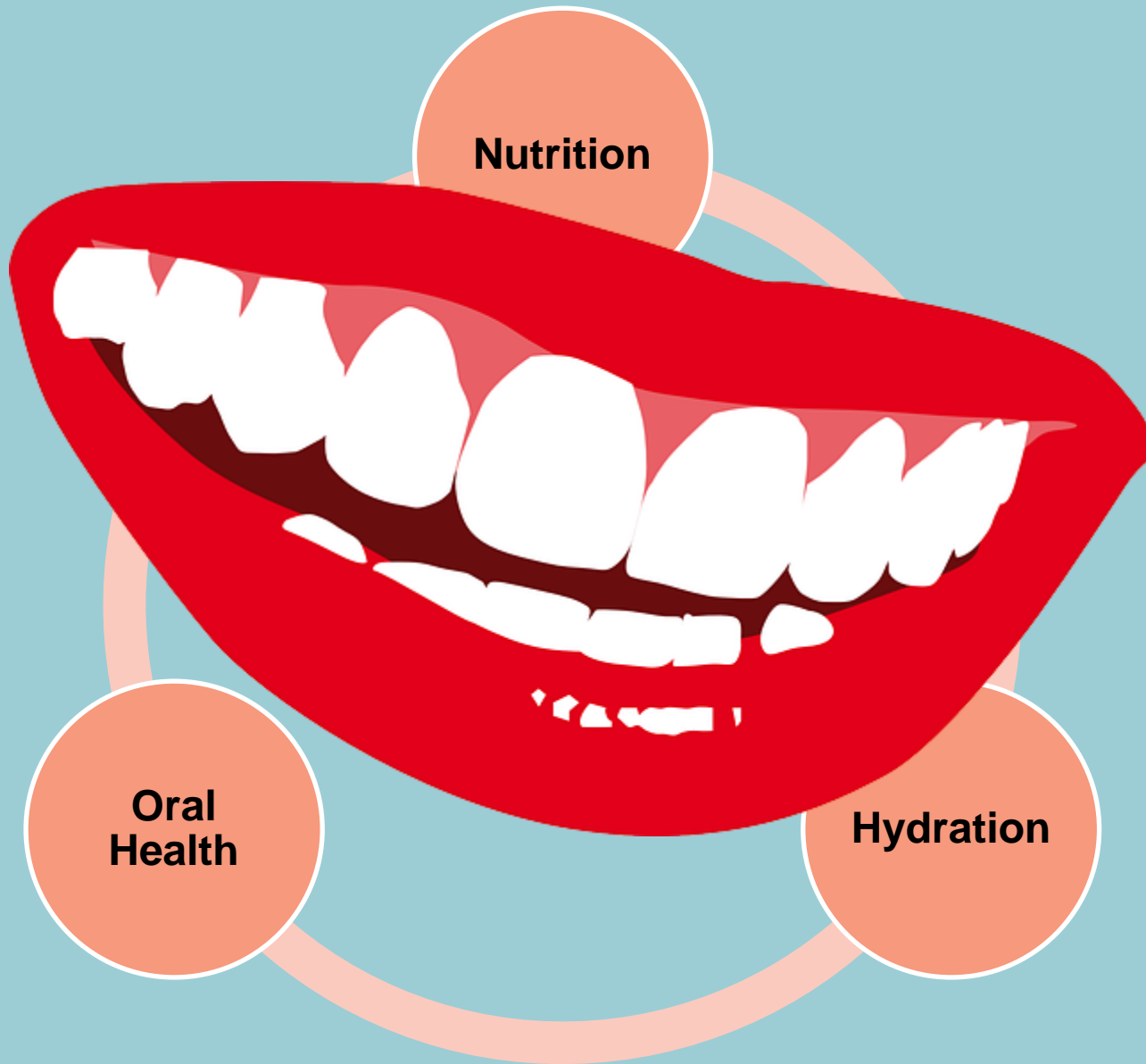


NUTRITION, HYDRATION & ORAL HEALTH



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THE BOLTON PILOT

1. **Plan – who was part of the team, co-design**
2. **Do – implement and test**
3. **Study – Evaluation and Feedback**
4. **Act – Modify, create a library of resources**

RESOURCES

Nutrition, hydration and Oral Health

	Mouth Care Matters	Mouth care assessment guide	NHS Health Education England
Lips			
	Pink & moist	Dry, cracked, difficulty opening the mouth	Swollen, ulcerated
Action	None	Dry mouth care	Refer to DOCTOR
Tongue			
	Pink & moist	Dry, flamed, shiny	Looks abnormal, white coating, very sore/ulcerated
Action	None	Dry mouth care	Refer to DOCTOR
Tooth & Gums			
	Clean, teeth not broken or loose	Unclean, broken teeth (no pain), bleeding/inflamed gums	Severe pain, facial swelling
Action	2x daily toothbrushing	Daily toothbrushing, clean the mouth	Refer to DOCTOR
Cheeks, Palate & under the Tongue			
	Clean, saliva present, looks healthy	Mouth dry, sticky secretions, food debris, ulcers <10 days	Very dry/painful, ulcers >10 days, widespread ulceration, looks abnormal
Action	None	Clean the mouth, dry mouth care, ulcer care	Refer to DOCTOR
Denture			
	Clean & Comfortable	Unclean, loose, patient will not remove	Lost
Action	Clean daily	Denture care, encouragement	DATE if lost, refer to dental team if lost or broken

RESOURCES

Nutrition, Hydration and Oral Health



Date:

Fluid intake

To stay healthy, adults need to drink 2 to 2.5 litres of water per day, this equates to 6 to 8 cups. Cross the cup out once a complete cup of fluid has been drunk. Although water is best as contains no sugar or caffeine, tea, coffee, milk, squash, pop and juice also count, though be mindful of high sugar drinks as they can rot teeth. Beer and wine do not count!



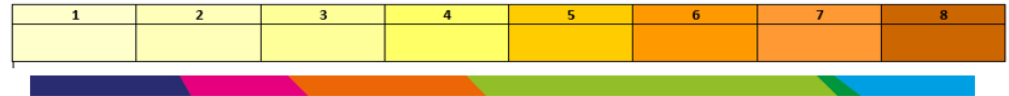
AM

PM

Food Intake

Breakfast	Lunch	Evening meal	Snacks
I ate:	I ate:	I ate:	I ate:

The colour of urine is a good way to establish if a person is dehydrated, although some medications, vitamin supplements and foods can change the colour of urine, if there is blood in urine then a GP needs to be informed. **Healthy Pee is 1 – 3, 4 – 8 you must hydrate**



EVALUATION

I am now much more confident
in speaking to clients

A gentleman was in hospital with
pneumonia, I have noticed his teeth
are never cleaned. I have spoken to
his wife who now ensures his teeth are
cleaned twice a day

I have noticed a lady I care for
only drinks when there is
someone with her, so she now
has a volunteer visit her to
increase her fluid intake

We now include oral health
when undertaking
assessments for care
packages

A lady was on food supplements to
help her gain weight, these have
stopped now and I know to add
powered milk to her milk to stop her
loosing weight again

I now know
how
important
drinking is

I didn't realise how poorly
people could get because of
not looking after their teeth

I now make sure someone
drinks their drink rather
than just leaving one

THANK YOU

Contact us

If you have any queries about these guidelines,
contact the GMHSC communications team:
gm.hsccomms@nhs.net

www.gmhsc.org.uk
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