

Nurses Guide to teaching Oral Health Education/ Promotion

<p>Look through their learning objectives document with them to see what it is they should be able to demonstrate their knowledge in.</p>	<p>CO learning and assessment document</p>
<p>Start by finding out what they know using the healthy mouth question.</p>	<p>Why do we need healthy mouths?</p> <ol style="list-style-type: none"> 1. To be able to chew and eat properly 2. For smiling 3. To prevent pain caused by infection or dental caries and reduce the need for teeth to be extracted 4. To avoid periodontal diseases which cause bleeding gums, loose teeth, infection and bad breath 5. To help prevent oral cancer
<p>Find out from them what they know about OHE and how to maintain a healthy mouth. Share these key messages.</p> <p>They will all have had a copy of these and they are the messages we want them to communicate to the community around them.</p>	<p>How to maintain a healthy mouth</p> <ol style="list-style-type: none"> 1. Brush your teeth with a toothbrush / mswaki 2. twice a day, during the morning and before bed time to keep your teeth and gums clean and help your children to do the same as soon as they have teeth. 3. Use fluoridated toothpaste which strengthens your teeth and protects them against disease. 4. You shouldn't have sugary drinks or snacks (eg. Sodas, sugar cane, cakes, biscuits) between meals. 5. You shouldn't smoke or chew tobacco. 6. Eat a good diet of healthy foods such as rice, ugali, vegetables, fish, milk

	<p>and fresh fruit</p> <p>7. Visit a health worker if you have pain or a problem with your mouth.</p> <p>8. If possible visit a dental professional twice a year for checkups.</p>
<p>Discuss with them what they do personally – this will help them to identify with what we want them to learn.</p> <p>Let them feel comfortable and know we are not judging them. This is just to aid discussion and get them thinking</p>	<p>Do they brush 2 x a day? How long do they / should they brush for? Do they use fluoride toothpaste? Do they floss or use interdental brushes? What is their diet like / frequency of sugar? Do they smoke or chew tobacco? Do they drink alcohol? Have they ever visited a dentist?</p> <p>Their family Do they have children? Do they supervise their children brushing? How often do they change their toothbrush?</p>
<p>OHI on a 1:1 basis We want to see if the CO can give an OH message to an individual as well as a group so find a patient and see how it goes , maybe someone who is waiting for the LA to work or has not been seen yet.</p> <p>Use the resources in the teaching box if appropriate</p>	<p>Get them to use the questions above to start an OH conversation making it more personalised</p> <p>Emphasis to be given on the fact that all dental disease can be prevented.</p>
<p>Promotion - where else can they promote an OH message</p>	<p>Get them to think about locations around them such as:</p> <ul style="list-style-type: none"> - mother and baby clinic, - making sure other staff know to ask them for advice - Schools – can they support the local school by doing OH talk aimed at pupils and teachers? - Are they aware of any national programmes that they can support – National OH week for example .
<p>What is available in their locality?</p>	<p>Do the local pharmacies stock fluoride toothpaste? How easy is it for patients to buy toothbrushes, and if not can they make and use a Mswaki?</p>