

# 1a) Offeryn Aseu Iechyd y Geg

Dyddiad: \_\_\_/\_\_\_/\_\_\_

Gwybodaeth am y Preswylwr	Wedi'i gwblhau gan	
Enw Cyntaf	Dyddiad Geni	
Cyfenw	Ystafell	

Rhowch sgôr i bob categori, gan gylchu ie neu na lle bo'n briodol. Mae sgorio 1 neu 2 mewn unrhyw gategori yn gofyn am weithredu gan ddeintydd.

● = Iach ● = Newidiadau ● = Ddim yn iach

Rhaid gwneud asesiad newydd

- Pan fydd y preswlydd yn mynd i'r cartref gofal
- Ar ôl unrhyw newid sylweddol
- Bob 12 mis

### Gwefusau

- 0 Llyfn, pinc, llaith
- 1 Sych, wedi cracio neu'n goch yn y corneli
- 2 Chwyddiadau neu lymphiau, llain wen, goch neu wiserau; gwaedu neu wiserau yn y corneli

### Poen Deintyddol

- 0 Dim arwyddion ymddygiadol, geiriol, corfforol o boen deintyddol
- 1 Mae arwyddion geiriol a/neu ymddygiadol o boen fel tynnu wyneb, cnoi gwefusau, peidio â bwyta, ymddygiad ymosodol
- 2 Mae arwyddion o boen corfforol (y bochau neu gig y dannedd wedi chwyddo, dannedd wedi torri, wiserau), yn ogystal ag arwyddion llafar a/neu ymddygiadol (tynnu wyneb, peidio â bwyta, ymddygiad ymosodol)

### Dannedd

A oes ganddynt ddannedd naturiol? Oes/Nac oes

Dim dannedd na gwreiddiau dannedd wedi pydru neu dorri

- 0
- 1 1-3 dant neu wreiddiau dannedd wedi pydru neu dorri neu gryn draul ar y dannedd
- 2 4+ o ddannedd neu wreiddiau wedi pydru neu wedi torri, neu gryn draul ar y dannedd, neu lai na 4 dant.

### Oral Cleanliness

- 0 Clean, no food particles or tartar in mouth or denture
- 1 Food particles, tartar or plaque in 1-2 areas of the mouth or dentures or halitosis (bad breath)
- 2 Food particles, tartar or plaque in most areas of the mouth or dentures or severe halitosis

### Tongue

- 0 Normal, moist roughness, pink
- 1 Patchy, fissured, red, coated
- 2 Patch that is red and/or white, ulcerated, swollen

### Dentures

Do they have dentures? Yes/No

- 0 No broken areas or teeth, dentures regularly worn and named
- 1 1 broken area or tooth or dentures only worn for 1-2 hours daily, or dentures not named or loose
- 2 More than one broken area or tooth, denture missing or not worn, loose and needs adhesive or not named

### Saliva

- 0 Moist tissues, watery and free flowing saliva
- 1 Dry, sticky tissues, little saliva present, resident thinks they have a dry mouth
- 2 Tissues parched and red, little or no saliva present, saliva is thick, resident thinks they have a dry mouth

### Gums and Tissues

- 0 Pink, moist, smooth, no bleeding
- 1 Dry, shiny, rough, red, swollen, 1 ulcer or sore spot under dentures
- 2 Swollen, bleeding, ulcers, white/red patches, generalised redness under dentures

### Total Score

/ 16

### Next Actions:

Resident and/or family or guardian has refused dental treatment	Organise for resident to have a dental examination by a dentist	Complete oral hygiene care plan and start oral hygiene care interventions for resident	Planned date of next review:
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# 1b) Oral Health Awareness & Action

For older people living in care homes the mouth is important for eating, drinking, speaking and smiling. Good mouth care can prevent pain/infection and support a good quality of life. The following tips can help you support good mouth care.

**Level of Support** Identify the amount of assistance needed.

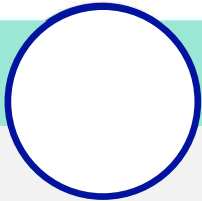
None  
(Independent)

Need  
Reminding

Observation  
& Help

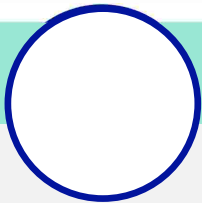
Physical  
Assistance

Resistant  
Behaviour



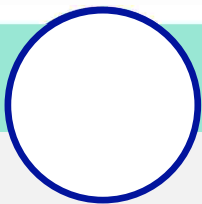
**Routine** Mouth care twice a day can prevent pain and infection.

- Remove dentures and clean them with a denture brush.
- Brush teeth with a fluoride toothpaste.
- Speak to the person's dentist about the best toothpaste and toothbrush to use.



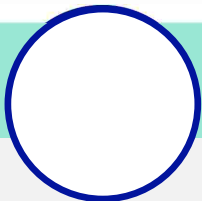
**Sugar** in food and drinks causes tooth decay and pain/infection.

- Keep sugar to mealtimes - between meals encourage savoury snacks (e.g toast with butter, cheese, sausage rolls).
- Use sweeteners rather than sugar in tea and coffee.
- Use cream and butter to provide energy rather than sugar.



**Dry Mouth** makes tooth decay and pain/infection more likely.

- Encourage frequent sips of water.
- Regularly apply Vaseline to the person's lips.
- Speak to the person's dentist about artificial saliva gels.
- Speak to the person's doctor about medications worsening the dry mouth.



**Pain** It's vital that pain and infection in the mouth is recognised and the person is seen quickly by a dentist.

If the person cannot tell you they have pain, you may recognise changes to behaviour that may indicate pain & infection. Examples include:

- Grimacing or flinching during eating or drinking.
- Holding face or swollen face.
- Refusing food or drink, waking from sleep more than normal.