

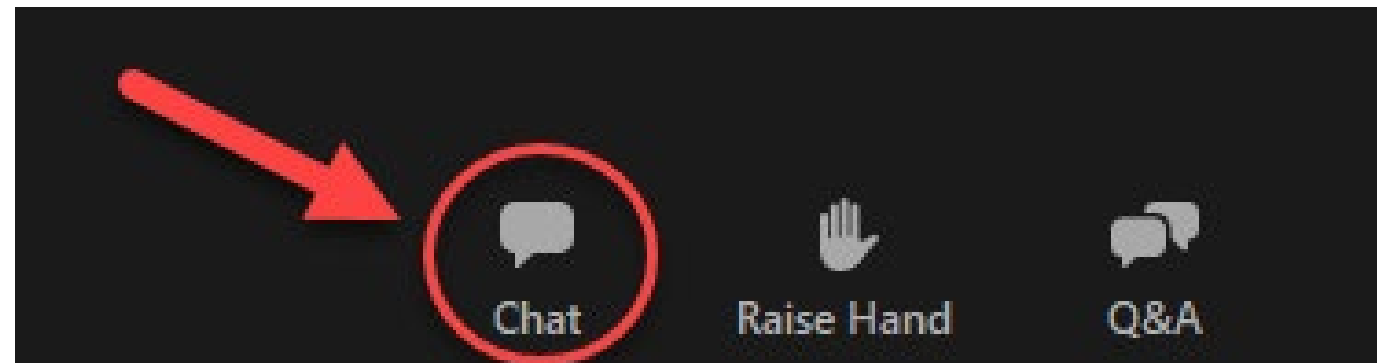
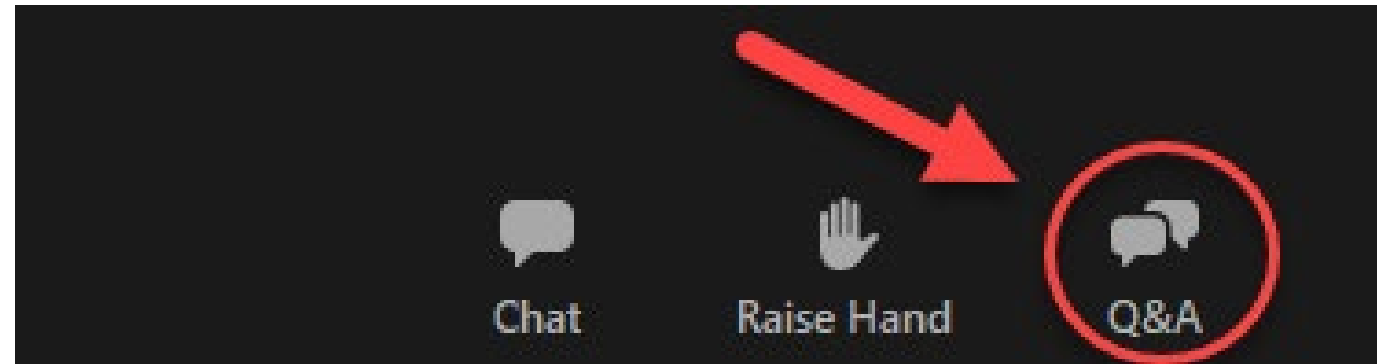
Let's Chew on This: Infection Prevention Practices While Providing Oral Care and Feeding Residents



Project Firstline
Healthcare-Associated Infections Program
Center for Health Care Quality
California Department of Public Health



- ✓ Submit questions via Q&A
- ✓ Use the chat feature to participate in the discussion



Implicit Bias

- Describes how our unconscious attitudes or judgements can influence our thoughts, decisions, or actions
- Includes involuntary, unintentional perceptions made without awareness
- Occurs as our brains sort information and perceive data to understand our world
- Affects our decisions, contributing to societal disparities
 - Self awareness about implicit bias can promote healthcare diversity and equality
- Learn more about your own implicit bias at [Project Implicit](https://implicit.harvard.edu/implicit/) (implicit.harvard.edu/implicit/)



INFECTION PREVENTION STARTS WITH YOU!



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Objectives

- Review infection prevention principles and recommendations for oral care and feeding in skilled nursing facilities (SNFs)
- Discuss the importance of oral care and proper feeding techniques
- Identify infection prevention practices during oral care and feeding

Chat Question

As CNAs, what do you think is the most important reason to provide oral care to your residents?



Oral Care

Oral care is the care of the mouth, teeth, and gums

Let's review:

- Oral hygiene
- Infection prevention during oral care
 - Transmission and prevention
 - What to look for
- Toothbrush care
- Denture care



Oral Care

- Good oral hygiene helps prevent multiple diseases
- Poor dental hygiene can make the following conditions worse:
 - Cardiovascular disease
 - Diabetes
 - Malnutrition
 - Infections
 - Pneumonia



Infection Transmission and Prevention

The mouth can spread potentially infectious fluids and secretions

- Herpes simplex virus, Strep throat, pneumonia mononucleosis, influenza, pneumonia

Infection prevention while performing oral care with residents

- Standard Precautions, hand hygiene, proper personal protective equipment (PPE) use

PPE During Oral Care

- Gloves
 - Possible contact with blood or body fluids, mucous membranes, non-intact skin
- Gowns
 - Protect skin and clothing during procedures or activities where contact with blood or body fluids is anticipated
- Mouth, nose, and eye protection
 - During procedures that are likely to generate splashes or sprays of blood or other body fluids



Wash your hands before putting on your PPE and after taking off your PPE.

Infection Prevention While Brushing

- To lessen the risk of aspiration:
 - Perform hand hygiene
 - Sit resident up at least 45°
 - Always follow your facility's policy
 - Use a small amount of toothpaste
 - Have resident rinse and spit after brushing
 - If resident is unable, suction saliva and toothpaste from the mouth



A pea-sized amount of toothpaste is plenty!

Toothbrush Care

- Rinse with tap water until clean
- Air-dry
- Store upright
- Avoid soaking or devices to clean the brush
- Avoid covering
- Replace every 3 to 4 months



Toothbrush Care

True or False?

The effectiveness of tooth brushing mainly comes from the *toothpaste*, which removes buildup and plaque.



Toothbrush Care

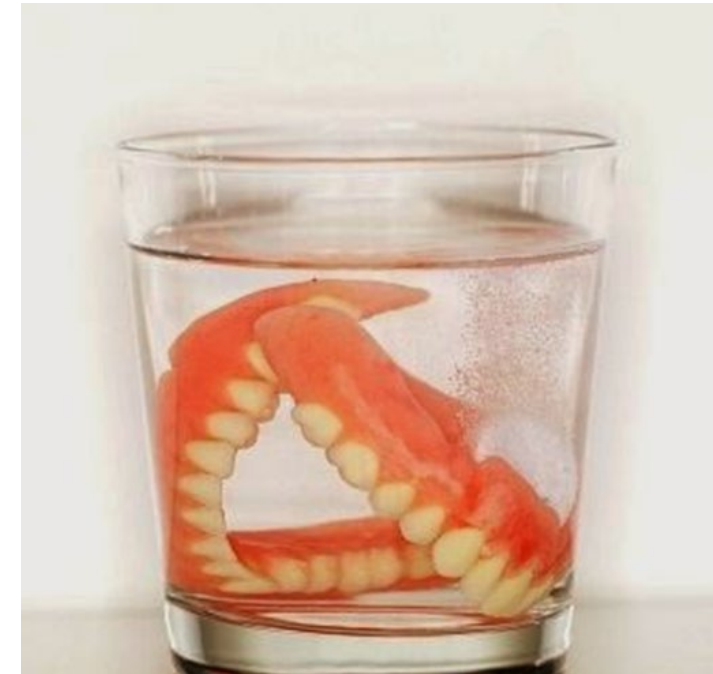
False

The effectiveness of tooth brushing mainly comes from the ~~toothpaste~~ *manual back and forth brushing*, which removes buildup and plaque.



Denture Care

- Remove at night
- Brush before placing into a cup of water
- Rinse and brush again before putting back in the mouth
- Always keep in water when not in the mouth



Dry Mouth

- More than 70 % of adults aged 65 and older have severe periodontal (gum) disease*



Dry mouth can lead to:

- Periodontal disease
- Malnutrition
- Halitosis
- Infection

*[Periodontal Disease, Centers for Disease Control and Prevention \(CDC\)](http://www.cdc.gov/oralhealth/conditions/periodontal-disease.html)
(www.cdc.gov/oralhealth/conditions/periodontal-disease.html)

What Does an Oral Infection Look Like?

- Toothache
- Sensitivity to hot or cold
- Unusual bad breath
- Bitter taste in mouth
- Fever
- Pain
- Swollen or bleeding gums
- Any changes in color or appearance of lumps on your tongue, cheeks, gums, or palate
- Unusually dry mouth

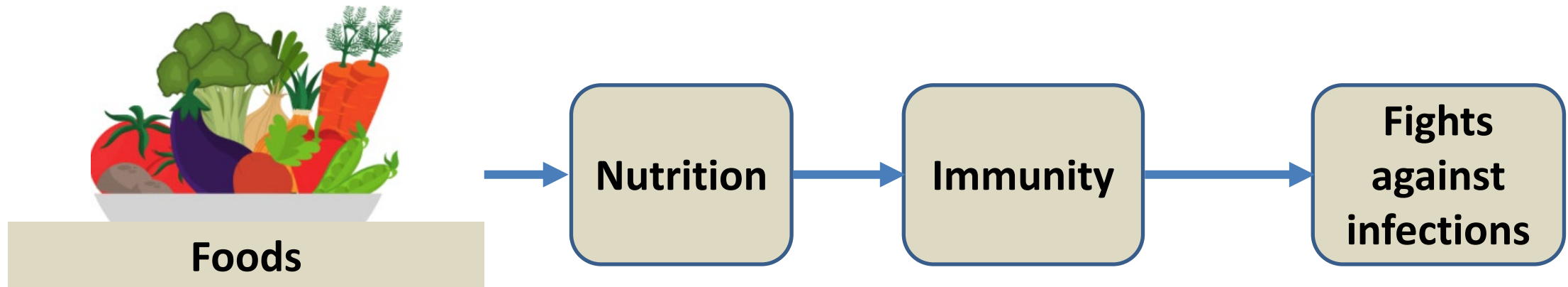


FEEDING



Prevent Infections from Getting Worse with Proper Nutrition

- **Feeding** is a way of delivering **nutrition** and **hydration** to another person
- Nutrition and hydration:
 - Prevent infections by boosting immune system
 - Prevent malnutrition due to medications



Preventing Aspiration Events

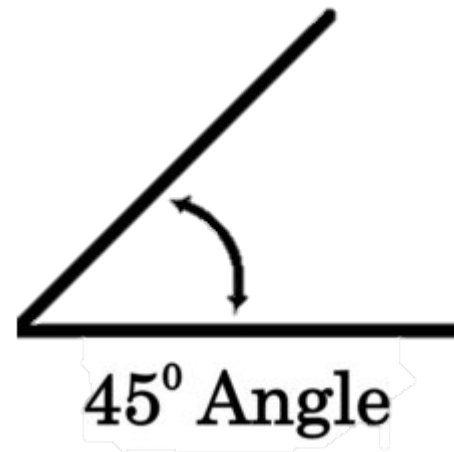
Before and after oral feeding:

- Keep bed elevated to **at least 45°**
 - Always follow facility policy



During oral feeding:

- Allow plenty of time to chew foods completely
- Alternate giving solid and liquid foods
- Monitor for swallowing difficulties



Difficulty with Swallowing Food

- Swallowing difficulty increases the risk of respiratory infections
- Monitor for signs of swallowing difficulty:
 - Coughing or choking
 - Unwillingness to eat or eating slowly
 - Visibly struggling to chew foods
 - Dribbling of saliva or food

Report it to the nurse immediately.



Infection Prevention Practices While Feeding

- Check and maintain the temperature of the food
- Perform hand hygiene before feeding
- Wear gloves, if necessary
- After feeding, clean the area where tray was kept
- Remove the towel, food tray, and utensils
- Discard the gloves and perform hand hygiene again
- Chart the intake



Poll Question

When two residents are residing in a same room, before feeding the second resident, what infection prevention practice should this CNA follow immediately after feeding the first resident?

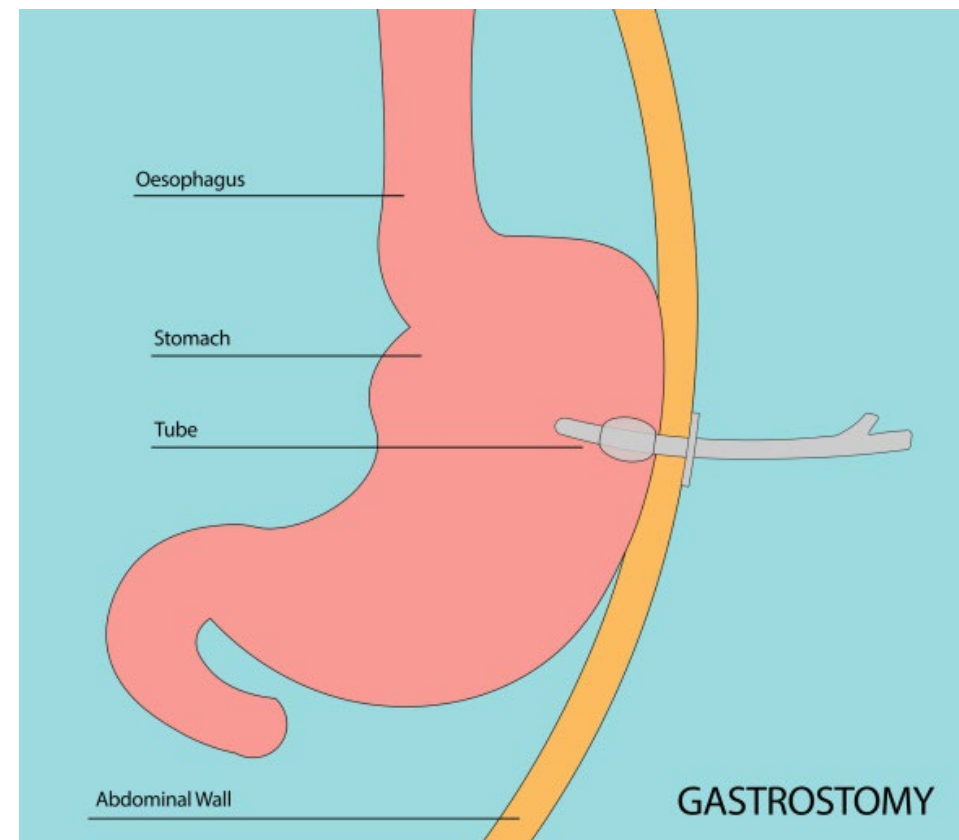
- A. Perform hand hygiene
- B. Give the first resident a bath
- C. Check the temperature of your resident

Poll Question Answer

When two residents are residing in a same room, before feeding the second resident, what infection prevention practice should this CNA follow immediately after feeding the first resident?

- A. Perform hand hygiene**
- B. Give the first resident a bath
- C. Check the temperature of your resident**

TUBE FEEDING (ENTERAL NUTRITION)



Complications that Can Lead to Infection

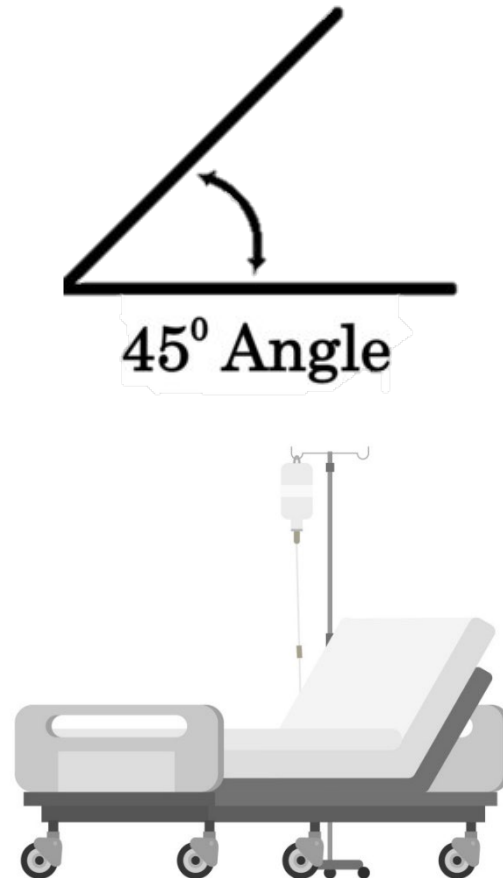
- Aspiration
- Tube pulled out of place
- Infection of the insertion site



Recognizing and Preventing Aspiration

Signs and Symptoms

- Vital sign changes
 - Rapid breathing
 - Change in blood pressure
 - Rapid heart rate
- “Gurgling” or choking sounds
- Presence of tube feeding in mouth



Prevention Practices

- Keep head of the bed elevated to at least 45°
- Remain in this position for at least 30 minutes after feeding
- Always be aware of who is at risk and never leave them alone when eating

Poll Question

Which of the following could be a sign of infection around the tube insertion site? (Select all that apply)

- A. Inflammation or redness
- B. Thick or foul-smelling discharge
- C. Pain or discomfort near the site
- D. Fever

Poll Question Answer

Which of the following could be a sign of infection around the tube insertion site? (Select all that apply)

- A. Inflammation or redness
- B. Thick or foul-smelling discharge
- C. Pain or discomfort near the site
- D. Fever

Recognizing and Preventing Insertion-Site Infection

Signs and Symptoms

- Inflammation or redness around the insertion site
 - Thick or foul-smelling discharge
 - Pain or discomfort and fever
-

Prevention Practices

- Verify tube integrity and secure tubes when repositioning
- Perform hand hygiene and wear gloves
- Never reinsert a tube that becomes dislodged
- Follow bathing procedures
- Ensure dressings remain clean and dry

Highlights

- Good oral care helps prevent spread of infection
- Perform hand hygiene before and after oral care
- Keep feeding tubes secure and insertion sites clean to prevent infection
- Elevate the head of the bed to at least 45° during feeding to prevent aspiration pneumonia

References

- [Denture care: How do I clean dentures? | Mayo Clinic](https://www.mayoclinic.org/denture-care/expert-answers/faq-20058375)
(www.mayoclinic.org/denture-care/expert-answers/faq-20058375)
- [National Nursing Home Survey | Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov/nchs/nnhs/nnhs_products.htm)
(www.cdc.gov/nchs/nnhs/nnhs_products.htm)
- [Nursing Home Infection Preventionist Training Course | CDC](https://www.train.org/cdctrain/training_plan/3814)
(www.train.org/cdctrain/training_plan/3814)
- [Periodontal Disease | CDC](https://www.cdc.gov/oralhealth/conditions/periodontal-disease.html)
(www.cdc.gov/oralhealth/conditions/periodontal-disease.html)
- [Worker protections against occupational exposure to infectious diseases | Occupational Safety and Health Administration \(OSHA\)](https://www.osha.gov/bloodborne-pathogens/worker-protections)
(www.osha.gov/bloodborne-pathogens/worker-protections)

Next Steps

- Fill out the post-training evaluation
- Visit the [Project Firstline Website](http://www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)
(www.cdph.ca.gov/Programs/CHCQ/HAI/Pages/ProjectFirstline.aspx)

Group Registration Checklist

- ☐ Have training coordinator send a list of participants and email addresses to CDPH Project Firstline
 - If you do not have an email, free email accounts are available
- ☐ Once the training coordinator sends the list, we will email instructions to each participant on how to complete registration and receive their Certificate of Attendance
- ☐ Email: ProjectFirstline@cdph.ca.gov



Questions?

For more information, contact

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Project Firstline is a national collaborative led by the U.S. Centers for Disease Control and Prevention (CDC) to provide infection control training and education to frontline healthcare workers and public health personnel. The California Department of Public Health Healthcare-Associated Infections (HAI) Program is proud to partner with Project Firstline, as supported through Strengthening HAI/AR Program Capacity (SHARP) funding. CDC is an agency within the Department of Health and Human Services (HHS). The contents of this presentation do not necessarily represent the policies of CDC or HHS and should not be considered an endorsement by the Federal Government.