Smile Proud
Improving Oral Health Among Nursing Home Residents

Toolkit/Education Curriculum
Instructional Guide
# Table of Contents

Acknowledgements .................................................................................................................. 3
Introduction ............................................................................................................................... 3
Overview ..................................................................................................................................... 3
  Importance of providing good daily oral hygiene................................................................. 3
Facilitator’s Guide for Using Staff Education/Curriculum ...................................................... 4
  Follow these steps to effectively educate your staff on oral health care: ......................... 4
  Preparations before each staff education session: ............................................................. 4
  Prepare attendees just before each staff education session: ............................................. 5
  Closing each staff education session: .................................................................................. 5
Staff Training Materials (English and Spanish) ...................................................................... 5
Staff Free Online Education .................................................................................................. 5
Staff Education/Curriculum Assessments ............................................................................. 6
Facility/Resident/Family/Council Education (English and Spanish) ...................................... 6
Videos ....................................................................................................................................... 6
Additional Resources ............................................................................................................. 6
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Oklahoma Nursing Home Oral Care Project (2017-2019)

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Smile Proud Texas Older Adult Oral Care Work Group
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Dalhousie University
University of Kentucky College of Dentistry

Introduction

Welcome to the TMF Smile Proud oral care educational toolkit guide

Thank you for participating in this important program and taking a step in making Texas and Oklahoma the leaders in oral health for nursing home residents. By participating, you are not only impacting the oral health of your residents, but also their overall health. This guide has been created to provide you and your staff with step-by-step instructions, educational tools and resources for introducing the Smile Proud program into your continuing long-term care facility.

Overview

Importance of providing good daily oral hygiene

The purpose of the Smile Proud program is to educate the nursing home staff, residents and resident families/councils on the importance of daily oral hygiene and the impact oral health has on one’s overall health. With the elderly population growing at a rapid rate, retaining more of their natural teeth, and the impact poor oral hygiene has on their overall health, it is imperative that optimal oral hygiene be encouraged and provided.

Approximately 1 in 10 cases of death from pneumonia in nursing home residents may be prevented by improving daily oral hygiene¹. In addition to pneumonia, oral diseases can lead to other health concerns related to diabetes, heart disease and stroke.
The TMF Smile Proud Program, in partnership with The Texas Oral Health Coalition, the Texas-wide Oral Health Older Adult Workgroup, the Oklahoma Resident Oral Care Advisory Group and supported by the Oklahoma State Department of Health, has developed a comprehensive oral health toolkit and educational curriculum for nursing home staff, residents and resident families/councils.

Note:
- It is important to provide oral care education to all new staff members as part of your new hire orientation
- It is important to educate residents and resident families/councils on the impact good daily oral hygiene, along with routine dental care, has on the resident’s overall health

Facilitator’s Guide for Using Staff Education/Curriculum

Follow these steps to effectively educate your staff on oral health care:
- Identify an “oral care champion” who will be the primary contact liaison with the TMF Smile Proud oral care consultant
- Familiarize yourself with the content of the presentations, which are provided
- For each session, you will need to have the provided presentations loaded onto your laptop, a projector and a screen for viewing the presentation. Additional speakers may be needed if the laptop sound is not loud enough for the videos, which are embedded in training 3
- In Training 3 the videos are represented by a picture, please click on the picture and it will play. In addition, the presentation must be played in “slide show” mode for the videos to play. Continue advancing the slides when the video is finished
- Allow 30 minutes for each education presentation. This provides enough time for the presentation, assessments and discussion
- Make enough copies of the pre- and post-assessments to bring to the session
- Take additional pens for staff to complete the assessments
- Arrange the room so that everyone can see you and the presentation
- Print and take an attendance sheet for staff to sign-in

Preparations before each staff education session:
- Secure a room and equipment
- Open the presentation on the laptop and verify that the slides advance and the videos play
- Print the following materials:
  - Sign-in sheet
  - Pre-assessment
  - Post-assessment
**Prepare attendees just before each staff education session:**
- Ask attendees to sign in
- Welcome attendees
- Hand out the pre-assessment at the beginning of the session
- Introduce the topic of the current presentation
- Ask the attendees to complete the pre-assessment. Tell them not to be concerned if they are unable to answer all the questions
- Review the learning objectives for the session
- Once attendees are finished with the pre-assessment, begin the session

**Closing each staff education session:**
- Allow attendees to ask questions
- Hand out the post-assessment
- Once attendees complete the post-assessment, use the post-assessment answer key to go over the questions as a group and compare how attendees performed on the pre-assessment versus post-assessment
- Thank attendees for participating

**Staff Training Materials (English and Spanish)**

The Smile Proud Program curriculum is designed as a “train-the-trainer” model to enable the director of nursing (or designated person) to educate new hires and maintain sustainability. The presentations provided in your toolkit include:

- Training #1- Importance of Daily Oral Care for the Elderly
- Training #2- Daily Oral Care Strategies and Care Planning
- Training #3- Residents Requiring Special Care and the Resistant Resident

**Special Safety Precautions (English and Spanish)**

**Staff Free Online Education**

For nursing home administrators, RNs and LPNs, it is important to remain current on strategies for resident geriatric oral care. A free, online, continuing education resource is provided. Click on the link, select “Learn Online”/Course 8 (Geriatric Oral Health)/Launch course.

- Smiles for Life
Staff Education/Curriculum Assessments

Before and after each training session, assessments are completed by attendees. These assessments are provided in your toolkit and include:

- Pre- and post-assessments: Training #1 - Importance of Daily Oral Care for the Elderly
- Pre- and post-assessments: Training #2 - Daily Oral Care Strategies and Care Planning
- Pre- and post-assessments: Training #3 - Residents Requiring Special Care and the Resistant Resident
- Answer key to all of the pre- and post-assessments

Facility/Resident/Family/Council Education (English and Spanish)

These are resources in your toolkit for providing facility and residents, resident families and/or council education on daily oral care and how it links to one’s overall health.

- Importance of Oral Health
- Recommended Facility Oral Health Practices and Policies
- Daily Hygiene Among Residents
  - How to brush
  - How to clean between the teeth
  - Denture and appliance care

Videos

- Nursing Home Wound Care
- Oral Care for Older Adults
- UK Dentistry - Oral Health Training
- Oral Hygiene and Care-Resistant Behaviors: Making a Difference

Additional Resources

- Access to Dental Care Resource Page
- Daily Oral Health Assessment Tool - page 15-16 of Brushing Up on Mouth Care Manual
- Annual Oral Health Assessment Tool - page 17-18 of Brushing Up on Mouth Care Manual
- Informational Flyers in English and Spanish