

NHS Ayrshire & Arran

Oral Hygiene - Care Plan

Write or attach label

HCR No:
 CHI No:
 Surname:
 Forename: Sex:
 Address:

 Date of Birth:

Care Plan code: O

Patient Problem/Need					
Patient has undergone oral assessment and requires assistance with regular mouth care					
Goal					
For oral cavity to be clean, pink, moist and comfortable.					
Date	Time	Intls	Planned Nursing Interventions	Discontinued Date/Time	Intls
			Dental Referral		
			<ul style="list-style-type: none"> If patient suffers from mouth pain If evidence of ulceration/soreness on tongue If evidence of ulceration, bleeding gums or whiteness in gums/soft tissues 		
			Oral Care		
			If patient is able, prompt by providing adequate opportunity and support to carry out oral care.		
			If patient is dependent, ensure mouth care is offered and provided at regular intervals.		
			If patient has dentures supervise/help with cleaning them night and morning with mild soap and water; rinse dentures after meals. Dentures should be left out and soaked in dilute sodium hypochlorite overnight or for at least 20 minutes, before rinsing and leaving in plain water for the rest of the time. Metal-based dentures should be soaked in chlorhexidine gluconate 0.2%		
			Other issues		
			If lips are dry apply water based gel		
			If tongue is dry and coated clean with soft toothbrush and toothpaste and offer frequent fluids		
			If patient suffers from dry mouth offer frequent fluids and /or iced water if swallowing assessment allows. If symptoms persist refer to dentist		
			If patient has difficulty swallowing you should supervise/help with cleaning teeth and/or dentures and oral cavity after each meal		
			If patient is nil by mouth or has poor fluid or dietary intake or is dehydrated they may require 2-hourly mouthcare. Check whether oral problems contributing		
			If patient is on an energy dense diet or prescribed supplements/snacks consider high fluoride toothpaste if have natural teeth		
			This care plan has been discussed and agreed with the patient as appropriate.		