

Oral Cares

- ✓ Provide patients with oral care at a minimum of once per shift.
- ✓ If you work in an intensive care unit and your patient is intubated, oral care is provided every 2-4 hours and as needed.
- ✓ If you are taking care of an Oncology patient (cancer), please get direction from your Nurse as to the patient's needs

<u>Intubated or unconscious patients</u>	
Gather equipment <ul style="list-style-type: none"> • PPE • Suction • Suction toothbrush • Alcohol free antiseptic oral rinse • Mouth moisturizer • Lip balm if needed 	Patient Care Tech Action: <ol style="list-style-type: none"> 1. Hand hygiene. 2. Apply PPE . 3. Have suction available. 4. Position patient's head to side or elevate HOB 45 . 5. Brush teeth 1-2 minutes using suction toothbrush and small amts of water or oral rinse. Brush surface of tongue. 6. Be cautious if patient is on blood thinners. Utilize suction and may require several swabs to collect debris and mucous. 7. Apply mouth moisturizer and lip balm. Be careful as not to disturb ET tube.

<u>Conscious and non-intubated patients</u>	
Gather Equipment <ul style="list-style-type: none"> • Toothbrush • Toothpaste • Cool Water • Emesis basin • Bath towel • PPE 	Patient Care Tech Action: <ol style="list-style-type: none"> 1. If patient is independent, allow for independence. 2. Prepare equipment at bedside. Perform hand hygiene. Utilize mask if splashing occurs. 3. Apply toothpaste to brush, holding over emesis basin. Have patient brush teeth. Instruct to hold bristles on inner and outer portions of teeth and gum line. Encourage to brush tongue. 4. Have patient rinse mouth thoroughly. Not to swallow water if patient is NPO (nothing per oral cavity). Patients who are NPO will require frequent oral care due to dryness. This procedure may also be accomplished at the patients sink, if patient is ambulatory.

<u>Dentures</u>	
Gather equipment <ul style="list-style-type: none"> • Toothbrush • Denture brush • Emesis basin • Denture cleanser • Water glass • Denture cup • Washcloth • 4 x4 gauze • PPE 	Patient care Tech action: <ol style="list-style-type: none"> 1. Fill emesis basin with water. 2. Hand hygiene 3. PPE 4. Remove dentures---upper plate with thumb and index finger wrapped in gauze and pull downward. Lower denture---lift from jaw and rotate one side downward to remove. 5. Place dentures in emesis basin. 6. Apply denture cleanser to denture bush, moisten with water and brush all surfaces of dentures 7. Rinse with tepid water. 8. Brush patient's gums, tongue and palate with soft toothbrush 9. Have patient rinse oral cavity with water. 10. Return dentures in tepid water labeled denture cup. 11. Document frequency of oral care provided 12. Document the condition of the oral cavity once per shift

Oral care for chemotherapy patients

- ✓ If you are taking care of an Oncology patient (one who has cancer) and if they are undergoing chemotherapy. Oral care is paramount.
 - ✓ Please discuss with your RN how frequent oral care should be given to your patient.
 - ✓ Also discuss what type of oral care needs are to be given (depending on lab work, ie platelet count)
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