Let’s Chew on This: Infection Prevention Practices while Providing Oral Care and Feeding Residents
✓ Submit questions via Q&A

✓ Use the chat feature to participate in the discussion
INFECTION PREVENTION STARTS WITH YOU!

Standard Precautions

- Bathing & Dressing
- Proper Positioning & Transferring
- Changing Linens & Bed Making
- Oral Care & Feeding
- Skin, Perineal, & Urinary Catheter Care
- Nail Care & Shaving

CDC's National Training Collaborative for Healthcare Infection Prevention & Control

CDPH
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PROJECT FIRSTLINE
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CDPH
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
Oral Care

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

- 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
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!**

- Centers for Disease Control

Dry mouth can lead to:

• Periodontal (gum) disease
• Malnutrition
• Halitosis
• Infection

![Healthy Gum, Gingivitis, Periodontitis](image-url)
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/Hydration:**
  - Prevent infections by boosting immune system
  - Prevents 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
A CNA feeds two residents in a room.

What infection prevention practice should this CNA follow immediately after feeding the first resident?

Next slide has the answer
Infection Prevention Practices: Scenario Continued

The CNA should perform hand hygiene between caring for each of the residents!
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
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
Summary

- 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

- Periodontal Disease in Adults 65+ | Centers for Disease Control and Prevention (CDC) (www.cdc.gov/oralhealth/conditions/periodontal-disease.html)
- Bloodborne Pathogens (saliva) | Occupational Safety and Health Administration (www.osha.gov/bloodborne-pathogens/worker-protections)
- Nursing Home Infection Preventionist Training Course | CDC (www.train.org/cdctrain/training_plan/3814)
- National Nursing Home Survey | Centers for Disease Control and Prevention (CDC) (www.cdc.gov/nchs/nnhs/nnhs_products.htm)
Questions?
For more information, contact ProjectFirstline@cdph.ca.gov