FORM FOR ORAL CANCER/ SCREENING

1. Greet family and tell them the purpose of your visit
2. Wash hands with soap.
3. Ask the questions from part B1 of the CBAC form
4. If the answer to any of the above questions is a YES,
5. Explain the expanded package of services includes oral health care at HWC.
6. Document in the CBAC form and refer to MPW for oral health examination.



- If the answer to any of the above questions is a yes, refer to MPW for oral health examination.
- Document in the CBAC form and arrange follow up visit.
- Do health promotion on tobacco and alcohol control if relevant.



CBAC FORM –B I

Difficulty in opening mouth	YES /NO
Any ulcers in mouth that has not healed in two weeks	
Any growth in mouth that has not healed in two weeks	
Any white or red patch in mouth that has not healed in two weeks	
Pain while chewing	
Any change in the tone of your voice	

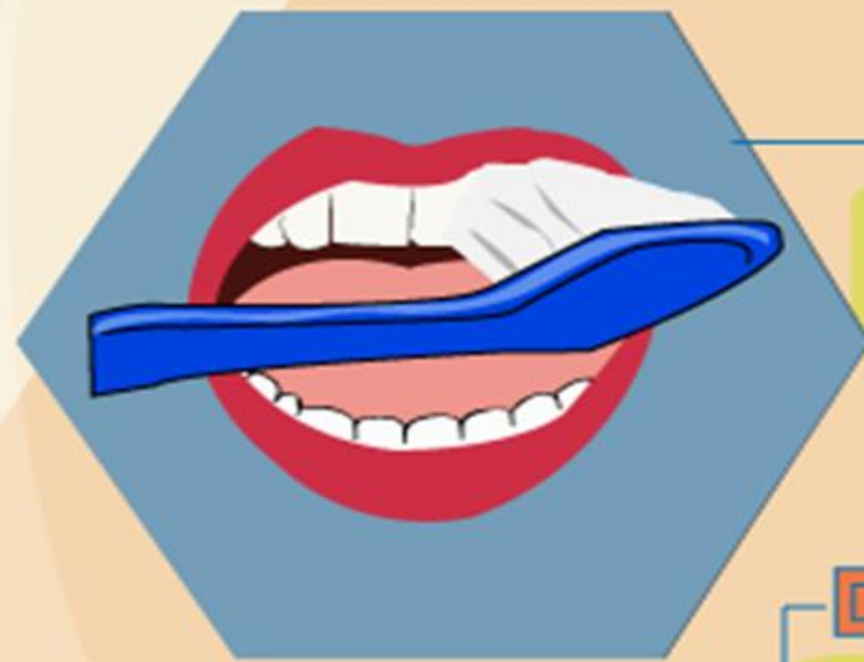




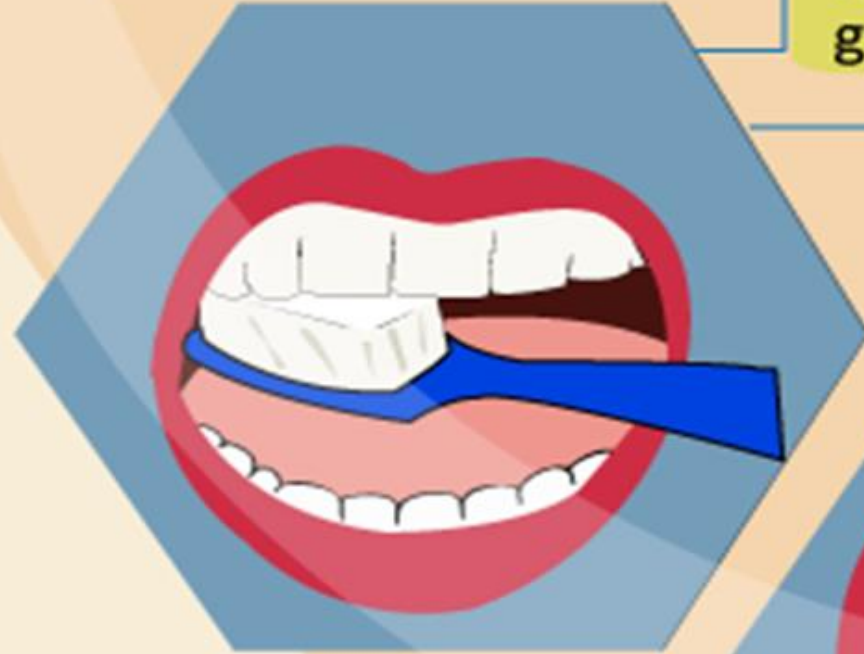
PROPER BRUSHING OF TEETH

<https://youtu.be/BapR9J86ZZw>





Place the toothbrush at a 45-degree angle to the gums.



Move the brush back and forth gently in short strokes.

Brush the outer surfaces, the inside surfaces and the chewing surfaces of all teeth

To clean the inside surface of the front teeth, tilt the brush vertically and make several up-and-down strokes



Brush your **tongue** to remove bacteria and keep your breath fresh.

HOW to BRUSH



CESSATION OF TOBACCO

1. Use the CBAC form to find out about tobacco use.
2. Share the harmful effects of tobacco.
3. Advise them to delay tobacco use.
4. Alternatively they could divert the mind from the thought of a tobacco
5. Ask them to drink about 4-5 liters of water a day
6. Encourage yoga or exercise
7. Take out a calendar/ ask them to bring their calendar.
8. Help them identify a quit date to completely forgo tobacco.
9. Refer to the nearest health facility for personalized counselling .
10. Get them to join a Quit Tobacco peer support group. Follow up for tobacco use.



PREVENT TOOTH DECAY



- Brush your teeth twice daily for at least two minutes each time
- Avoid aerated drinks sticky/ sweet food snacking between meals
- Eat raw food rich in fiber and vitamins like carrots
- Drink water after giving any medicated syrup to babies/children.
- Apply clove oil at the site of decay for temporary pain relief



PREVENT TOOTH DECAY

Acidic food and drink include:

- Fruit, especially citrus fruits
- Fruit teas
- Fruit juices
- Fizzy drinks including fizzy water
- Alcohol
- Vinegar

*List is not exhaustive

- Avoid self-medication or continuous medication
- Avoid picking teeth / in between teeth
- Avoid placing camphor/ tobacco/ petroleum products/ salt/ pain balm at site of pain
- Avoid application of heat or any pain relief cream on the cheek and the site of swelling
- Have your mouth checked by dentist regularly

GUM DISEASE PREVENTION

- Brush your teeth twice daily for at least two minutes
- Avoid aerated drinks sticky/ sweet food
Snacking between meals
- Consume raw food rich in fiber and vitamins
like carrots
- Brushing and rinsing mouth with water
- Do not quit brushing during pregnancy



GUM DISEASE PREVENTION

- Have your mouth checked by dentist regularly between the age group of 6-12 years.
- Avoid continuous medication
- Avoid self-medication
- Avoid application of heat or any pain relief cream on the cheek and at the site of swelling
- Include teaching of prevention of gum diseases during RMNCH clinics, MAS, VHSNC, VHND, RSBK and other occasions





ADDITIONAL SKILLS FOR THE MPW

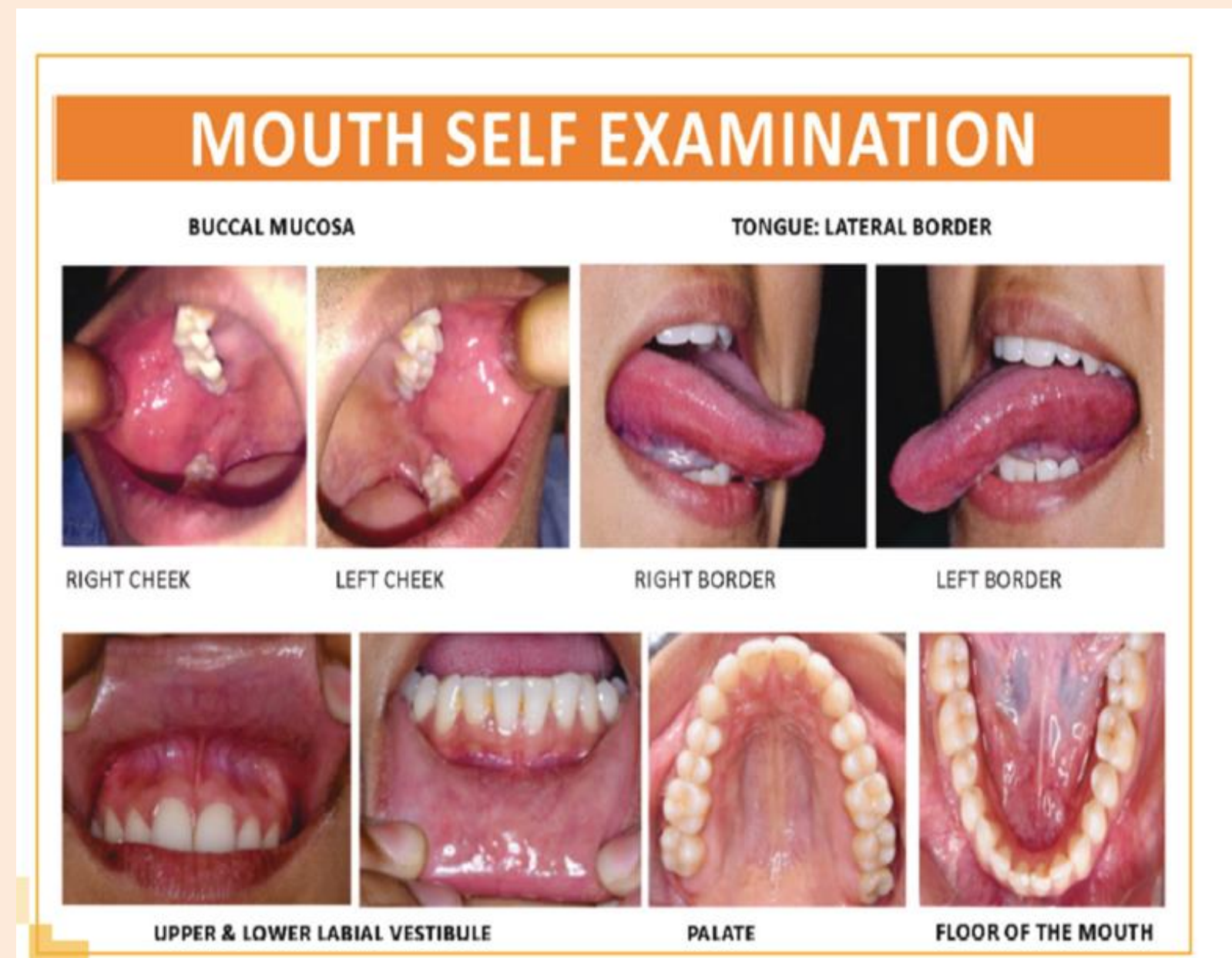




ORAL SELF-EXAMINATION

1. Check the face and lips, and the inside lining of the lips
2. Check the inside of the cheeks on both sides
3. Check on the palate the hard and soft part on the roof of the mouth
4. Check the tongue. If you have a piece of gauze or a clean cloth, you can hold the tongue with that and look in the mirror
5. Then look under the tongue
6. Finally check both sides of the tongue

https://youtu.be/_6csIJAWj_s





EXAMINATION FOR IRREGULAR TOOTH PLACEMENT

- Greet child/person and the family.
- Use the CBAC Form B1 questions as an entry point for discussions.
- Wash hands
- Wear gloves.
- Check for habits like thumb sucking and mouth breathing.
- Ask them to open their mouth to check for crowding of teeth and reverse bite.
- Ask family if they noticed the person grinding their teeth during the night.
- Check Protruding / Forwardly placed teeth and Spacing between teeth (adults)
- If any of the findings or answers is YES then request them to visit the CHO at the HWC.
- Wash hands and document findings.





CARE OF PATIENT IN 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 swelling.
- Place a clove /clove oil at site of pain for temporary relief.



CARE OF PATIENT IN PAIN IN THE ORAL CAVITY

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



CARE OF PATIENT WITH AN ABSCESS IN THE MOUTH

- Greet patient 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 abscess gently by rinsing the mouth with warm water.
- Check if patient has pain and fever.
- Give one dose of Paracetamol stat. with water for pain



CARE OF PATIENT WITH AN ABSCESS IN THE MOUTH

- Examine the mouth to locate the abscess and describe it.
- Through CHO tele-consult with the dentist and give first line of antibiotics prescribed.
- Wash hands and document findings.
- Give education on soft foods to eat, need for more Vit B and C sourced foods
- Discuss with family findings and need to refer to the nearest dentist if 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 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 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.

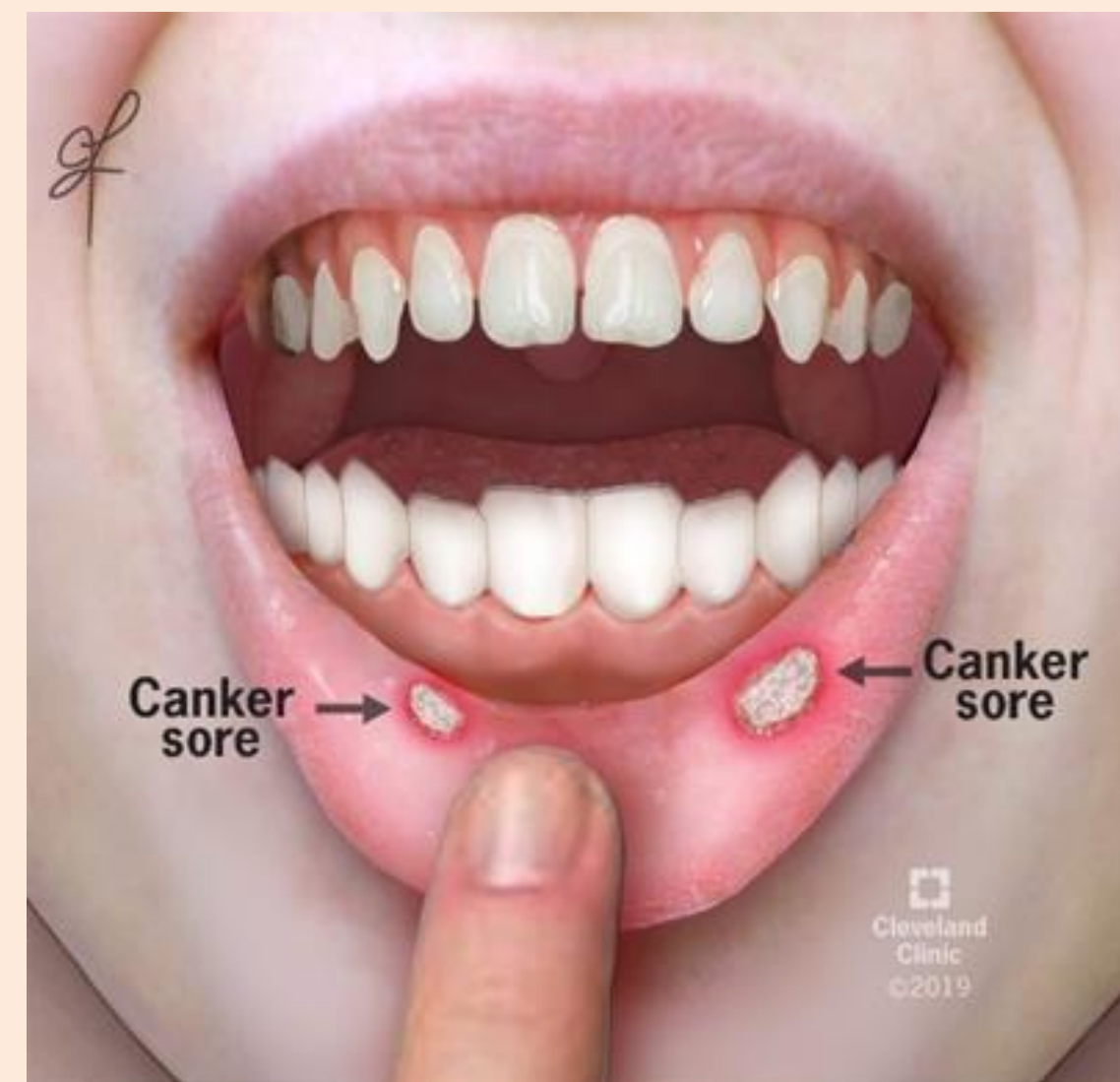


CARE OF PATIENT WITH A TOOTH INJURY

- Do not let the tooth that is broken off dry up. Do not wrap the tooth in soiled cloth. Do not rub, scrub mouth or broken tooth.
- Avoid using warm compress/petroleum, products/salt/pain balm/camphor/tobacco at site of pain/swelling.
- With the help of CHO, call the dentist using teleconsultation and inform him/her of the patient's status and the referral made
- Arrange transportation so that the patient reaches the dentist within the hour.
- Wash hands and document findings and procedure done.

CARE OF PATIENT WITH ULCER/S IN THE MOUTH

- Greet patient and family and listen to their description of the ulcer in the mouth.(size of the 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 your mouth with salt water to lessen the pain.



CARE OF PATIENT WITH ULCER/S IN THE MOUTH

- 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.
- With CHO help, do a 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

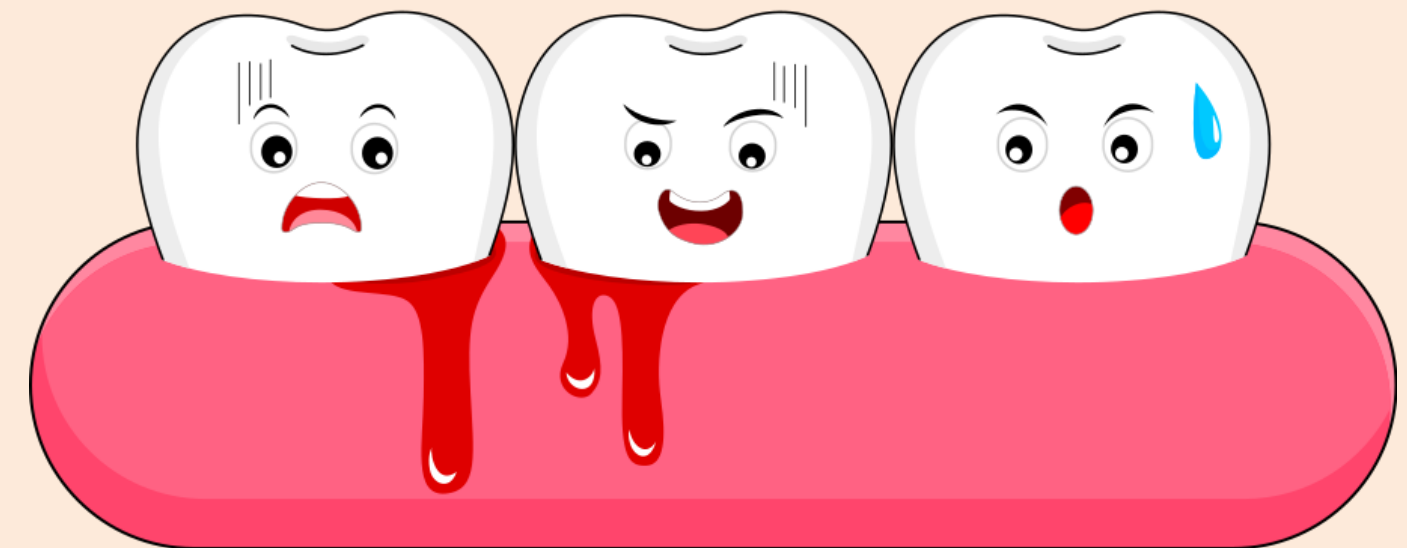
- Greet and reassure patient and family.
- Check source of uncontrolled bleeding. Check and ensure patent airway and breathing.
- Arrest uncontrolled bleeding by placing patient on a side if unconscious , and placing a cold pack firmly at site of bleeding. Keep holding the pack at site of bleeding.
- While holding, get further history from family
- Immediately do a tele-consultation with CHO and follow his/ her instructions.





CARE OF PATIENT WITH UNCONTROLLED BLEEDING IN ORAL CAVITY

- Ensure clear airway and breathing and pulse rate.
- Cover patient in a dark shawl/sheet to keep her/him warm.
- Arrange for transportation for immediate transfer to the Health and Wellness Centre / PHC
- Accompany the patient to ensure patent airway, breathing and circulation
- Hand over to CHO, wash hands and document the procedure.





EVALUATION

1. Which part of the CBAC Form has questions screening for Oral Cancer?
2. Give 3 points that can help patient on quitting tobacco
3. Give one tip to avoid doing if children have irregular teeth
4. Using a warm pack helps suppress uncontrolled bleeding in the mouth (True/ False)
5. B Complex rich foods help prevent some types of mouth ulcers (True/ False)
6. Trying to remove any food lodged at the site of abscess in the mouth will further injure the mouth (True/ False)



EVALUATION

1. Which part of the CBAC Form has questions screening for Oral Cancer?

B1

2. Give 3 points that can help patient on quitting tobacco

Join peer group

Advice yoga

Help in setting quit date

2. Give one tip to avoid doing if children have irregular teeth

Thumb sucking

STATE WHETHER TRUE OR FALSE

4. Using a warm pack helps suppress uncontrolled bleeding in the mouth

F

5. B Complex rich foods help prevent some types of mouth ulcers

T

6. Trying to remove any food lodged at the site of abscess in the mouth will further injure the mouth.

F



Thank You

