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
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 Alzheimer's 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!

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