Long-Term Care Residents

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Nutrition

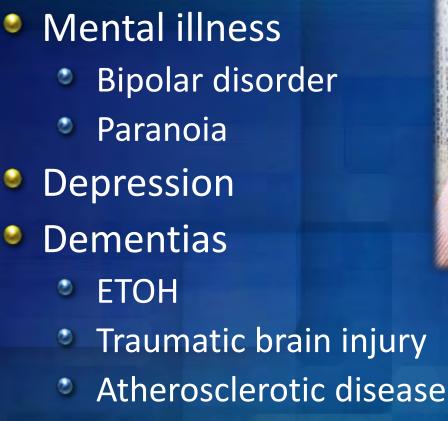


Heart Disease/Circulation

Diabetes

Rheumatologic Diseases





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 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!
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