

Long-Term Care Residents

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- Dental IQ
- Nutrition
- Heart Disease/Circulation
- Diabetes
- Rheumatologic Diseases



- Mental illness

- Bipolar disorder
- Paranoia

- Depression

- Dementias

- ETOH
- Traumatic brain injury
- Atherosclerotic disease
- Alzheimer's disease



Dental IQ



- Widely variable
 - Resident vs LTC staff
- Oral health routines also widely variable
 - Some able to maintain routine care at private offices
 - Limitations of onsite dental services
 - Socioeconomic status may create sporadic care
 - Limited care if public assistance

Nutrition

- Dieticians closely monitor calories/sodium/sugars
- Diabetics closely monitored
- Patient rights/autonomy
 - In room snacks
 - Candy/cookies/candy/candy!
- Food pouching
 - Contributes to caries
- Tube fed/NPO
 - Oral care confounders
 - Xerostomia > calculus > caries



Heart Disease

- Circulation considerations
- Atherosclerosis
- Premed for valvular concerns
 - Increase thrush and other yeast infections
 - Additional GI distress
- Medications
 - Beta blockers, Ca Channel blockers, pacemakers used to regulate confound hypertrophy and further exacerbate poor OH



Rheumatologic Diseases

- Mobility of gait
- Dexterity for personal care
- Pain/discomfort confound self-care and cooperation
- General somatic inflammation impacts oral cavity and vice versa
- Well maintained mouth in conjunction with anti-inflammatory regimens may lower CRP

Mental Health

- Higher rates than general population
- Depression
 - History contributes to confounding health decisions over lifetime
- Bipolar
 - Multiple challenging events/complicated family dynamics leading to placement
- Anxiety/ OCD
 - Create risk for healthy lifestyle



Mental Health Continued

- Paranoia
 - Complicates OH delivery trust, reassurance, endless repetition
- One time mentally healthy + mentally ill + dementia
 - ETOH abuse induced dementia
 - Trauma induced dementia
 - Infection induced dementia
 - Vascular induced dementia
 - Parkinson's disease
 - Alzheimer's disease
 - Early onset vs Late onset

Dementia Traits/Characteristics

- Short term memory loss
- Word search
- Awareness of disease
- Perseveration
- Salad talk
- Language loss
- Overt affection
- Striking out
- Repetition



Understand Alzheimer's Disease in 3 Minutes



https://www.youtube.com/watch?v=Eq_Er-tqPsA

How to Talk to People with Alzheimers or Dementia



Never...

Instead...

Reason

Divert!

Shame

Distract!

Lecture

Reassure!

Say "Remember?"

Reminisce!

Say, "I told you..."

Repeat and Regroup!

Say, "You can't!"

Find Out What They Can Do!

Command or Demand

Ask and Model!

Condescend

Encourage and Praise!

Force

Reinforce!