



**Service Priorities and Programmes**  
**Electronic Presentations**

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**Submitting author:** Ms Ka Yee LEE

**Post title:** Advanced Practice Nurse, KH, KCC

**Educational Program on Oral Hygiene for the elderly and health care workers in Residential Care Home for Elderly (RCHE) by Community Nurses: A Pilot Study**

LEE KY(1), WONG WY(2), LEUNG WS(2), CHOI SC(1), CHUI WMJ(1), KWAN SY(1),

HO N(1), TANG V(1), LEE SC(1), YEO MF(1), LIU E(2), HUNG S(2), LAM WM(3),  
NGAI Jenny(2)

*(1)Community Nursing Services, Kowloon Hospital.*

*(2)Central Nursing Division, Queen Elizabeth Hospital.*

*(3)Community Geriatric Assessment Team & Geriatric Day Hospital, Queen Elizabeth Hospital.*

**Keywords:**

Promoting Oral Hygiene in Elderly  
for RCHE (elderly and staff)

Oral hygiene is important but always being neglected

Marked improvement after the program

**Introduction**

The aged population in Hong Kong is increasing. It is predicted that the rapidly growing aged population would reach 23% of the total population in 2024. Many elderly suffer from sensory and motor impairments which reduce their ability to perform oral hygiene care. Poor oral hygiene may cause oral myiasis and pneumonia. It also affects their physical and psychological health and social life. Although oral health care is simple, it was always being neglected. Therefore, this project is designed to provide a systematic educational program on oral hygiene for the aged and healthcare workers in RCHE. The aim is to promote their awareness and ability on performing oral hygiene care.

**Objectives**

- i) To enhance oral hygiene and dental health for elderly in RCHE by enriching the knowledge and skills level of healthcare workers in RCHE.
- ii) To change in attitude on oral hygiene behavior among the elderly and healthcare workers in RCHE.
- iii) To improve the oral hygiene practices including oral and denture-hygiene status of the elderly in RCHE.

**Methodology**

Educational Talk:

An educational talk which was held to most of the residents and health workers to arouse their awareness on oral hygiene practices. 3 models (Toothbrushing model,

Periodontal disease model and Dummy Head) were borrowed from Oral Health Education Unit, Department of Health to illustrate the periodontal disease and to demonstrate the proper method on performing oral hygiene. Also, return demonstration was performed by the participants.

Pre- and post- assessment:

- Questionnaire to review:
  - i) participant's knowledge on oral hygiene care and oral health.
  - ii) daily oral hygiene practices and behavior on 10 elderly who were divided into 3 groups (3 with NG tubes (Group A), 4 were physically total dependent or partially dependent (Group B) and 3 were physically independent with AMT  $\geq$  8 (Group C))
- "Brief Oral Health Examination (BOHSE) was used to assess their clinical outcome
- Participants' satisfaction survey

### **Result**

10 healthcare workers and 55 elderlies in a private RCHE attended the talk.

The participants showed marked improvement on oral health knowledge especially correct some common misconception about oral health.

All 3 groups of elderly had increased frequency and improved methods on performing oral hygiene when indicated.

90% of the elderly showed lower score of BOHSE after the talk which indicated clinical improvement on oral health status.

All participants were satisfied with this program as it could arouse their awareness on oral hygiene care.