Care for the elderly

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Overview

• The number of adults over the age of 65 continues to increase

• They are retaining more of their natural teeth, therefore, there is a high value on maintaining and improving oral health.

• As this population increases, we need to be able to care for the elderly and teach caregivers how to properly care for them.

CONDITIONS COMMONLY AFFECTING ELDERLY

- Rheumatoid Arthritis
- Presbycusis
- Osteoporosis
- Increased fall risk
- Emphysema
- Thinning skin and mucous membranes
- COPD
- Pain sensitivity lessened
- Hypertension
- Decreased Healing
- Alcoholism
- Malnutrition
- Depression
- Abuse
- Diabetes
- Neglect
- Stroke
- Visual impairments

Neurological Conditions

- Dementia
- Parkinson’s Disease
- Alzheimer’s
  ■ Early Stage
  ■ Middle Stage
  ■ Advanced Stage
  ■ Terminal Stage

Barriers to Care

• Limited Ambulation
• Limited Transportation
• Cost
• Fear of Dental Service
• No Perceived
• Patient’s Daily Pain

What could cause a person to require assistance in their everyday care?

• Terminally Ill
• Frail Elderly
• Developmental Disabilities
• Degenerative Diseases
• Physical Disability
• Developmental Disability
• Chronically Mentally Ill
Types of Care Available

- Homebound - someone who is incapacitated by a chronic illness or injury. Homebound patient’s may reside in:
  - A private home and utilize home based healthcare services
  - A group home, hospital, nursing home, or residential facility.

Oral manifestations

- XEROSTOMIA
  - Geriatric patients often on many medications which cause xerostomia.
- Oral Candidiasis
  - Most common infection of oral tissues
  - Denture Stomatitis and Angular Cheilitis
- Oral Cancer
  - EOIOE is of utmost importance.
- Atrophic Changes in tissue
- Hyperkeratosis
- Atrophic Glossitis (Burning Tongue)
- Taste Sensations
  - Crave
  - Recession

Causes of oral manifestations

- Increased susceptibility to infection/disease due to decreased immunologic functioning
- Systemic diseases also decrease immune system
- More prone to secondary infections
- Decreases healing capacity
- Xerostomia
  - Side effect of medications
  - Systemic diseases (diabetes, Sjogren's syndrome)
  - Radiation
  - Menopause
  - Eating disorders and dehydration
- Biological
  - Inherited specific diseases
- Lifestyle factors
  - Dietary habits
  - Smoking
  - Alcohol
  - Obesity
- Hormonal disturbances

Dental Aids

- Electric Toothbrushes - are the #1 recommended aid for caregivers.
- Modified Toothbrushes - allow those patients with physical disabilities the ability to maintain their own oral health.
- Floss Holders - allow added reach and control for those patients with limited dexterity

medications

- Candidiasis
  - Nystatin
  - Topical or systemic anti-fungal agents
- Xerostomia
  - saliva substitute
  - Sialagogues substitute
- Alzheimer’s
  - Medication used only for patients with mild to moderate symptoms
  - Inhibit acetylcholine activity
- Osteoporosis
  - Bisphosphonates inhibit bone resorption
  - Selective estrogen receptor modulators (SERMs) inhibit bone resorption
  - Calcium: inhibits bone resorption
  - Parathyroid hormone (PTH) stimulates bone formation
- Fluoride
  - Topical applied toothpastes, mouthrinses
  - Professionally applied gels, varnish
  - To provide antibacterial protection and long-lasting relief of
- Antimicrobial rinses (Listerine/Periex)

Preparing for your visit: Know Before You Go

- Review Medical History
- Medications
- Need for Pre-medication
- Vital Signs
- Intraoral/Extraoral Examination
- Preventive Care Plan
- Empathy and Communication
References