Don’t Ignore the Silver Killer’s

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Abstract

Many residents in skilled nursing facilities do not receive adequate oral care many do not get oral care at all daily. We all know that oral care has a significant impact on physical health and mental health including self-esteem and overall quality of life. In addition, there are many systemic diseases that have been directly linked to poor oral health such as aspirated pneumonia which sends many elderly people living in nursing homes to the hospital it is also probably the most common sequelae of poor oral health in the aged person. The plaque build-up on teeth has been found in the lungs of residents with pneumonia due to poor oral care.

The lack of staff training has been one of the biggest challenges to overcome, along with access to affordable dental care. We can no longer turn our heads and ignore the deplorable situation that is killing aging adults in long-term care facilities.

Biography



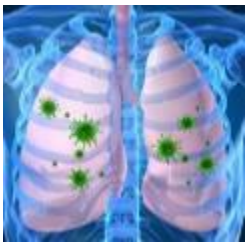
Sonya Dunbar, also known as the Geriatric Toothfairy is a Registered Dental Hygienist she has and over 27 years of dental experience in private practice, skilled nursing facilities, academia and marketing and has proudly served her country in the United States Navy. For the last 16 years, she worked in long-term care facilities as a Dental Hygienist providing clinical treatment and as a staff trainer providing in-services and hands-on training to the staff .That experience

has afforded her the opportunity to learn the concerns, desires, needs and expectations of patients and their families as well as those of facility staff and administrations of long-term care facilities. Email: Geriatrictoothfairy@800mdx.com

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Golden Nuggets for Life 2018

Aspiration Pneumonia



• Poor oral health may contribute to aspirated pneumonia when oral bacteria travel from mouth to the lungs

• Swallowing difficulties result in poor oral clearance of residue

• Xerostomia-dry mouth

• Poor dental plaque control