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| **Name:** |
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| **Group:** |
| 10A-2 |
| **Basic Science Question:** |
| What oral hygiene adjucts and instruction can be given to visually impaired patients to aid in improving oral health? |
| **Report:** |
| Personalizing oral health instruction to fit the needs of a visually impaired patient would likely make a significant difference in their oral health outcomes. Instead of focusing on showing or demonstrating to the patient the correct oral health procedures, one should focus on utilizing the other senses to correctly deliver the information about the necessary steps they should be taking to improve or maintain their oral health status. For example, using auditory and tactile tools for instruction, such as including plastic models while explaining the desired behavior, may help educate and instill an oral health behavior in a visually impaired patient (Sardana et al. 2019).  Adjuncts that may aid in improving a visually impaired patient’s oral health include items such as a power toothbrush, an access flosser and/or oral irrigator, and mounted holders for oral hygiene instruments for quick and easy access. Power toothbrushes have been found to remove plaque better than manual toothbrushes (Delaurenti et al. 2017) and can be easier to use due to simply having to push a button to turn them on and move the toothbrush to different areas of the mouth to clean the teeth. Other adjuncts that may be helpful include a reach access flosser and/or an oral irrigator. Flossing, as well as oral irrigation, are interdental plaque removal aids that help with gingival health and overall oral hygiene (Barnes et al. 2005). These adjuncts may be well-suited for a visually impaired individual due to ease of use. The oral irrigator ejects water at the teeth to help with gingival health. Additionally, the handles on reach access flossers allow the patient to more easily move the floss throughout their mouth.  Lastly, if the patient is able to readily find these tools, they are more likely to complete their oral hygiene routine. This may include special holders that are readily located with wall mounts or suctions so they do not get misplaced. |
| **References:** |
| Barnes, C. M., Russell, C. M., Reinhardt, R. A., Payne, J. B., & Lyle, D. M. (2005). Comparison of irrigation to floss as an adjunct to tooth brushing: effect on bleeding, gingivitis, and supragingival plaque. *The Journal of clinical dentistry*, *16*(3), 71–77.  Delaurenti, M., Ward, M., Souza, S., Jenkins, W., Putt, M. S., Milleman, K. R., & Milleman, J. L. (2017). The Effect of Use of a Sonic Power Toothbrush and a Manual Toothbrush Control on Plaque and Gingivitis. *The Journal of clinical dentistry*, *28*(1 Spec No A), A1–A6.  Sardana, D., Goyal, A., Gauba, K., Kapur, A., & Manchanda, S. (2019). Effect of specially designed oral health preventive programme on oral health of visually impaired children: use of audio and tactile aids. *International dental journal*, *69*(2), 98–106. https://doi.org/10.1111/idj.12436 |