

## OrALL in the FAMILY

Oral health has a significant impact on the overall health and well-being of individuals across their lifespan. The Oral Health Across the Lifespan Module was created and funded by the Oral Health Nursing Education & Practice (OHNEP) program and the National Interprofessional Initiative on Oral Health (NIOH).

### You are the RN in the OB clinic.

Ms. Jones is 24 weeks pregnant and tells you that her gums have been bleeding and she has a “lump” above one of her teeth. She is on Medicaid and does not have a dental home. During your HEENOT exam you notice that Ms. Jones gums look red and swollen and there is a 1 cm. raised red nodule on the gum above the right lateral incisor. You want to give her the correct information on what she is experiencing.

- **eResource:** Download and install *Smiles for Life (SFL)* app on your mobile phone
  - [SFL Oral Health App](http://www.smilesforlifeoralhealth.org/apps.html) (www.smilesforlifeoralhealth.org/apps.html)
- In the SFL app, select **Diagnostic Modules** and then select **Prenatal**
- Answer the 2 questions under **Prenatal**
- Follow the app as you answer the questions for Ms. Jones
  - Is she having any problems with her mouth?
  - What do you recommended for her bleeding gums
- Find the photo of the **Soft Tissue Enlargement**
  - What is this called?
  - What do you recommended Ms. Jones do for this?
  - Does Medicaid cover dental care for pregnant women in your state?

### You are the RN in the Postpartum Clinic.

Ms. Jones returns for her 6 week postpartum check-up. She says her gums no longer bleed, but the lump in her mouth has gotten larger and interferes with chewing. During your HEENOT exam you notice that the 1 cm. raised red nodule on the gum above the right lateral incisor is now is now extending to the posterior aspect of the gum behind the tooth.

- Return to the photo of the **Soft Tissue Enlargement** on the SFL app.
  - What are your recommendations for her?
  - Does Medicaid cover dental care at 6 weeks postpartum?

### You are the RN in the Well-Child Clinic.

#### *Newborn*

Ms. Jones brings her baby Eliza to the clinic for her 1 week newborn check-up. She is breastfeeding well.

- **eResource:** Download the *Bright Futures: Oral Health Pocket Guide (3rd ed.)*
  - [Bright Futures: Oral Health Pocket Guide](https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf)  
(https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf)
  - Refer to pages 30 – 37
  - What recommendations do you give Ms. Jones about cleaning Eliza’s mouth?

### *Infant*

The next time you see Eliza, she is 8 months old and has 2 teeth. Is this normal for her age? What do you look for during the infant’s HEENOT exam? She has white spots along the gum line.

- **eResource:** Download and install *Smiles for Life (SFL)* app on your mobile phone
  - [SFL Oral Health App](http://www.smilesforlifeoralhealth.org/apps.html) (www.smilesforlifeoralhealth.org/apps.html)
- In the SFL app...
  - Select **Diagnostic Modules** and then select **Child Tooth Lesions**
    - Follow the app and answer all questions
  - Select the **Caries Risk Assessment Tool**
    - Answer all questions
    - Submit and View Results in the app
      - What is Eliza’s Caries Risk Level?
      - Name three suggested interventions for this level of Caries Risk Assessment.
  - Select **Photo Gallery**
    - Find a photo that matches the appearance of the child’s teeth
- **eResource:** Download the *Bright Futures: Oral Health Pocket Guide (3rd ed.)*
  - [Bright Futures: Oral Health Pocket Guide](https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf)  
(https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf)
  - Refer to pages 30 – 37 & 84

### *Toddler*

Ms. Jones also has her 3 year-old Leo, with her at Eliza’s visit. You notice that the Leo has dark brown spots on his teeth and is sipping a bottle with soda in it.

- **eResource:** Download and install *Smiles for Life (SFL)* app on your mobile phone
  - [SFL Oral Health App](http://www.smilesforlifeoralhealth.org/apps.html) (www.smilesforlifeoralhealth.org/apps.html)
- In the SFL app...
  - Select **Diagnostic Modules** and then select **Child Tooth Lesions**
    - Follow the app and answer all questions
  - Select the **Caries Risk Assessment Tool**
    - Answer all questions

- Submit and View Results in the app
      - What is Leo's Caries Risk Level?
      - Name three suggested interventions for this level of Caries Risk Assessment.
    - Select **Photo Gallery**
      - Find a photo that matches the appearance of the child's teeth
  - *eResource*: Download the *Brush DJ* app on your mobile phone
    - [Brush DJ](https://www.brushdj.com) (https://www.brushdj.com)
    - Choose a song to demonstrate toothbrushing with a 3 year-old.
  - *eResource*: Download the *Bright Futures: Oral Health Pocket Guide (3rd ed.)*
    - [Bright Futures: Oral Health Pocket Guide](https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf) (https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf)
    - Refer to pages 40 – 49
  - Read the blog [Bullying: Nothing to Smile About](https://all4oralhealth.wordpress.com/2016/02/11/bullying-nothing-to-smile/) (https://all4oralhealth.wordpress.com/2016/02/11/bullying-nothing-to-smile/)

#### School-Age

Ms. Jones returns with her 6 year-old son, Malek, for his school physical. During your HEENOT exam you notice that Malek has upper and lower central incisors are grey translucent teeth. He is also thin and pale and has a history of intermittent abdominal pain, constipation, vomiting.

- *eResource*: Download and install *Smiles for Life (SFL)* app on your mobile phone
  - [SFL Oral Health App](http://www.smilesforlifeoralhealth.org/apps.html) (www.smilesforlifeoralhealth.org/apps.html)
- In the SFL app, select **Photo Gallery** and then select **Developmental Defects of Enamel**
  - Find the photo of **Hypoplastic Type**
- Read the blog [Your Mouth Could Be Warning You That You Have Celiac Disease](https://all4oralhealth.wordpress.com/2015/05/18/your-mouth-could-be-warning-you-that-you-have-celiac-disease/) (https://all4oralhealth.wordpress.com/2015/05/18/your-mouth-could-be-warning-you-that-you-have-celiac-disease/)
- Read the article [Oral Manifestations of Celiac Disease](https://jcda.ca/article/b39) (https://jcda.ca/article/b39)
  - What are three oral health recommendations you suggest for a child with Celiac Disease?

#### You are the RN on call for Pediatric triage.

Ms. Jones calls and says that Sarah, her 10 year-old daughter, was kicked in the mouth during soccer and her front tooth was knocked out. What do you tell Ms. Jones to do?

- *eResource*: Download and install *Smiles for Life (SFL)* app on your mobile phone
  - [SFL Oral Health App](http://www.smilesforlifeoralhealth.org/apps.html) (www.smilesforlifeoralhealth.org/apps.html)
- In the SFL app...
  - Select **Diagnostic Modules** and then select **Oral Emergencies/Trauma**

- Follow the app and answer all questions
- Read the article [Dental Avulsions: Review and Recommendations](https://insights.ovid.com/article/00006205-201606000-00008) (https://insights.ovid.com/article/00006205-201606000-00008)
  - What would you instruct Ms. Jones to do with an avulsed permanent tooth at the **time of the accident**?

**You are the RN in the Emergency Department.**

Ms. Jones arrives at the ED with Sarah, her 10 year-old daughter, with the avulsed tooth in a jar of milk.

- **eResource:** Download and install *Smiles for Life (SFL)* app on your mobile phone
  - [SFL Oral Health App](http://www.smilesforlifeoralhealth.org/apps.html) (www.smilesforlifeoralhealth.org/apps.html)
- In the SFL app...
  - Select **Diagnostic Modules** and then select **Oral Emergencies/Trauma**
    - Follow the app and answer all questions
    - What is recommended for initial treatment by clinicians for an avulsed permanent tooth?
    - What anticipatory guidance to promote oral health safety is appropriate for this family?
    - Identify three priority nursing actions.
- **eResource:** Download the *Bright Futures: Oral Health Pocket Guide (3rd ed.)*
  - [Bright Futures: Oral Health Pocket Guide](https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf) (https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf)
  - Refer to pages 54 – 61
- Read the article [Dental Avulsions: Review and Recommendations](https://insights.ovid.com/article/00006205-201606000-00008) (https://insights.ovid.com/article/00006205-201606000-00008)

**You are the RN in the Adolescent Clinic.**

16 year-old Janet Jones, the eldest of 5 siblings, comes for her sports physical. You notice she has lost 10 lbs. since last year's PE. During your HEENOT exam, you notice her anterior teeth appear to have dental enamel erosion

- **eResource:** Download and install *Smiles for Life (SFL)* app on your mobile phone
  - [SFL Oral Health App](http://www.smilesforlifeoralhealth.org/apps.html) (www.smilesforlifeoralhealth.org/apps.html)
- In the SFL app...
  - Select **Diagnostic Modules** and then select **Adult Tooth Lesions**
    - Follow the app and answer all questions
    - What is a probable cause of the enamel erosion in her anterior teeth?
    - Find a photo of the anterior dental erosion

- What are the priority assessment and intervention strategies for you to initiate as an RN?
- **eResource:** Download the *Bright Futures: Oral Health Pocket Guide (3rd ed.)*
  - [Bright Futures: Oral Health Pocket Guide](https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf)  
(<https://www.mchoralhealth.org/PDFs/BFOHPocketGuide.pdf>)
  - Refer to pages 62 – 70

**You are the RN in the Adult Diabetic Clinic.**

Ms. Jones’ husband, Joe, comes in for his quarterly primary care check-up. He has T2D. What is “the 6<sup>th</sup> complication of diabetes”?

- Read the article [Oral Health: An Untapped Resource in Managing Glycemic Control in Diabetes and Promoting Overall Health](http://www.sciencedirect.com/science/article/pii/S1555415515007357)  
(<http://www.sciencedirect.com/science/article/pii/S1555415515007357>)
- What are three of the recommended questions to ask to assess periodontal health?
- What are two of the signs of Gingivitis or periodontitis?
- What are three of the Teaching Tips suggested in the oral health guidelines for medical providers?
- What are two of the oral health recommendations for diabetic patients?

**You are the RN in the Cardiac Clinic.**

Ms. Jones’ father, Carl, comes to the cardiac clinic for his six month check-up. He has hypertension, atrial fibrillation and hypercholesteremia. He has had a cardiac stent placed last year. Today he reports tooth pain. During your HEENOT exam you notice his lower left lateral incisor has decay with gum swelling. He is on Warfarin, Metropolol and Atorvastin.

- **eResource:** Review *Smiles for Life* online learning Module 8 – Geriatric Oral Health
  - [Smiles for Life \(SFL\) Learn Online](http://smilesforlifeoralhealth.org/) (<http://smilesforlifeoralhealth.org/>)
- Launch Course 8 and select the **Medical-Dental Integration** section
  - Review **Managing Anticoagulation** and **Antibiotic Prophylaxis** sub-sections
    - Which professional do you refer him to?
    - You are concerned about both his anticoagulation status and his need for antibiotic prophylaxis.
    - What is the recommended INR for a tooth extraction? Does he need antibiotic prophylaxis?

Which of the following patients require bacterial endocarditis antibiotic prophylaxis prior to a dental procedure?

- A. A 26-year-old woman with mitral valve prolapse undergoing routine teeth cleaning with no anticipated bleeding.
- B. A 64-year-old man with a prosthetic mitral valve who is undergoing a tooth extraction.
- C. A 16-year-old boy with a ventricular septal defect completely repaired in infancy who requires extraction of an impacted wisdom tooth.
- D. A 32-year-old man who had bacterial endocarditis 5 years ago who is undergoing orthodontic appliance adjustment.

**You are the RN in the Breast Cancer Clinic.**

Ms. Jones' mother, Beth, comes in for renewal of her breast cancer maintenance therapy, Rx Aromatase inhibitor (AI). What information do you give this patient on AI on bone and oral health?

- Read the following articles:
  - [Integrating Oral Health Throughout Cancer Care](https://cjon.ons.org/cjon/19/5/integrating-oral-health-throughout-cancer-care)  
(<https://cjon.ons.org/cjon/19/5/integrating-oral-health-throughout-cancer-care>)
  - [Oral health-related complications of breast cancer treatment: Assessing dental hygienists' knowledge and professional practice](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4075039/)  
(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4075039/>)

**You are the RN in the Osteoporosis Clinic.**

Beth has developed osteoporosis from the AI. She will need to begin Biphosphonates.

- Read the article [Oral health-related complications of breast cancer treatment: Assessing dental hygienists' knowledge and professional practice](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4075039/)  
(<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4075039/>)
- How are bisphosphonates related to bone loss and oral health?
- What are the recommendations to prevent any oral health complications of this treatment?

**You are the RN in the Adult Primary Care Clinic.**

Ms. Jones' uncle, Tom, comes in complaining of a painful lesion in his mouth for the past 3 weeks. During your HEENOT exam you notice a lesion on the right lateral side of his tongue.

- **eResource:** Download and install *Smiles for Life (SFL)* app on your mobile phone
  - [SFL Oral Health App](http://www.smilesforlifeoralhealth.org/apps.html) ([www.smilesforlifeoralhealth.org/apps.html](http://www.smilesforlifeoralhealth.org/apps.html))
- In the SFL app...
  - Select **Diagnostic Modules** and then select **Adult Mucosal Lesions**
    - Follow the app and answer all questions
    - What questions do you want to ask Tom?
    - Which provider should see Tom next?

### **You are the RN in the Oncology Clinic.**

Tom comes for a consult at the Head and Neck Oncology clinic after a positive biopsy (squamous cell) of his mouth lesion. After seeing the H&E surgeon he is scheduled for a radical neck surgery in 2 weeks followed by radiation therapy in 6 weeks. What do you need to tell him regarding his oral health?

- Download [The National Institute of Dental and Craniofacial Research Oncology Pocket Guide to Oral Health](https://www.nidcr.nih.gov/sites/default/files/2017-09/oncology-guide-oral-health.pdf) (https://www.nidcr.nih.gov/sites/default/files/2017-09/oncology-guide-oral-health.pdf)
  - Discuss three teaching points from this guide to use in your plan of care
- Read the blog [Oral Cancer: Emerging Risk Factors](https://all4oralhealth.wordpress.com/2016/04/19/oral-cancer-emerging-risk-factors/) (https://all4oralhealth.wordpress.com/2016/04/19/oral-cancer-emerging-risk-factors/)
  - What do you recommend to Tom prior to, during and after Head and Neck Radiation Therapy?

### **You are the RN in the Radiation Therapy unit.**

Tom comes to begin week 3 of radiation therapy, complaining of dry mouth, sores in his mouth, and difficulty swallowing. During your HEENOT exam, you determine that he has mucositis.

- Read [MASCC/ISOO Clinical Practice Guidelines](http://www.mascc.org/mucositis-guidelines) (http://www.mascc.org/mucositis-guidelines)
  - What are three teaching tips for the prevention and treatment of mucositis?
  - What would you recommend for Tom?
  - What mouthwash is NOT recommended according to the guidelines?

### **You are the RN in the Psych Clinic.**

Tom is referred for depression resulting from his oral cancer diagnosis. He is evaluated and given a Rx for an antidepressant medication. Antidepressants frequently cause xerostomia.

- Go to the Oral Cancer Foundation website for many valuable resources:  
<http://www.oralcancerfoundation.org/complications/xerostomia.php>

Which of the following statements concerning xerostomia, or dry mouth, is not true?

- A. Xerostomia is caused by a decrease in the production of saliva.
- B. Xerostomia can cause a burning sensation, change in taste, and difficulty swallowing.
- C. Medications can contribute to xerostomia.
- D. Xerostomia can increase the development of caries.
- E. Xerostomia is rarely a problem for patients wearing complete dentures.

### **You are an RN on the Palliative Care Team.**

It is 5 months since Tom has completed his treatment. He is referred to the Palliative care team. During your HEENOT exam, you notice a thick white coating on Tom's tongue.

- Read the article [Maintaining Oral Health in Palliative Care Patients](http://www.managedhealthcareconnect.com/article/maintaining-oral-health-palliative-care-patients) (<http://www.managedhealthcareconnect.com/article/maintaining-oral-health-palliative-care-patients>)
- What are the most common topical agents for the treatment of candidiasis in palliative care?
- What preventive measures can you recommend to Tom and his family to improve his oral health and prevent problems?
- Read the article [Oral health is an important issue in end-of-life cancer care](https://link.springer.com/article/10.1007%2Fs00520-012-1441-8) (<https://link.springer.com/article/10.1007%2Fs00520-012-1441-8>)

### **You are the RN in the Adult Medical ICU.**

Ms. Jones grandfather is admitted to the MICU for COVID-19 pneumonia and is on ventilator.

- **eResource:** Review *Smiles for Life* online learning Module 8 – Geriatric Oral Health
  - [Smiles for Life \(SFL\) Learn Online](http://smilesforlifeoralhealth.org/) (<http://smilesforlifeoralhealth.org/>)
- Develop an Oral Health Care Plan
- Read the following articles:
  - [Mouth care to reduce ventilator-associated pneumonia](https://journals.lww.com/AJNONLINE/FULLTEXT/2013/10000/MOUTH_CARE_TO_REDUCE_VENTILATOR_ASSOCIATED.22.ASPX?WT.MC_ID%3DPXADX20100319XMP) ([https://journals.lww.com/AJNONLINE/FULLTEXT/2013/10000/MOUTH\\_CARE\\_TO\\_REDUCE\\_VENTILATOR\\_ASSOCIATED.22.ASPX?WT.MC\\_ID%3DPXADX20100319XMP](https://journals.lww.com/AJNONLINE/FULLTEXT/2013/10000/MOUTH_CARE_TO_REDUCE_VENTILATOR_ASSOCIATED.22.ASPX?WT.MC_ID%3DPXADX20100319XMP))
  - [Denture wearing during sleep doubles the risk of pneumonia in the very elderly](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4541085/) (<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4541085/>)
  - [Interprofessional Education: Oral Health and Mechanically Ventilated Critically Ill Adults](https://www.mededportal.org/publication/9709/) (<https://www.mededportal.org/publication/9709/>)
  - [Oral care reduces incidence of ventilator-associated pneumonia in ICU populations](https://link.springer.com/article/10.1007%2Fs00134-005-0014-4) (<https://link.springer.com/article/10.1007%2Fs00134-005-0014-4>)

### **You are the RN in the Long Term Care Facility.**

Ms. Jones' grandmother lives in the long term care facility. She has Parkinson's Disease and Alzheimer's Disease.

- **eResource:** Review *Smiles for Life* online learning Module 8 – Geriatric Oral Health
  - [Smiles for Life \(SFL\) Learn Online](http://smilesforlifeoralhealth.org/) (<http://smilesforlifeoralhealth.org/>)
  - Review **Case #2 Alzheimer's Dementia**



- Review the [Parkinson's Disease Oral Health Module: Interprofessional Coordination of Care](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6342393/) (https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6342393/)
- Discuss your goals for educating the PCAs on her oral care for long term care residents