

Unit 3 Lesson 1 Oral Hygiene Answer Key

Use the words from the word bank below to complete the passage about oral hygiene. Check vocabulary word lists and verb lists from this lesson and previous lessons for definitions.

partials	motion	schedule	brush
routine	cracked	loosen	mouth
daily	gums	body	swollen
oral	hygiene	tastes	teeth
tongue	floss	plaque	lips
dentures	unconscious	conscious	factors

The practice of taking care of your body and keeping it clean is called personal hygiene. Most people have their own routines for their daily personal hygiene habits. For example, every day they brush and floss their teeth before they go to bed and then again when they get up in the morning.

Oral hygiene involves taking care of the mouth. Oral hygiene keeps the mouth and teeth clean. This helps prevent mouth odors and infections and makes food taste better. Poor oral hygiene allows an increase of plaque and when this plaque hardens and builds up on the teeth, it can cause periodontal disease. This disease causes inflammation of the gums (the firm pink flesh where the teeth are attached). They become larger in size or swollen, red and bleed easily. They may even loosen and fall out.

When assisting a resident with oral hygiene, the nurse aide should observe whether the lips are dry and cracked (breaks in the skin). When lips become dry they will crack easily. Any sores on the inside of the mouth, like the tongue, should be reported since that will make eating difficult and painful.

Some residents will need more help with oral hygiene than others. There are many factors to help decide how much help is needed. Residents who are conscious (awake and able to understand what is happening) may be able to perform oral hygiene alone. Residents who have limited motion with their arms would require some assistance. Residents who are unconscious or comatose will need to have their oral hygiene done for them since they are non-responsive because of an illness or an injury.

Some residents have no teeth and wear dentures. A resident who is missing a few of their own teeth often wear partials. Dentures are cleaned as often as natural teeth, on a similar schedule.