



# Oral Health in an aging population

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# U.S. Numbers

- ▶ AOA: Americans over age 65
  - ▶ 2013: 44.7 million
  - ▶ 2060 : >98 million
- ▶ CBO: 27 million living in nursing homes and other assisted living settings
  - ▶ Approx. 25% over age 60 are edentulous
  - ▶ 75% dentate (>20 million needing dental care)

U.S. Department of Health and Human Services. (n.d.). *Administration on Aging (AOA) Highlights*. Retrieved July 8, 2015, from U.S. Department of Health and Human Services Administration for Community Living: [http://www.aoa.gov/Aging\\_Statistics/Profile/2014/2.aspx](http://www.aoa.gov/Aging_Statistics/Profile/2014/2.aspx)

Congressional Budget Office. (2013, June 26). *Rising Demand for Long-Term Services and Supports for Elderly People*. Retrieved from Congressional Budget Office: <https://www.cbo.gov/publication/44363>



# New Hampshire numbers

- ▶ 2014: over 1.3 million....199,000 age 65 and over
  - ▶ 5% in LTC: almost 10,000
  - ▶ 70% dentate in LTC: 7000
- ▶ 2040: over 1.4 million....210,000 age 65 and over
  - ▶ LTC: 10,500
  - ▶ Dentate: 7350

<http://www.newhampshire-demographics.com/>

<http://www.nh.gov/oep/data-center/documents/2013-projections-state-counties.pdf>

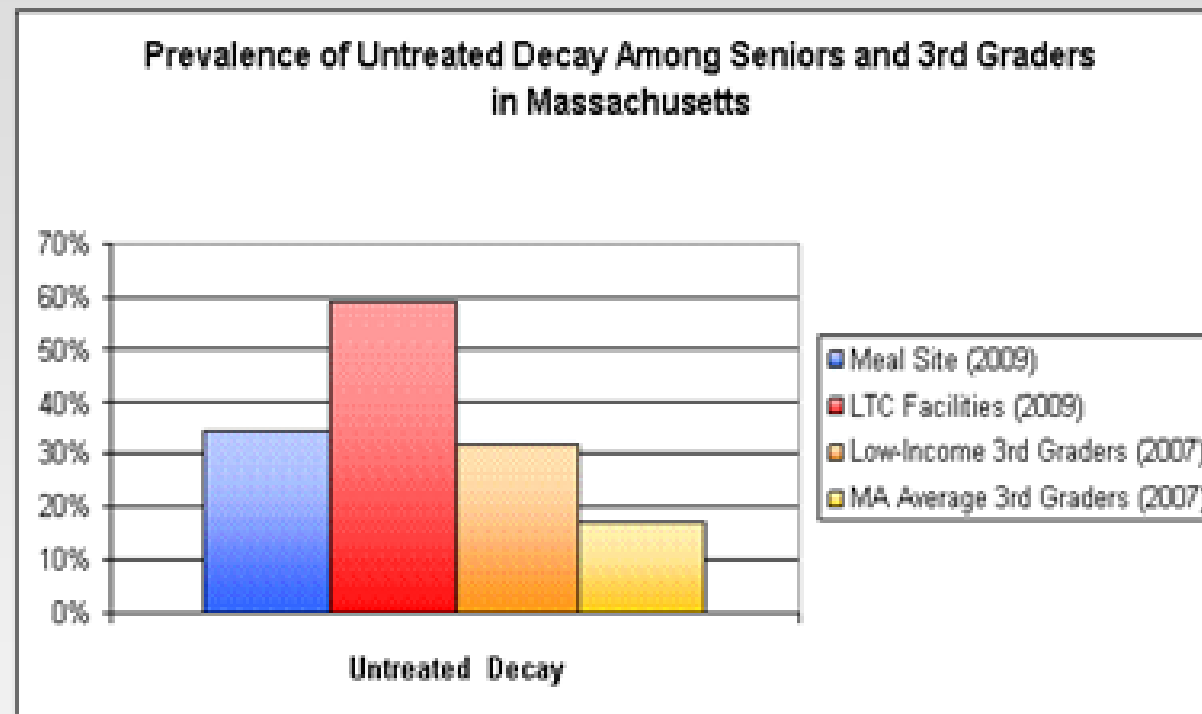


# Oral Health Challenges



- ▶ Periodontal Disease
  - ▶ Tends to be more recession than attachment loss
- ▶ Decay rates similar to children
  - ▶ Root caries primarily problem for LTC residents  
vs community elders
  - ▶ LTC residents have twice the decay rate

## 32% of low income 3<sup>rd</sup> graders have untreated tooth decay



The Oral Health of Massachusetts' Children, Dental Seal Initiative, 2007.

# Root Caries



- ▶ Almost 50% people age 75 and older
  - ▶ Almost 20% have untreated root caries
- ▶ Higher rates for dementia residents
- ▶ Primary reason for tooth loss in older adults

# Dry Mouth

- 72% of LTC residents
- 500 Medications
  - Decrease in QOL
  - Difficulty eating and wearing dentures/partials
- Demineralization
  - Enamel: 4.5 - 5.5
  - **Dentin: 6.0 - 6.7**
- Tooth loss/diet change contributes to loss of saliva
- **Oral health quality of life: tooth loss most significant negative impact**



# Aspiration Pneumonia

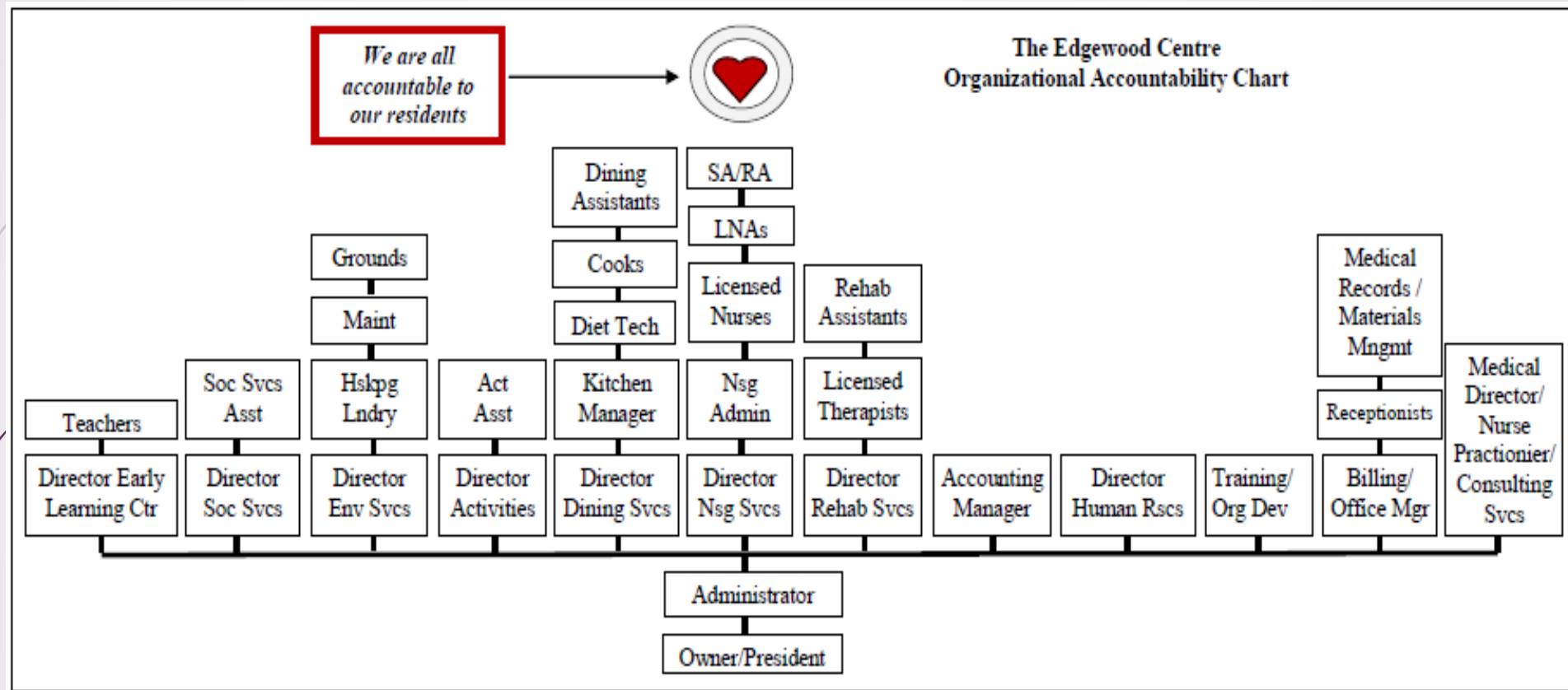
- Most common cause for hospitalization
- Second most common infection but the highest mortality rate
- Most common cause is aspiration of oropharyngeal flora







FABIAN WITZERATH/AFP/Getty Images.



Nursing Home Organizational Chart: Used with permission from The Edgewood Centre Portsmouth, NH 2015



# Northeast Mobile Dental Service Est. 1987

- ▶ **Vermont:** 20 facilities
  - ▶ 2 dentists 1 hygienist
- ▶ **New York:** 10 facilities
  - ▶ 3 dentists 1 hygienist
- ▶ **New Hampshire:** 45 facilities (total almost 90)
  - ▶ 8 dentists
  - ▶ 1 hygienist (in 2 of 45)

# Frank and Hazel

## Age 74

Nov. 9, 1926 - April 26, 2001





- Hx: Etoh, eso dilation/choking episodes, perio tx, complete dentition
- Auto accident 4 mos. in ICU
- Multiple surgeries/infections/Abx
- Tracheotomy/Ventilator/NG tube
- VAP protocols in ICU
- C. Diff following ICU discharge
- Aspiration Pneumonia/MRSA/VRE

## Age 103

Sept. 19, 1911-August 9, 2015



- Youngest of 15
- Nonsmoker/drinker
- Independent/ambulatory
- Mostly intact dentition
- Mid/late 90's sharp decline
- Broken teeth/ulcerations
- Issue identified/tx'd
- Functional status restored



▶ “ People with teeth live longer and people with teeth live better. There are many ways to die, some more dignified than others, but we all agree that dying from dirty teeth is not only undignified, it’s wrong”

Shirley Gutkowski, RDH, BSDH

February 2015

“Dying From Dirty Teeth why the lack of proper oral care is killing nursing home residents and how to prevent it.”

Angie Stone RDH, BS 2015

# 2011 IOM Report: “Improving Access to Oral Health for Vulnerable Populations”

- Eliminate barriers that contribute to OH disparities
- Prioritize disease prevention and health promotion
- Provide oral health services in a variety of settings
- Rely on a diverse and expanded array of providers who are competent, compensated and authorized to provide evidence-based care
- Include collaborative and multidisciplinary teams working across the health care system
- Foster continuous improvement and innovation





**Francis J. Donahue**

Nov. 9, 1926 - April 26, 2001