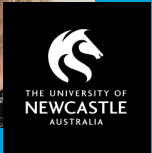


Welcome

Oral and Dental Health Panellists



Honorary Professor of
Oral Health, Janet
Wallace
College of Health,
Medicine and Wellbeing
University of Newcastle



Nick Greer
Director
*Australian
Dental
Prosthetists
Association*



Dr Janani
Ravichandran
Oral Health
Promoter
*Australian Dental
Association*



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**Food, nutrition
and dining**



Welcome

Oral and Dental Health and its impact on eating and nutrition 11 August 2023

1800 844 044

**Food, Nutrition and Dining Hotline
9am to 5pm AEST
Monday to Friday**



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Food Nutrition and Dining Resources

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Food, dining and nutrition

A fact sheet for providers



Dining in residential aged care – tips, tricks and what to avoid

The Aged Care Quality and Safety Commission's Nutrition and Dining Experience Expert Advisory Group has compiled a list of tips to ensure residents in aged care services enjoy their mealtime experience.

Allow adequate time for meals

- ✓ Provide residents with plenty of time to eat their meals. Some residents may need longer to eat and drink than other residents.
- ✓ Wait until the resident has finished the first course before serving the next.
- ✓ Ask the resident if they have finished before clearing away tableware.

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A fact sheet for providers



Supporting safe and enjoyable mealtimes for people with swallowing difficulties

This fact sheet provides an overview of a provider action plan and staff capability needed to ensure that people with swallowing difficulties, also known as dysphagia, have safe and enjoyable mealtimes in aged care.

Why this matters

Swallowing difficulties, known as dysphagia, can impact physical and mental health. The risks can include:

- choking and, in some cases, death
- aspiration and pneumonia – food or drink 'going down the wrong way' and entering the airway and lungs instead of the stomach, sometimes causing infection
- malnourishment and dehydration
- poor mealtime experience limiting opportunity for enjoyable social interactions
- discomfort, distress, embarrassment and loss of dignity
- reduced enjoyment of food and quality of life, including effects on mental health.

A guide for aged care staff

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Providing food and dining choice

It is important that residential aged care staff support residents to make choices about their food, drink and dining because:

- It's the right thing to do**
Choice upholds residents' rights and enhances quality of life.
- It's the smart thing to do**
Residents who can make choices about their food and drink are more likely to be healthier, happier and live longer.
- It's the law**
The Aged Care Quality Standards state you must give residents dignity of choice.

Resident choices include:

- ✓ When they eat and how long they eat for
- ✓ Who they eat with
- ✓ How much they eat and drink
- ✓ Cultural and religious options
- ✓ Where they eat and drink
- ✓ What they eat and drink
- ✓ How they eat and drink
- ✓ Whether they have assistance and support
- ✓ Whether they have a full or partial texture modified diet.

How to provide choice:

- ✓ Ask the resident what they want
- ✓ Confirm choices often – they may change daily
- ✓ Give residents time to make their decision
- ✓ Document residents' choices and preferences
- ✓ Involve residents in the design of meals
- ✓ Communicate food and dining recommendations
- ✓ Inform residents about dignity of risk and give the information they need to make an informed choice
- ✓ Remember the resident has the final decision and choice.

Phone 1800 951 822 | Web agedcarequality.gov.au | Write Aged Care Quality and Safety Commission, GPO Box 9876, in your capital city

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Food, dining and nutrition

A fact sheet for providers



Supporting daily oral health care in residential aged care

Daily management of a resident's oral health is part of meeting Aged Care Quality Standard 3 – Personal and Clinical Care including:

3(2) The organisation delivers safe and effective personal care, clinical care, or both personal care and clinical care, in accordance with the consumer's needs, goals and preferences to optimise health and wellbeing; and

3(3)(f) Timely and appropriate referrals to individuals, other organisations and providers of other care and services including dental practitioners.

Why oral health matters

This fact sheet outlines your role as a provider in ensuring your staff have the necessary knowledge and skills to support residents' daily oral health care.

Encouraging your staff to focus on residents' oral health every day is an important way to prevent oral health issues and ensure residents can enjoy a high quality of life.

Good oral health means that residents can eat, drink and enjoy their meals. Poor oral health can affect many parts of a resident's life including their ability to eat, drink, communicate and sleep. It can also impact their confidence, dignity and mental wellbeing.

When poor oral health impacts a resident's ability to eat and drink, it can cause dehydration, malnutrition and weight loss.

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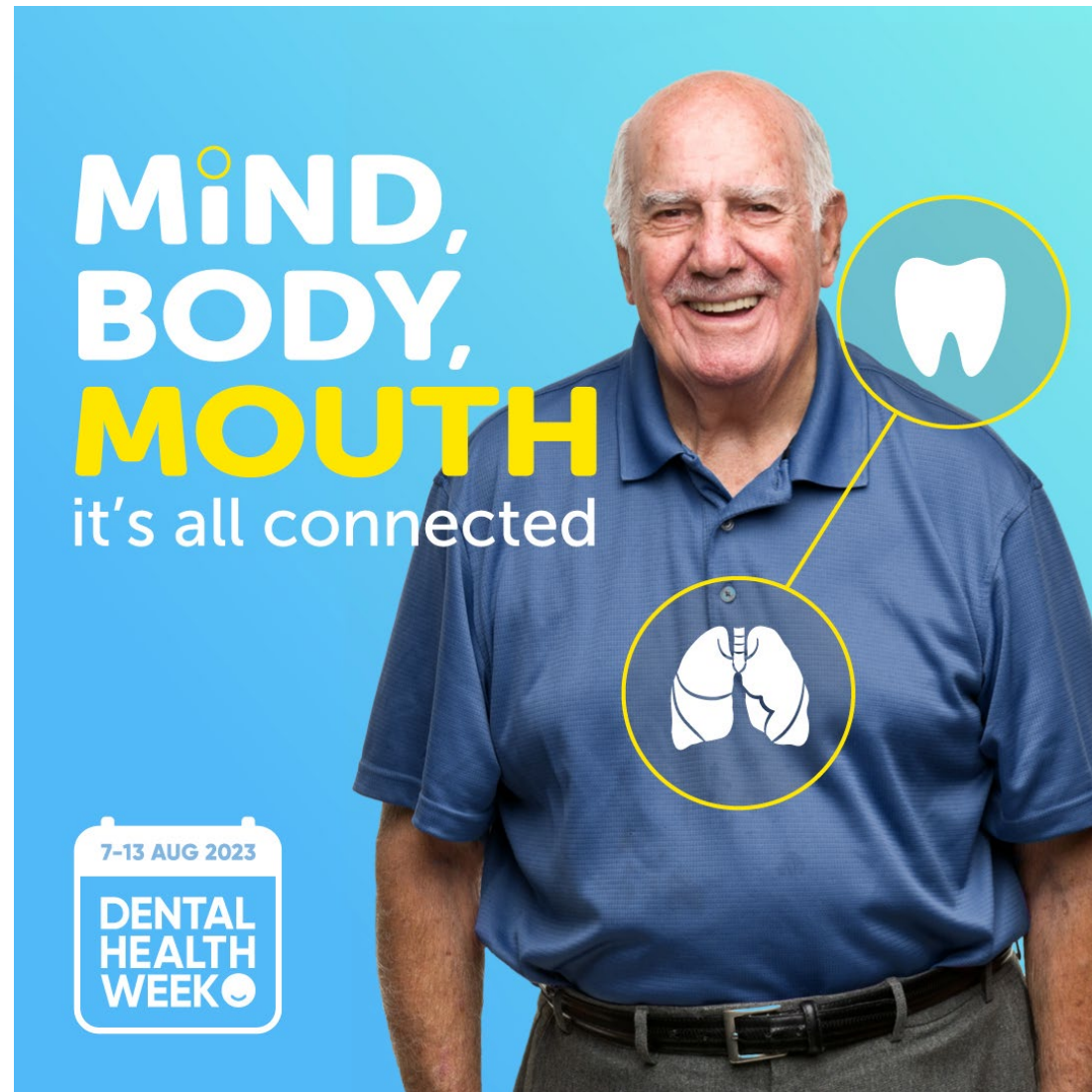


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Oral Health matters

- eating
- **overall health**
- confidence
- quality of life



What will we talk about today?

- **oral health, eating and nutrition**
- **good oral and dental care including in a dementia setting**
- **denture care and maintenance**



Common oral health problems



Ulcers & Sore Spots

These are caused by chronic inflammation, a poorly fitting denture or trauma.

Ulcers may be a sign of a general health problem.

Check for:

- sensitive areas of raw tissue caused by rubbing of the denture (particularly under or at the edges of the denture)
- broken denture
- broken teeth
- difficulty eating meals
- changed behaviour.

Stomatitis

Usually, stomatitis is caused by a fungal infection.

It is commonly found where oral tissue is covered by a denture.

It may be a sign of a general health problem.

Check for:

- red swollen mouth usually in an area which is covered by a denture.

Xerostomia (Dry Mouth)

This can be a very uncomfortable condition caused by medications, radiation and chemotherapy or by medical conditions such as Sjögren's syndrome and Alzheimer's disease.

Check for:

- difficulty with eating and/or speaking
- dry oral tissues
- small amount of saliva in the mouth
- saliva which is thick, stringy or rope-like.

Angular Cheilitis

Bacterial or fungal infection which occurs at the corners of the mouth.

Check for:

- soreness and cracks at corners of the mouth.

Glossitis

This is commonly caused by a fungal infection.

It may be a sign of a general health problem.

Check for:

- a reddened, smooth area of tongue
- a tongue which is generally sore and swollen.

Candidiasis (Thrush)

This is a fungal infection of oral tissues.

Check for:

- patches of white film that leave a raw area when wiped away
- red inflamed areas on the tongue.



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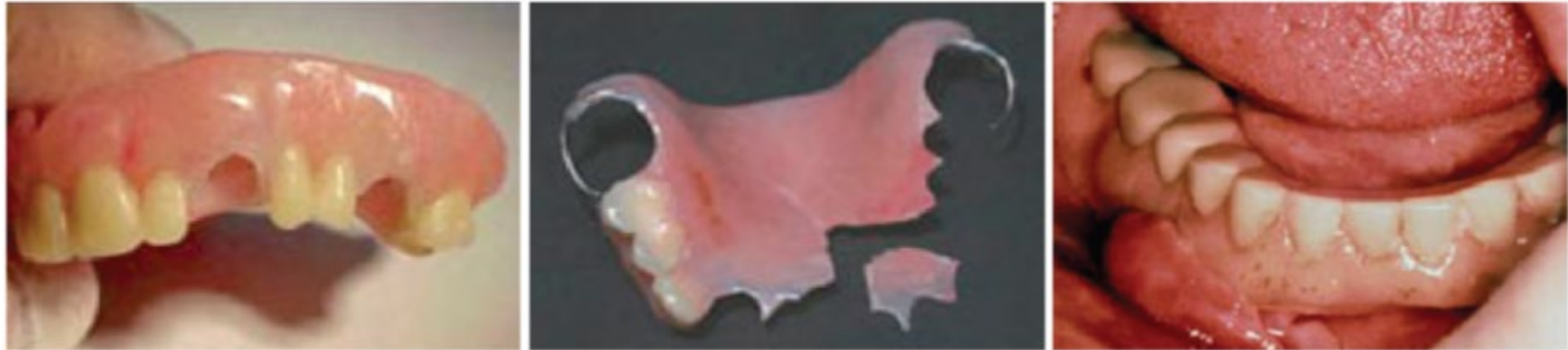
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Common Denture Issues



Dementia and dental care

- **Know the impact dementia has on teeth**
- **Proactively detect oral health concerns**
- **Prevent it from happening in the first place**



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Communication Consent and Health appointments



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Assisting with oral care



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Removing and inserting dentures



Denture Care

-
- Remove for night-time
 - Clean and brush daily
 - Store in a clean dry container
 - Marked for identification
 - Do not use toothpaste



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Q & A session

We hope you enjoyed this webinar.

Scan the QR code to give your feedback.



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