



# Brushing Up on Mouth Care

An oral health resource for those who  
provide care to older adults



## ACKNOWLEDGEMENTS



This oral care educational resource binder was developed as part of the following project:

**Oral Care in Continuing Care Settings:  
Collaborating to Improve Policies and Practices (2008-2012)**

**Project funded by:** The Nova Scotia Health Research Foundation

**Principal Investigator:**

Mary McNally - *Faculty of Dentistry, Dalhousie University*

**Community Partner:**

Eastern Shore Tri-Facilities, Capital District Health Authority (Nova Scotia)

Sheila Martin – *Health Services Director, Eastern Shore Tri-Facilities, Capital District Health Authority*

**SPECIAL THANKS to the administration and care staff at the long-term care sites  
for their involvement with the design and development of these materials.**

Harold Taylor

Cathy Logan

Darlene Lace

Diana Graham

Mary Grant

Lorrie Boutlier

Marilyn Cipak

Clasina MacKinnon

Audrey Engbersen

**Co-Investigators:**

Debora Matthews - *Faculty of Dentistry, Dalhousie University*

Joanne Clovis - *Faculty of Dentistry, Dalhousie University*

Ruth Martin-Misener - *School of Nursing, Dalhousie University*

Paige Moorhouse - *Geriatric Medicine, Dalhousie University & Capital District Health Authority*

Christopher Wyatt - *Faculty of Dentistry, University of British Columbia*

Michael Leiter – *Centre for Organizational Research & Development, Acadia University*

Paul Allison - *Faculty of Dentistry, McGill University*

**Associates:**

Sandra Crowell - *Atlantic Health Promotion Research Centre, Dalhousie University*

Sandi Berwick - *Eastern Shore Tri-Facilities, Capital District Health Authority*

**Research Coordinator:**

Karen McNeil – *Faculty of Dentistry, Dalhousie University*

**Team Hygienist:**

Janet Munn – *Faculty of Dentistry, Dalhousie University*

*Sincere appreciation*

**to those who assisted in the development of these materials**

Trevor Doherty – *Graphic Design*

Julie Hopkins – *Graphic Design*

Mark Pineo - *Audio*

Marilyn Klein – *Photography*

Bev Baillie – *Volunteer*

Linda Cochrane - *Volunteer*

Kim Berkers - *Volunteer*

Challenging Behaviours Resource Consultants

Northwoodcare Inc. & Northwood Homecare

Nova Scotia Community College & Eastern College

**Copyright © Dalhousie University 2011**

Permission for use of these materials is for educational purposes only. These materials may not be copied or republished in part or in whole in any form or by any means or media without prior written permission from Dr. Mary McNally, Principal Investigator; Dalhousie University, PO Box 15000, Halifax, NS B3H 4R2



# ORAL HEALTH TOOLKITS



It is important that oral care supplies be stored together in an appropriate place.



An Oral Health Toolkit should be made for each resident. These toolkits are used to store **oral care supplies ONLY**. The suggested model includes a metal basket containing a disposable plastic cup. This model was selected for the following reasons:

- *The basket is portable and provides an easy way to transport oral care supplies into the washroom **OR** the basket can be mounted to the wall of the washroom*
- *The metal basket is deep enough to hold the plastic cup (without fear of it falling over), it is wide enough to store a denture cup/container, and it is easy to clean*
- *The plastic cup is easy to label, tall enough to keep the toothbrush upright to dry, and disposable so it can be replaced when it gets dirty*

## Supplies that may be stored in the toolkit include:

- |                       |                                     |
|-----------------------|-------------------------------------|
| ⇒ <b>Toothbrush</b>   | ⇒ <b>Facecloth(s)</b>               |
| ⇒ <b>Toothpaste</b>   | ⇒ <b>Denture cup/container</b>      |
| ⇒ <b>Mouthrinse</b>   | ⇒ <b>Dentures or partial plates</b> |
| ⇒ <b>Floss</b>        | ⇒ <b>Denture cleaner</b>            |
| ⇒ <b>Floss handle</b> | ⇒ <b>Denture brush</b>              |
| ⇒ <b>Proxabrush</b>   | ⇒ <b>Emesis/kidney basin</b>        |
| ⇒ <b>Toothettes</b>   | ⇒ <b>Care cards*</b>                |
| ⇒ <b>Mouth prop</b>   |                                     |

*For a complete break down of various oral health supplies and their uses, please see section #4 of this manual*

## TOOLKIT ASSEMBLY: *Suggested Guidelines*



**#1) Mount the metal basket securely to the wall at a height that is appropriate for the resident**

- *If possible, avoid mounting behind or beside the toilet*
- *Toolkit may be placed in cupboard if required*
- 

**#2) Be sure that all oral care supplies are labeled with the resident's name or initials**

- *Plastic cup*
- *Toothbrush*
- *Toothpaste*
- *Denture brush*
- *Dentures*
- *Denture cup*
- *Mouth rinse*
- *Oral care card*



**#3) Use the cup to stand the resident's toothbrush and denture brush (if necessary) to air dry**

- *Toothpaste, flossers, and/or proxabrushes may also be placed in the cup*
- *The cup will need to be replaced OR washed when the resident's toothbrush is replaced*

**#4) Place plastic cup in basket. Any other oral supplies can be placed in the other side of the basket**  
*- i.e. Denture cup, mouth rinse, face cloth, etc.*



**#5) Oral care cards can stand in the back of the basket OR can be pinned to the wall**

- *Placing the card in a large ziplock bag may help to prevent smudging*

**#6) ONLY oral care supplies should be stored in the basket.**