

TRAIN THE TRAINER ASSESSMENT

This assessment is designed to assess the level of knowledge obtained from external literature.

1. What are the two main functions of the teeth?

chewing, biting, eating
speaking

2. It is healthy for the gums to bleed when brushed

TRUE

FALSE

3. List 2 key points that staff should be aware of with promoting good oral health

- Good oral care will contribute to overall health and wellbeing
- Decay and gum disease are preventable
- Any changes in the mouth should get checked out
- Oral care is the responsibility of everyone
- Toothbrushing, diet and dental visits are the main steps towards good oral health

4. Why are vulnerable groups more at risk from poor oral health?

This group have fewer teeth and more untreated decay due to lack of effective brushing

5. It is important to avoid brushing any teeth that appear broken, have cavities or are loose.

TRUE

FALSE

6. Why do you think oral care been put on the inspection list?

- Prioritize oral care brushing as studies found people in care homes have more decayed teeth compared to people that don't
- Helps identify residents who have current oral health problems
- Helps highlight people that require assistance with mouth care
- Allows development of an oral care plan

7. What is gingivitis?

Inflamed gums / bleeding gums

8. What is plaque?

It's important that the student understands that it's primarily
BACTERIA

9. What causes drooling in people with disabilities? (tick)

- | | |
|-------------------------------------|--|
| <input checked="" type="checkbox"/> | Difficulty keeping lips closed |
| <input type="checkbox"/> | Abscesses and swelling |
| <input type="checkbox"/> | Sore mouth |
| <input type="checkbox"/> | Painful teeth |
| <input checked="" type="checkbox"/> | Large Tongue (esp Downs Syndrome) |
| <input checked="" type="checkbox"/> | Difficulty swallowing or not swallowing enough |

Other _____

10. As people with learning disabilities get older the teeth and gums naturally deteriorate

TRUE

FALSE

11. If the gums bleed when brushed it is important to stop brushing them as you are in danger of damaging the gums.

TRUE

FALSE

12. Some people's breath smell (halitosis). What do you think the cause of this is?

Leaving plaque bacteria in the mouth - anaerobic bacteria

13. In your own words how is a cavity caused.

The student should mention about plaque becoming acid when sugar is eaten 'softening' the enamel and overtime causing a 'hole'. - a basic description like this is fine.

14. Many toothpastes contain fluoride. It is especially helpful for vulnerable people to use it.

How does fluoride benefit the teeth?

Helps 'strengthen' the enamel helping in the prevention of decay

15. If someone is experiencing dental pain and does not have the ability to express this, what signs do you think he/she may display?

- Self harm - hitting him/herself with fist to mouth
- Refusing to eat / loss of appetite
- Withdrawn
- Up in the night

16. It is recommended to keep a 3-4 day dietary diary. What information do you think would be helpful to know with regards reducing decay?

- 1) number of sweet foods and drinks consumed
- 2) how much sugar is consumed between meals
- 3) in what form the sugar is eaten (fluid, sticky) etc

17. What does the word dysphagia mean? (tick)

- Coughing
- Difficulty breathing
- Difficulty swallowing

18. It is common for people with learning disabilities to be admitted with pre-existing gum/dental problems.

How should a carer clean someone that has broken teeth?

Use a soft small headed toothbrush and brush the broken teeth as they will still accumulate plaque.

19. If plaque is allowed to remain on the teeth can get inhaled and can cause someone to become poorly. (aspiration pneumonia)

TRUE

FALSE

20. Should a person be encouraged to rinse after brushing?

YES

NO

21. Plaque takes around 1 week to form

TRUE

FALSE

Takes 3-4 hrs for plaque matrix to form

22. If someone refuses to have their teeth brushed what could the carer do?

Return at a later time

Reassure explaining that their mouth will feel fresh

Explain they have food stuck around their teeth that need removing

Star chart / reward system

23. Are pink mouth sponges banned in England?

Mouth sponges are banned in Wales but are an alter product to be used with extreme caution

YES

NO

24. Oral Health Assessments must be carried out on all new residents regardless of how long their stay.

What will an oral health assessment establish?

- Identify people that have oral health problems who may require the attention of a dentist
- Find out their mouth care routine (mouth care plan)
- Establish if they care brush independently or require full assistance.