



Humber and North Yorkshire  
Health and Care Partnership

**NHS**  
Humber and  
North Yorkshire  
Integrated Care Board (ICB)



## **World Oral Health Day- Monday 20 March 2023**

This Monday marks World Oral Health Day which is a great opportunity across North Yorkshire and York to reflect on the importance on supporting good oral health for those in our care. Mouth care is a vital part of the personal care we deliver across our sector, and helps an individual to retain dignity, to speak and smile, allow to eat a range of foods, and minimise pain and infections. Did you also know there are links between poor oral health and other health related conditions such as diabetes and pneumonia? If someone in our care is unable to clean their mouth themselves, and offer advice and support to maintain good oral health.

We know that across our area there is some great practice from our care providers in supporting those in their care including oral care, so this is your chance to share ideas and best practice what you are doing with other providers. This bulletin includes some ideas of how your service can raise awareness of good oral care including resources and training for your teams linking to national NICE guidance- and a chance to attend an upcoming webinar showcasing the findings from CQC's latest "Smiling Matters" report. Why not test your knowledge and take our oral health quiz with your teams? (Don't miss out on the chance to enter our oral health prize draw). If you are feeling extra creative you could even create your own display, activity or event within your setting.

## Care staff knowledge and skills

Care staff need to know how and when to reassess the oral health of a resident, and how to support residents with their daily mouth care to:



Brush their natural teeth at least twice a day with fluoride toothpaste.



Use their choice of cleaning products for dentures.



Clean their dentures (brushing, removing food debris, removing dentures overnight).



Use their choice of toothbrush, either manual or electric/ battery powered, and mouth care products.

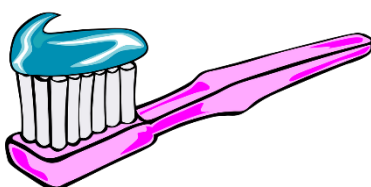
They also need to understand how dental pain or a mouth infection can affect residents' general health, wellbeing and behaviour.

## Resources and Guidance to Support Oral Health in Your Setting

There are a wealth of resources that you can use in your service to support you and your teams. In November we delivered a training session through the Care Connected Forum hosted by Maureen Hole, which from feedback we know has been found really useful by many providers who have accessed it. This includes guidance on topics including oral health assessments, prevention, denture care, and care for those with COVID-19, dementia or during end of life. The full recording of this session and accompanying slides can be found through our [oral health webpage](#). This also includes a number of other national resources which provide guidance and structure for supporting good oral health, this includes:

- Oral Health Assessment Tool and Care Plan
- NICE Quick Guide for Managers- Oral Health
- Public Health Engagement- Information Pack to Support Training

For further information, training and support please contact [sam.varo@nhs.net](mailto:sam.varo@nhs.net)



## Take the Challenge- Brushing with Confidence

Delivering or receiving oral care can be a very personal activity, so it's important to tailor the care we are delivering to the needs of those in our care and retaining

dignity. One of the best ways to practice delivering and having an oral health conversation is with fellow colleagues. If you are comfortable, why not try delivering oral care/receiving oral care from a colleague- this can put in the position of our residents and understand the process from their perspective. Make sure to:

- Explain the procedure appropriately
- Stand in a position that is comfortable for you and the recipient, ideally to one side, and it's easier if the resident sits down
- Check they are comfortable and agree a signal to stop if they need a break
- Gently move the lips and cheek so you can see
- Try to start in the same part of the mouth each time, and clean every tooth in order
- Angle the toothbrush towards the gums & include the part where the tooth meets the gum
- Brush the outside, inside and biting surfaces of the teeth in a methodical way - it should take about two minutes
- Include cleaning the tongue
- Be aware of any loose teeth and brush with care
- If gums bleed, continue to brush gently but thoroughly
- Encourage the resident to spit out after brushing, and ideally not rinse



## **Smiling Matters 2023- Oral Health in Care Homes Report Launch Webinar**

**When:** Thursday 23 March 3.00-4.00

To coincide with this weeks World Oral Day, CQC will be holding a webinar to discuss the findings and recommendations from their new Smiling Matters 2023 report into oral health in care homes. This report is a follow up from the [Smiling matters 2019 report on oral health in care homes](#). The webinar will celebrate the success of the changes that have been observed and reflect on the benefit for people using the services, and how we can continue to build on these successes.

This one-hour webinar will be an opportunity for providers and professionals who work in health and social care services plus dental practitioners, and other stakeholders to come together to hear from key speakers who were involved in the Smiling matters work.

The webinar will be chaired by Alison Chilton, Deputy Director of Operations and will include a short presentation and we'll have a panel of experts who'll have time to answer your questions from our live chat.

To register your place please follow this [link](#). Please note the deadline for registrations is **1pm on Thursday 23 March**.



### **Test Your Knowledge- Take Our Oral Health Quiz for a Chance to Enter Our Prize Draw!**

As well as being great fun, a quiz is great opportunity to understand your teams knowledge of oral health and identify where any further learning would be helpful. We've put together a [quick 10 question quiz](#) that you and your colleagues can take part in together. For one lucky provider we're offering a chance to win an oral health resource pack full of useful equipment, resources and ideas you can take away and use in your service plus the chance to have a dedicated oral health training session delivered for you. Don't miss your chance to enter! All you need to do is.

1. Take part in the quiz at any point before **Friday 24 March**. Make sure to take a picture of your team taking part! We can share these and show how providers across North Yorkshire and York are supporting good quality oral healthcare.
2. Send your photo to [sam.varo@nhs.net](mailto:sam.varo@nhs.net) and we will enter you into our draw.



### **Sharing of Top Tips and Best Practice**

We would love to hear about any work you and your teams are leading to support oral health for those in your care, particularly any tips you would like to share with others and how you are working to deliver personalised care for your residents/service users. If you have anything you would like to share- please contact [sam.varo@nhs.net](mailto:sam.varo@nhs.net)

**This bulletin is produced by York Health and Care Partnership**

For further information please contact [sam.varo@nhs.net](mailto:sam.varo@nhs.net)