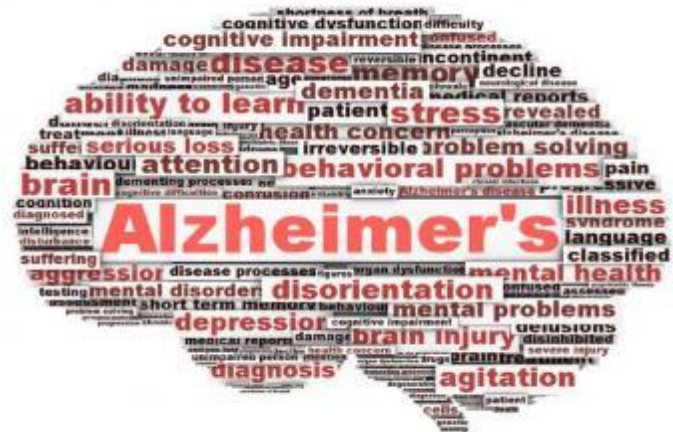




Oral Health Promotion for Elders and Elders with Alzheimer's Disease



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April 7, 2017

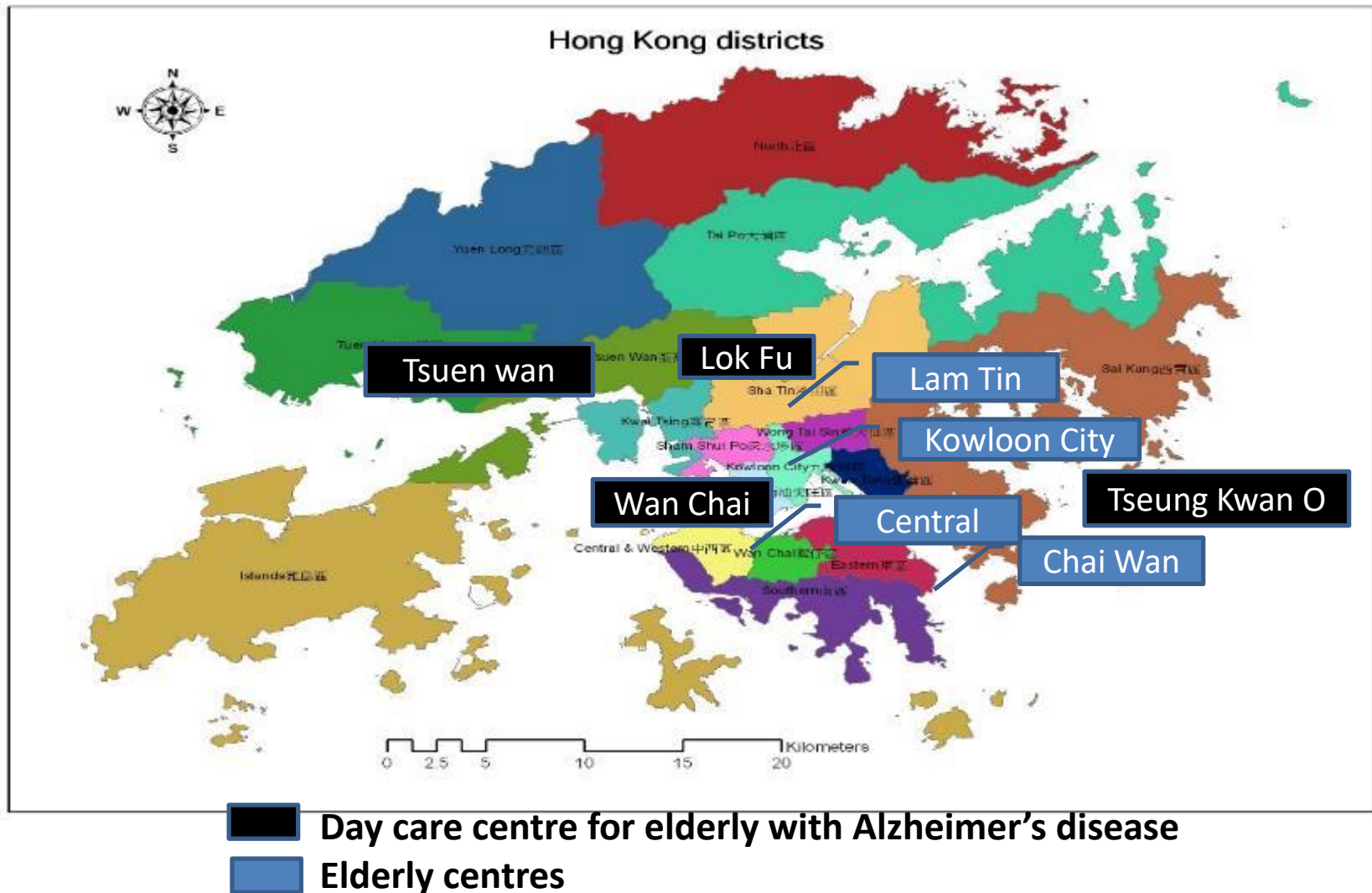
Summary of the Impact

“Oral health promotion for elders and elders with Alzheimer’s disease”

We partnered with the Hong Kong Alzheimer’s Disease Association to promote the Alzheimer’s specific oral care service and promote elders’ awareness and understanding about the importance of oral health and the changes in cognitive function during aging process.



Oral health promotion in 8 elder centres in different districts in 2015-2017

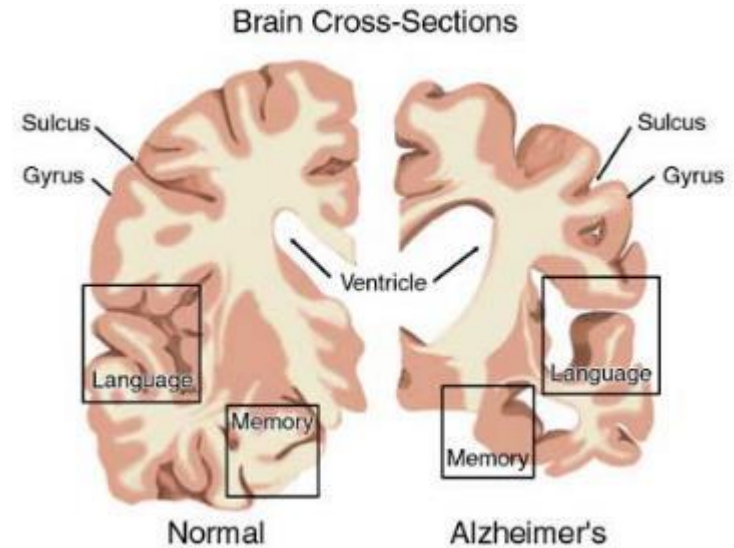


Summary of the Impact



- **Approximately 350 elders (120 elders with dementia, 230 elders with other systemic diseases) benefitted from**
 - I. **Free dental check up by screening tooth decay and gum disease, salivary rate assessment (dry mouth screening), oral cancer screening, denture evaluation**
 - II. **Body mass index assessment and nutrition assessment**
 - III. **Fluoride treatment to prevent root caries for dentate elders**
 - IV. **Receiving personal oral health counselling**
 - V. **Receiving free oral health souvenirs (toothpaste, denture cleanser tablet and denture adhesive)**
- **Relatives or care givers were also taught on how to provide daily oral hygiene services to patients.**

Underpinning Research



WORLD ALZHEIMER'S REPORT 2015

Clock of Dementia ticks faster
1 new case in every 3 seconds

The number of dementia cases will increase rapidly in the next few decades.

Underpinning Research

- Dental disease remains a significant and widespread public health problem, especially senior in need.
- 86% of Hong Kong (HK) elders have gum bleedings or gum pockets.
- Half of decayed teeth in HK elders were untreated.

(Department of Health, 2013)



High level of active dental disease in elders with long term care

Oral Health is Linked to Overall Health

The health of your mouth is linked to...

- 1 Heart Disease & Stroke**
- 2 Respiratory Disease**
- 3 Arthritis**
- 4 Diabetes**
- 5 Gastrointestinal Disease**
- 6 Pre-Term Low Birth Weight Babies**



Poor oral hygiene is a risk factor for aspiration pneumonia in elders.

Underpinning Research

- **Barriers to access dental care for elders**
- **>90% of HK elders did not visit a dentist regularly.**
- *Proper oral health care is essential to general health, well being and ability to successfully age.*
- **Dental professionals should actively engage with communities-especially the population in need-to identify dental problems and implement appropriate and effective community oral health programs**



Chu CH, Wong SS, Suen RP, Lo E. *Surgeon* 2013;11:153-157.

Chu CH, Chau A, Lo E, Lam A. *General Dentistry* 2012;60: 210-215.



Engagement with external partner organizations

Free Methodist Church Tak Tin IVY Club

Ho Yee Neighbourhood Centre for Senior Citizens

Ho Kwok Pui Chun Neighbourhood Elderly Centre

Harmony Garden Lutheran Centre for the Elderly



香港認知障礙症協會

Hong Kong Alzheimer's Disease Association





Our role in the KE project

- Empowering NGO to provide knowledge and skill on primary oral health care especially for elders with dementia.
- Raising oral health awareness of elders, their relatives and staff in elderly center through oral health promotion fair and outreach project.
- Professional support by delivering free dental examinations, fluoride treatment, body mass index assessment, nutritional assessment in the centre.
- Giving an individualized oral hygiene instruction to elders and , their relatives

Engagement process




- The design and consultation process, including initial discussions between Dentistry KE staff and staff of Hong Kong Alzheimer's Disease Association



Oral health education materials distributed in the event

移除假牙的護理

1. 每天睡前將假牙取下，以軟毛牙刷用肥皂水刷洗牙托內外的表面。
2. 清潔完切勿佩戴牙托過夜，應放置在涼水中浸泡，牙托應經常保持濕潤。



若長者的牙縫較鬆或釀了固定假牙(牙橋)，可使用牙縫刷或特效牙線輔助清潔。

特效牙線可清潔牙縫與牙肉之間的空隙

牙縫刷放入牙縫中►後移動，清潔牙齒表面

特別口腔護理

1. 每年一次牙科檢查
2. 留意患者的口腔清潔狀況，即使患者已沒有假齒，亦需每日洗刷或用濕紗布清潔牙肉。照顧者要提醒患者定時刷牙，過程中可加以讚美及鼓勵。
3. 注意平常飲食，多吃新鮮蔬果，多飲牛奶及豆漿及避免經常進食或飲用含有高糖份、酸性或帶黏性的食物或飲品。
4. 留意患者有否出現口腔不適的情況，如拒絕進食，並儘快尋求牙醫協助。

*假牙清潔片只是輔助用品，不能代替刷牙洗牙托的步驟，亦不能用作長期洗牙托，以免牙托表面磨損牙齒的釉質。

認知障礙症患者 口腔護理須知



認知的障礙症

認知的障礙症是一種腦部疾病，常見於六十五歲或以上的長者，但也可以發生在中老年人身上。患者初期會在記憶方面出現問題，而隨著病情的惡化，他們會逐漸失去自理能力，與人的溝通亦會出現困難，影響日常生活。患者在心理上都會出現問題，例如脾氣暴躁和焦慮不安。較嚴重的患者更會出現大小便失禁的情況，需要別人照顧。

口腔健康的重要性

保持口腔健康跟身體狀況及生活質素有莫大關係。口腔情況不佳會帶來痛楚及牙齒鬆脫等問題，更會影響進食、情緒甚至自我形象。

照顧者可為認知障礙症患者做些甚麼？

- 協助長者清潔口腔及假牙
- 給予長者藥素以防止蛀牙(如含氟漱口水、氟素塗劑)*
- 帶長者定期接受口腔檢查
- 密切留意長者有沒有口腔不適的症狀

正確的刷牙方法

1. 由於牙菌膜容易積聚在牙齦(牙肉)邊緣的牙齦溝內，因此刷牙時要把牙刷斜放在這個位置，刷牙齒的外側面及內側面，以兩至三顆牙齒為一組，用適中力度來回移動牙刷十次。

▲內側面 ▲外側面

2. 刷牙內側面的時候，把牙刷直立放置，用適中力度使牙刷側向牙齦。

3. 把牙刷平放在咀嚼面上前後移動，最後重複以上動作，清潔所有牙齒。

*請諮詢牙醫意見

*如長者不能正確刷牙，應讓照顧者輔助

Faculty of Dentistry
The University of Hong Kong
香港大學牙醫學院

老友口腔健康 全靠護理秘方



牙齒健康好處多

- 笑口常開
- 助我進食
- 身心健康



如果有牙齒疾病

- 牙齒很痛
- 進食困難，身體健康也會影響
- 嚴重時會失去牙齒



牙齦炎的後期情況

牙齦腫痛 牙齦萎縮

牙齦溝 牙齦袋

健康牙齒橫切面 牙齦和牙齦腫痛 嚴重牙周病橫切面 牙齦和牙齦萎縮 嚴重牙齦萎縮

Engagement

Innovativeness of the engagement approach



ORAL HEALTH PROMOTION
FOR THE ELDERLY AND
ELDERLY WITH ALZHEIMER'S DISEASE
長者及認知障礙症長者口腔健康推廣

HKU KNOWLEDGE EXCHANGE IMPACT PROJECT
香港大學知識交流計劃



Faculty of Dentistry
The University of Hong Kong
香港大學牙醫學院

Impacts Achieved

Tseung Kwan O Integrated Service Centre, HKADA on 12 March, 2016



Lok Fu Head Office and Brain Health Centre, HKADA on 19 March, 2016



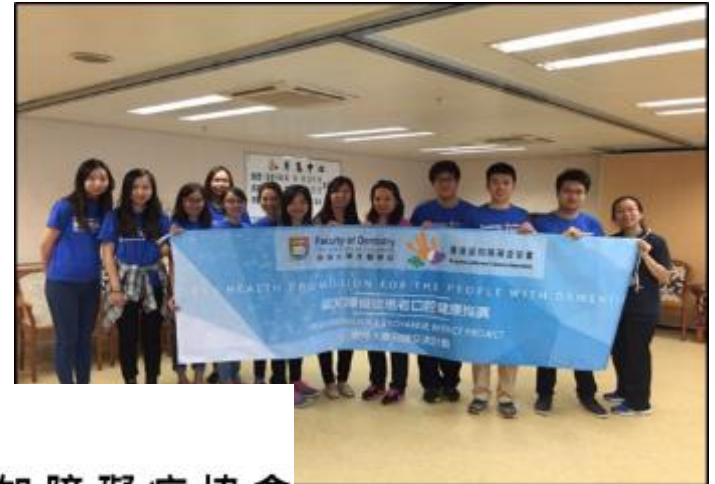
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3. Tsuen Wan Gene Hwa Lee Centre, HKADA 30 April, 2016



4. Wan Chai Jean Wei Centre, HKADA 21 May 2016, 13 Feb 2017



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Hong Kong Alzheimer's Disease Association



Free Methodist Church Tak Tin IVY Club on 22 Dec 2016, 9 Jan 2017, 17 Feb 2017



Impacts Achieved



Harmony Garden Lutheran Centre for the Elderly on 24 Feb 2017, 11 Apr 2017



Impacts Achieved





Impacts Achieved in 2015-2017

Date and Venue	No. of attendees
Venue: Tseung Kwan O Integrated Service Centre, HKADA Date: 12 March 2016, 10 March 2017	29
Venue: Lok Fu Head Office and Brain Health Centre, HKADA Date 19 March 2016	24
Venue: Tsuen Wan Gene Hwa Lee Centre, HKADA Date: 30 Apr 2016, 21 April 2017	15+ on going
Venue: Wan Chai Jean Wei Centre, HKADA Date: Date: 21 May 2016, 13 February 2017	34

Date and Venue	No. of Attendee
Venue: Ho Yee Neighbourhood Centre for Senior citizens. Date: 21 December 2016	19 and ongoing
Venue: Free Methodist Church Tak Tin IVY Club. Date: 22 December, 2016 9 January 2017, 17 February 2017	96
Venue: Harmony Garden Lutheran Centre for the elderly. Date: 24 February 2017	32 and ongoing
Venue: Ho Kwok Pui Chun Neighbourhood Elderly Centre Date: 11 April 2017	ongoing

Impacts Achieved in 2016



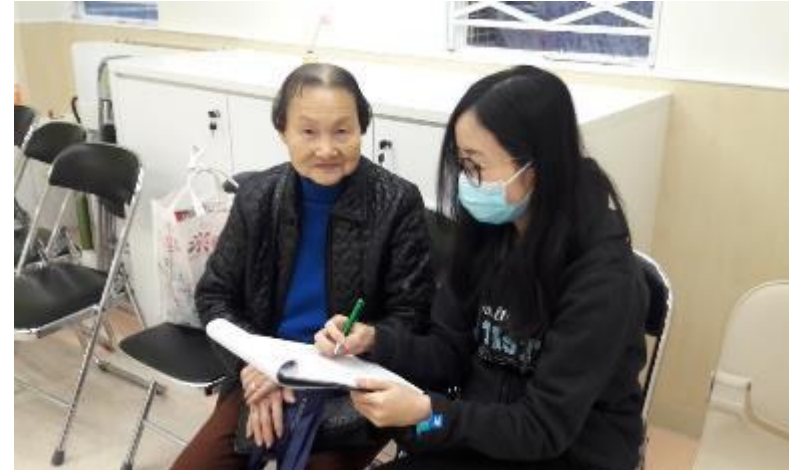
TVB



TVB news on 26 Dec 2016 reporting about the HKU KE oral health promotion project in Hong Kong elderly

Questionnaire surveys after check-up and treatment

- **Response rate 88%**
- **83%** of them thought the program was helpful/very helpful in improving the oral health knowledge.
- **89%** found the program was helpful/very helpful for raising the oral health awareness.
- **98%** of them reported the whole activity was good/very good.

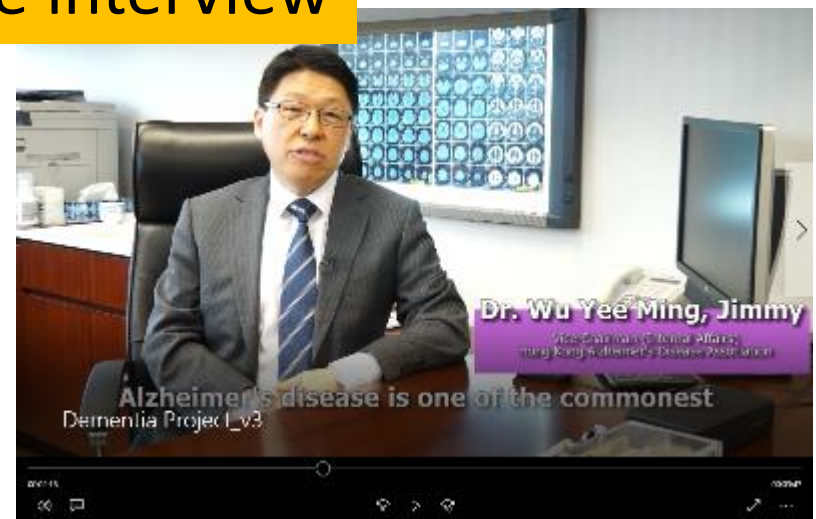
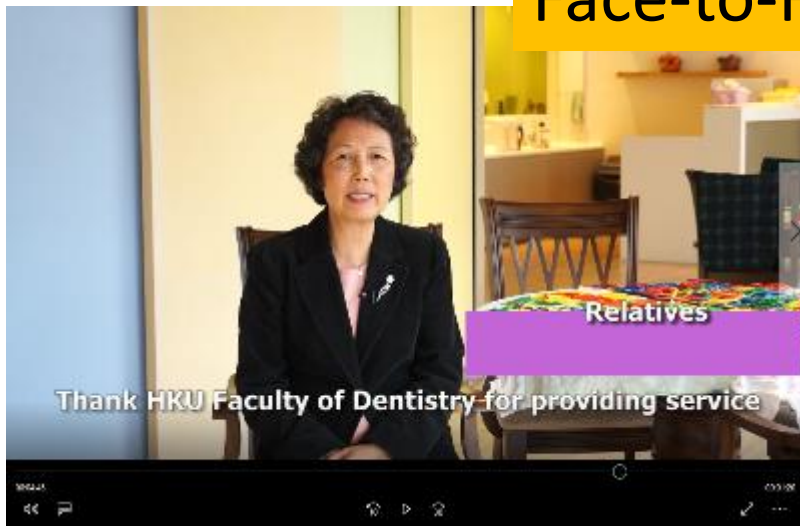


*Based on data on 7 Apr 2017

Feedback from elders, their relatives and our partner HKADA



Face-to-Face interview



The interview was uploaded in the faculty website