



HYGIENIST GUIDEBOOK

CONSULTATION SUPPORT FOR
PERSONALISED PATIENT CARE

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FOR PERSONALISED PATIENT CARE

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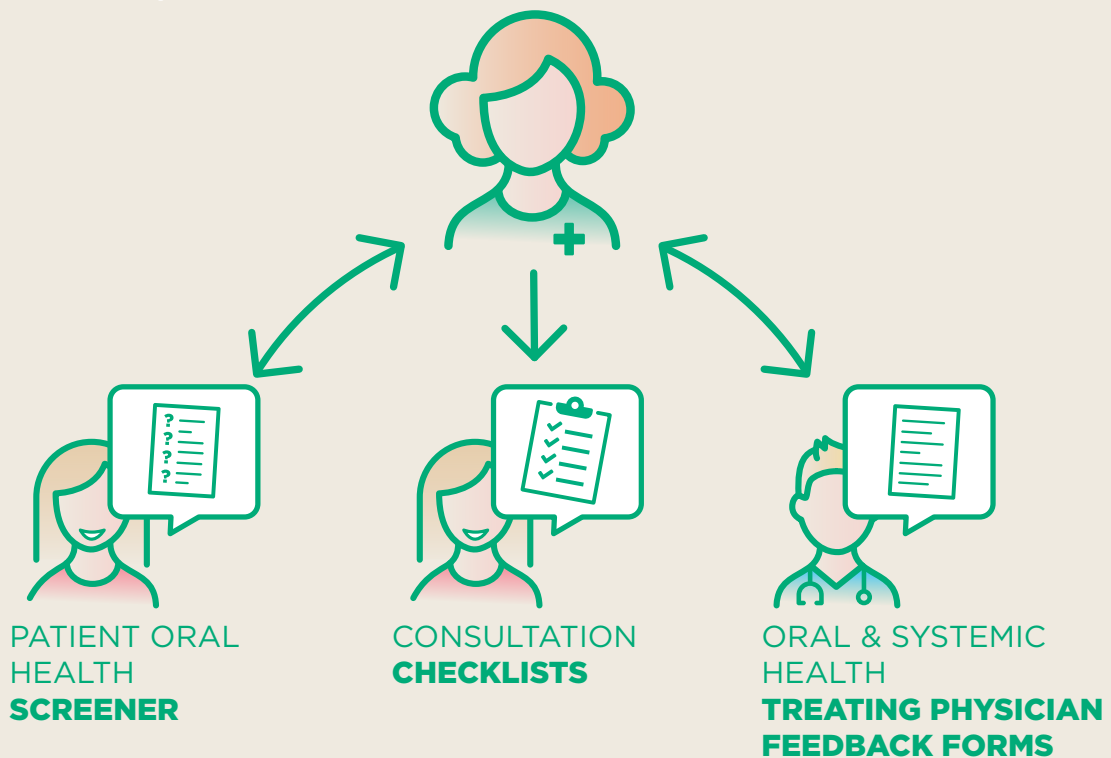
CONSULTATION SUPPORT FOR PERSONALISED PATIENT CARE

HYGIENIST GUIDEBOOK AT A GLANCE

This guidebook and its related material are designed to support dental hygienists, assistants and nurses in providing differential oral care advice based on patients' life stage, oral health status, risk factors & co-morbidities.

Provided material:

- Patient oral health screener
- 14 consultation checklists
- Treating physician feedback forms





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1. INTRODUCTION AND OBJECTIVES

1.1 THE VITAL ROLE OF DENTAL HYGIENISTS, ASSISTANTS AND NURSES

Patients do not always fully understand why they need good dental hygiene and what will happen if they fail to maintain oral health and to seek treatment when needed.

Hygienists and related dental professionals serve a critical role to ensure patients understand the importance of oral hygiene and its impact on their overall health. Upon first meeting the patient, they help determine each patient's individual knowledge of the importance of regular dental care and the value patients place on their oral health. They also engage in a discussion with patients that allows them to explore patients' risk factors & co-morbidities while taking into consideration their oral health status and life stage.

Hygienists and related dental professionals therefore play a vital role in persuading patients that periodontal prevention is a lifelong commitment worth making to keep healthy teeth and gums throughout a productive life and into healthy old age.

Maintaining healthy gums, saving teeth and avoiding dentures, allows patients to avert discomfort, extra costs and to maintain more pleasant social interactions. It also protects them from the potentially adverse effects of gum disease on their general health. This all-important patient education is not possible or complete without the engaged support of dental hygienists, assistants and nurses, which is why this guidebook is dedicated to their critically important work.

1.2 GUIDEBOOK ADVISORY BOARD

The guidebook has been prepared with the invaluable assistance of the following specialists in periodontology:

- 1. Dr. Isabella Rocchietta,**
DMD, MSc. Specialist in Periodontics
- 2. Dr. David Nisand, DDS,**
MSc. Specialist in Periodontics
- 3. Dr. Wijnand Teeuw,**
DDS, MSc, PhD; Specialist in
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- 4. Dr. Jerian Gonzalez,**
DDS, MSc in Periodontology UCM.
EFP Certificate in Periodontology,
Periodontics and Implant Dentistry

SUNSTAR gratefully acknowledges the recommendations of the above advisory board, while all errors and omissions remain the sole responsibility of SUNSTAR Inc.

1.3 USE OF GUIDEBOOK AND RELATED MATERIAL

The objective of this guidebook and its related material is to assist dental hygienists, assistants and nurses in providing differential recommendations based on patients' oral health status, life stage, risk factors & co-morbidities, and in making practical recommendations on the tools oral health professionals can use and recommend to help achieve oral hygiene objectives. To assist hygienists in their daily work, the following tools have been developed:

Patient oral health screener

With 8 simple questions covering oral and systemic health, this screener is designed to help the dental hygienist/nurse assess a patient's periodontal risk. He/she fills the form out with the patient and uses it to discuss further diagnostic and/or treatment needs with him/her and with the responsible dentist as may be necessary.

The screener will also help to determine which checklist the hygienist may want to use in discussing oral health with her/his patient, and the urgency with which a patient is referred for professional periodontal care. It is foreseen that the screener be updated yearly so as to



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validate what may have changed with respect to the patient’s self-reported oral and systemic health.

14 patient-specific checklists

Based on the screener answers, the dental hygienist can select one or several of the 14 checklists to support him/her in the consultation of the patient.

Universal care

1. Prevention: fundamentals
2. Prevention: alarm bells

Age related care

3. Children 6 months to 6 years
4. Children 7-11 years
5. Teens
6. Adults
7. Elderly (70+)

Lifestyle/life events related care

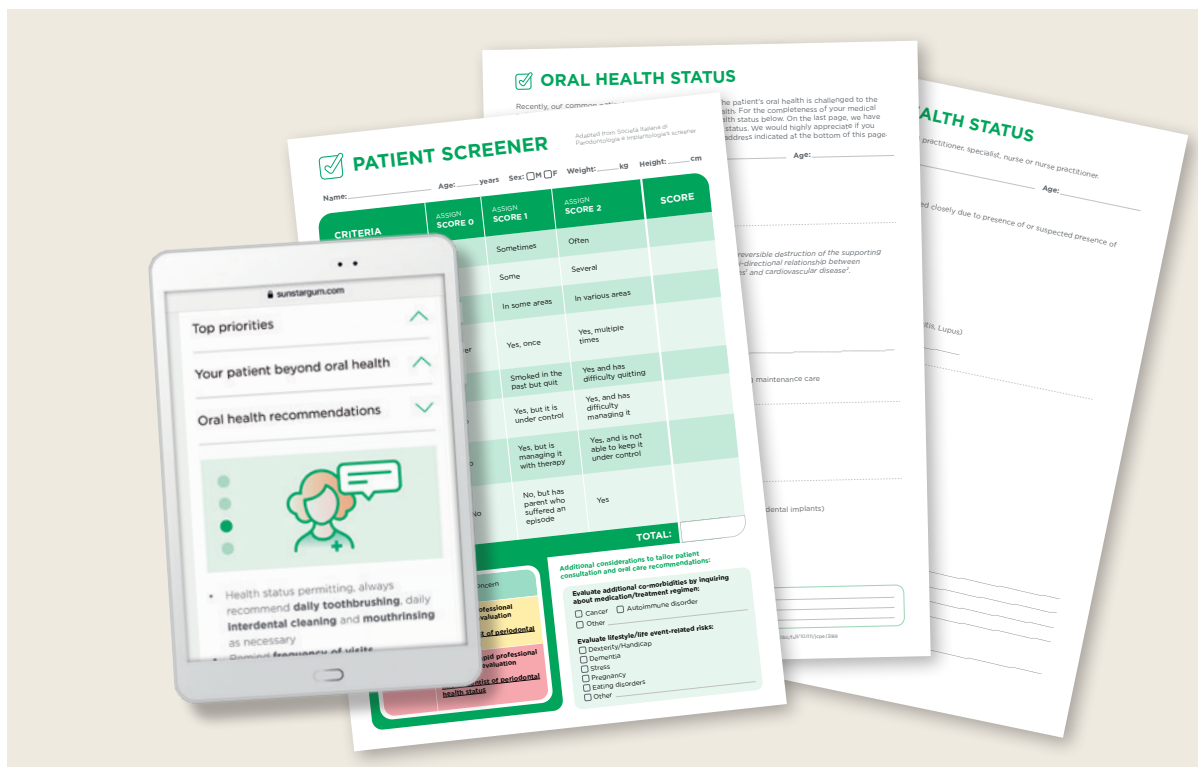
8. Patients with dexterity issues
9. Patients experiencing stress
10. Smokers
11. Pregnant patients

Systemic health related care

12. Patients with diabetes
13. Patients in menopause/with osteoporosis
14. Patients with eating disorder/obesity

Two forms are provided to facilitate communication between patients and health professionals:

Treating physician oral and systemic health feedback forms: two oral & systemic health feedback forms are provided to facilitate communication between the oral health practice and the treating physician if, and when, this may be warranted to ensure optimal patient care. The oral health professional can empower the patient by providing him/her with a form which he/she can share with his/her treating physician. This oral health feedback form is accompanied by a systemic health feedback form which the treating physician is encouraged to fill out and return to the oral health practice.



All conveniently available in the resources section at professional.SunstarGUM.com/resources



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2. NOT ALL YOUR PATIENTS ARE THE SAME

2.1 SYSTEMIC HEALTH AND LIFESTYLE/LIFE EVENTS RELATED RISK FACTORS

Professional oral hygiene instruction is critical to help patients achieve the best possible plaque control and oral health. Screening overall health to optimise oral health is part of this equation.

Personalised oral hygiene instruction allows for the best professional care possible. Oral hygiene instruction adapted to individual patients takes into consideration not only a patient's oral health status and age, but also lifestyle/life events factors (table 1) and systemic health (co-morbidities) (table 2), both of which impact oral health.

The guidebook's advisory board has recommended that the following co-morbidities and lifestyle/life events risk factors be taken into consideration when discussing oral health with your patients.

Table 1

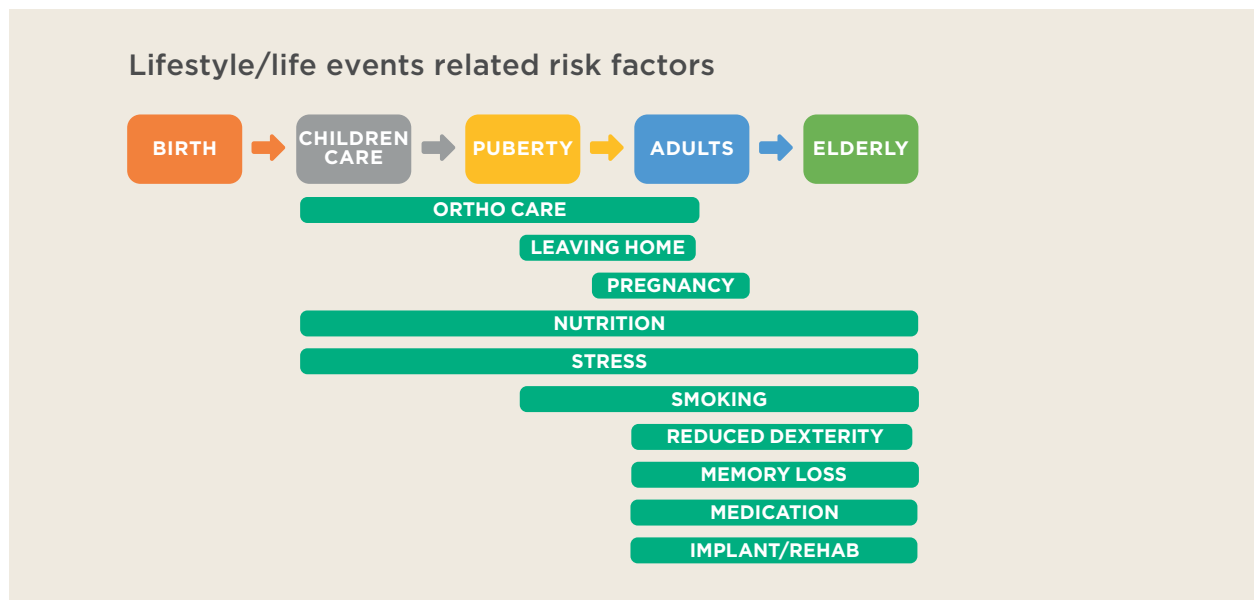
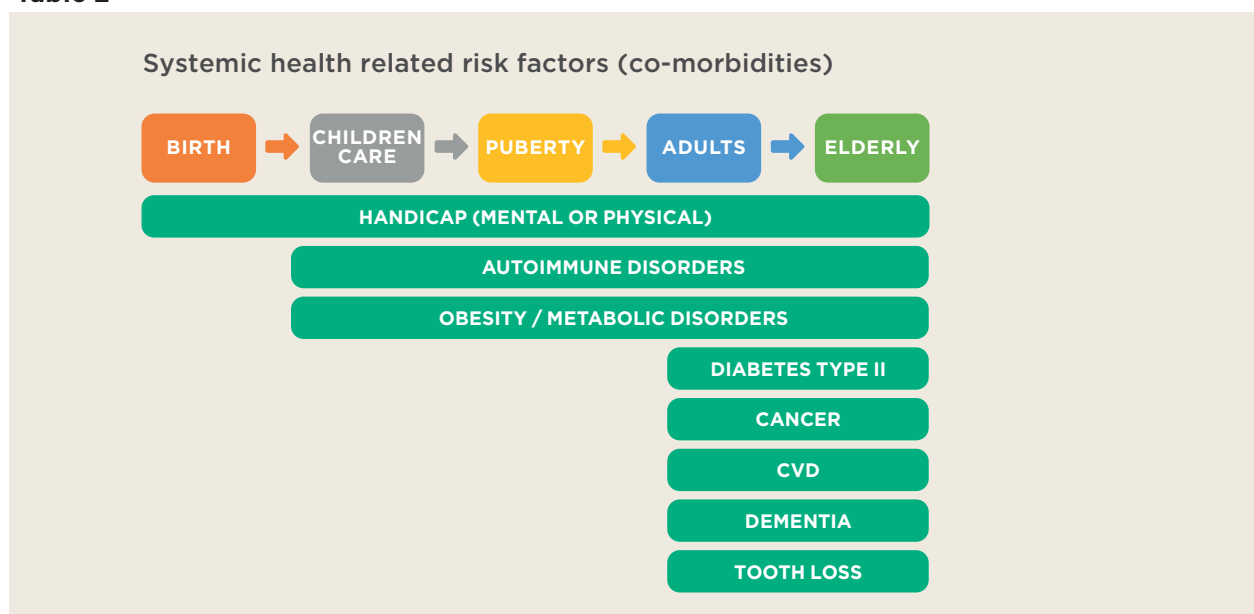


Table 2





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2.2 PATIENT ORAL HEALTH SCREENER

Screening for co-morbidities and discussing lifestyle/life events related risk factors require special care. These are delicate topics, but screening for these conditions to derive implications for each individual's oral health will allow you to provide exceptional value to your patients.

The patient oral health screener provided in this guidebook was adapted from a screener developed and used by the Italian Society of Periodontology and Implantology (SIdP), a member of the EFP.

The adapted SIdP screener serves the useful purpose of documenting the basics of a patient's overall and oral health, in an easy and accessible manner for patients and dental hygienists alike:

- The key objective is to determine the urgency with which a patient should be referred for professional periodontal care, and to evaluate additional co-morbidities and lifestyle/life events related risks in order to select the appropriate patient checklist.
- The central 8 questions should take about 40 seconds to complete, while completing the entire form, including the 5 short demographic questions, should take about 1 minute.
- It is foreseen that the screener be revisited with the patient yearly so as to validate what may have changed with respect to the patient's self-reported oral and systemic health.

PATIENT SCREENER

Adapted from Società Italiana di Parodontologia e Implantologia's screener

Name: _____ Age: _____ years Sex: M F Weight: _____ kg Height: _____ cm

CRITERIA	ASSIGN SCORE 0	ASSIGN SCORE 1	ASSIGN SCORE 2	SCORE
Does the patient have bleeding gums ?	No	Sometimes	Often	
Does the patient have loose teeth ?	No	Some	Several	
Does the patient have receding gums ?	No	In some areas	In various areas	
Has the patient lost a tooth or had a tooth extraction due to a loose tooth?	Never	Yes, once	Yes, multiple times	
Does the patient smoke ?	No	Smoked in the past but quit	Yes and has difficulty quitting	
Is the patient living with diabetes/high glycaemic index ?	No	Yes, but it is under control	Yes, and has difficulty managing it	
Does the patient have hypertension ?	No	Yes, but is managing it with therapy	Yes, and is not able to keep it under control	
Has the patient ever suffered from an ischaemic episode (stroke/heart attack/thrombosis)?	No	No, but has parent who suffered an episode	Yes	

EVALUATION CRITERIA:

Score ≤ 2	No need for concern
Score > 2 and ≤ 4	Requires a professional periodontal evaluation Inform dentist of periodontal health status
Score > 4	Requires a rapid professional periodontal evaluation Inform dentist of periodontal health status

TOTAL: _____

Additional considerations to tailor patient consultation and oral care recommendations:

Evaluate additional co-morbidities by inquiring about medication/treatment regimen:

Cancer Autoimmune disorder
 Other _____

Evaluate lifestyle/life event-related risks:

Dexterity/Handicap
 Dementia
 Stress
 Pregnancy
 Eating disorders
 Other _____

Go to professional.SunstarGUM.com/resources to download a copy of the screener



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CONSULTATION SUPPORT FOR PERSONALISED PATIENT CARE

2.3 ORAL AND SYSTEMIC HEALTH FEEDBACK LOOP WITH TREATING PHYSICIAN

The oral health feedback forms are provided to facilitate communication between the oral health practice and the treating physician if, and when, this may be desirable or warranted to ensure optimal patient care.

It is suggested that the oral health professional empower the motivated patient by providing them with the feedback form which they can share with their treating physician.

The oral health feedback form is accompanied by the systemic health feedback form which contains questions about the patient's general health status. The treating physician is encouraged to fill out this form and return it to the dental practice.

ORAL HEALTH STATUS

Recently, our common patient visited our dental office. The patient's oral health is challenged to the point where we feel it may have an impact on general health. For the completeness of your medical file, we would like to share an overview of his/her oral health status below. On the last page, we have added some questions about the patient's general health status. We would highly appreciate if you could answer those questions and return the form to our address indicated at the bottom of this page.

Patient Name: _____ Age: _____

1. Frequency of dental check-ups

Twice a year
 Once a year
 Never

2. Periodontitis

Periodontitis is a chronic inflammatory disease that causes irreversible destruction of the supporting structures around the teeth. Research shows that there is a bi-directional relationship between periodontitis and several systemic conditions, such as diabetes¹ and cardiovascular disease².

2.1 Patient periodontal status

Patient has periodontitis
 Patient does not have periodontitis (continue to 2.3)

2.2 Patient treatment status

Patient is being treated
 Patient is not being treated. Reasons for this: _____

2.3 History of periodontal treatment

Patient has been treated in the past and is now receiving maintenance care
 Patient has never been treated

3. Oral hygiene

3.1 Oral hygiene routine

Good
 Moderate
 Needs monitoring and encouragement

4. Presence of other oral conditions

Peri-implantitis (inflammatory lesions in the tissues around dental implants)
 Xerostomia (dry mouth)
 Halitosis (bad breath)
 Caries
 Endodontic problem(s)
 Oral cancer

Kind regards,

Name _____
Dental practice address _____
Date _____ Signature _____

[1] <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3006882/> [2] <https://onlinelibrary.wiley.com/doi/full/10.1111/jcpp.12089>

SYSTEMIC HEALTH STATUS

This page is to be filled in by the general practitioner, specialist, nurse or nurse practitioner.

Patient Name: _____ Age: _____

1. Oral health and overall health

My patient's oral health needs to be monitored closely due to presence of or suspected presence of the following conditions:

Cardiovascular disease
 Endocarditis
 Stroke
 Diabetes
 Pregnancy and birth complications
 Pneumonia
 HIV/AIDS
 Osteoporosis
 Alzheimer's disease
 Parkinson's disease
 Autoimmune disease (MS, Rheumatoid Arthritis, Lupus)
 Cancer and cancer treatment
 Other: _____

2. For patients living with diabetes

2.1 Metabolic control

Good
 Moderate
 Poor

2.2 Compliance with diabetic treatment regimen

2.3 Existing diabetic complications

If there are any, please specify: _____

2.4 Medication

Please specify the prescribed medication: _____

Go to professional.SunstarGUM.com/resources to download a copy of the oral health feedback forms



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3. UNIVERSAL CARE CHECKLISTS

The universal care checklists cover 1) prevention fundamentals, for all patients and 2) prevention alarm bells for non-compliant patients. These checklists can be downloaded on SunstarGUM.com/resources.

Inappropriate or inconsistent tooth brushing, as well as inappropriate or infrequent interdental cleaning requires a gentle “shake” to raise the stakes for the non-compliant patient. This may not always be easy but is certainly a worthwhile investment. If done in a caring and friendly manner, it can increase the potential for oral hygiene.

Checklists – Universal care

Prevention: fundamentals



Top priorities

- Raise awareness that the prevention of periodontal disease is a lifelong commitment that is worth making to keep a healthy smile throughout a productive life
- Remind that maintaining healthy gums helps to avert discomfort, extra costs and helps maintain more pleasant social interactions
- Brush teeth at least twice a day using fluoride toothpaste and use interdental cleaners daily

Your patient beyond oral health

Complete or review patient screener – has something changed?

- Inform that taking care of oral health is an investment in one’s overall health. Maintaining healthy gums protects patients from the potentially adverse effects of gum disease on general health
- Recommend a healthy diet, limiting food and drinks with added sugars

- Educate about impact of smoking
- Schedule regular dental checkups and cleanings

Oral health recommendations

- Recommend 2-minute brushing twice daily using appropriate modified Bass technique
- Budget permitting, recommend power brushes to better care for gingival inflammation and plaque levels
- Discuss daily interdental cleaning and explain it helps to clean where a toothbrush cannot
- Space permitting, recommend easy-to-use interdental brushes and rubber interdental cleaners as most effective method shown to promote compliance
- Nutrition guide when needed
- Remind to change toothbrush or toothbrush head at least every 12 weeks and interdental cleaners as recommended on pack
- Schedule regular dental check-ups and cleanings

GUM product recommendations

- GUM SONIC DAILY battery toothbrush
- GUM ActiVital® range
- GUM SOFT-PICKS® interdental range
- GUM RED-COTE® tablets

Go to professional.SunstarGUM.com/resources to download the checklists for Universal care



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Checklists - Universal care

Prevention: alarm bells



Top priorities

- Use consistent, friendly and encouraging instruction
 - Raise awareness about gingivitis and periodontitis and discuss consequences of poor oral care habits
 - Discuss risk of tooth loss and inform about peri-implantitis and its cost
 - Gently recommend change of habits to improve compliance and avoid tooth loss
- Inform that inappropriate interdental cleaning and traumatic tooth brushing are common non-compliant behaviors
- Traumatic tooth brushing can lead to damage of dental or periodontal tissue and cause gingival recession, dentine hypersensitivity, plaque accumulation, development of caries and/or non-carious cervical lesions, gingival inflammation and periodontal attachment loss
- Inappropriate interdental cleaning can lead to dental decay and gingivitis/periodontitis. Always remind patients that a toothbrush alone cannot reach all tooth surfaces, making interdental cleaning essential.

Your patient beyond oral health

Complete or review patient screener – has something changed?

- Discuss to uncover patients' lifestyle risk factors & possible co-morbidities in order to provide differential recommendations

- Remind about oral hygiene best practices, nutrition and frequency of visits to maintain oral health and protect overall health

Oral health recommendations

- Provide friendly tips and tricks on how to form good habits. Reinforce 2-minute brushing twice daily using appropriate modified Bass technique and the use of appropriate tools. Recommend daily interdental cleaning and explain it helps to clean where your toothbrush cannot
- Budget permitting, recommend oral care approaches that increase compliance
- Power brushes are likely significantly more effective for the low compliant population (budget permitting)
- Give preference to rubber interdental brushes/rubber interdental cleaners due to ease of use, ideal for the non-compliant.
- Remind frequency of visits and schedule regular dental check-ups and cleanings
- Nutrition guide when needed
- Refer to dentist as needed

GUM product recommendations

- GUM ORTHO® range
- GUM SONIC and GUM PowerCARE™ power toothbrushes
- GUM SOFT-PICKS® rubber interdental cleaners – patient-preferred and particularly easy to use. Ideal to drive adoption of interdental cleaning
- GUM RED-COTE® tablets for plaque discovery
- GUM PerioBalance® tablets for balanced oral microflora

Discover targeted toothpaste solutions at [SunstarGUM.com](https://www.sunstargum.com)

Go to [professional.sunstargum.com/resources](https://www.professional.sunstargum.com/resources) to download the checklists for Universal care



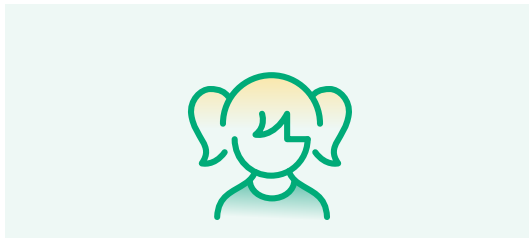
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4. AGE RELATED CARE CHECKLISTS

Age related care checklists are intended to support you in your effort to provide age appropriate care and education. These checklists can be downloaded on SunstarGUM.com/resources.

Checklists - Age related care Children 6 months to 6 years



Top priorities

- Management of pain during tooth eruption
- Remove plaque and prevent build-up
- Enamel remineralisation
- Encourage parent to provide child with oral hygiene guidance







Your patient beyond oral health

- Parent brushing or parent guidance on brushing?
- Nutrition/Snacking?
- Obesity?
- Diabetes type I?

Oral health recommendations

- Provide guidance on how to brush & encourage parent to become a friendly oral hygiene coach
- Provide nutrition guidance: good and bad foods for dental health
- Recommend and ensure visit frequency

GUM product recommendations

	GUM BABY 	GUM KIDS 	GUM KIDS 	GUM LIGHT-UP 	GUM JUNIOR 	GUM RED-COTE® 
6 MONTHS	✓					
1 YEAR	✓					
2 YEARS	✓		✓			
3 YEARS		✓	✓			
4 YEARS		✓	✓			
5 YEARS		✓	✓			
6 YEARS		✓	✓	✓	✓	✓

Note on GUM RED-COTE tablets: This product can be used by children without specific contra indication or age limit. The only limit is based on common sense, meaning that the child must be able to not swallow the product.

Go to professional.SunstarGUM.com/resources to download the checklists for Age related care



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Checklists - Age related care Children 7-11 years



Top priorities

- Raise awareness about need for orthodontic treatment if required
- Remove plaque and prevent build-up
- Enamel remineralisation
- Awareness of oral care problems
- Establishment of good habits to ensure compliance
- Encourage parent to provide child with oral hygiene guidance

Your patient beyond oral health

- Parent guidance on brushing?
- Nutrition/Snacking?
- Obesity?
- Diabetes type I?

Oral health recommendations

- Educate child and encourage parent to become a friendly oral hygiene coach
- Provide nutrition guidance : good and bad foods for dental health
- Assess and evoke the potential need to apply a pit and fissure sealant
- Recommend visit frequency

GUM product recommendations

	GUM JUNIOR 	GUM JUNIOR 	GUM JUNIOR 	GUM TEENS 	GUM RED -COTE® 
7 YEARS	✓	✓	✓		✓
8 YEARS	✓	✓	✓		✓
9 YEARS	✓	✓	✓		✓
10 YEARS			✓	✓	✓
11 YEARS			✓	✓	✓

Note on GUM RED-COTE tablets : This product can be used by children without specific contra indication or age limit. The only limit is based on common sense, meaning that the child must be able to not swallow the product.

Go to professional.SunstarGUM.com/resources to download the checklists for Age related care



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Checklists - Age related care

Teens



Top priorities

- Raise awareness about orthodontic treatment if needed
- Help teen understand plaque and inform about consequences of bad oral care habits. Educate and motivate teen and encourage parent as an oral hygiene coach
- Remind that maintaining healthy gums promotes good breath and helps maintain more pleasant social interactions
- Brush teeth at least twice a day using fluoride toothpaste and use interdental cleaners daily

Your patient beyond oral health

Complete or review patient screener - has something changed?

- Taking care of oral health is an investment in overall health. Start young and develop excellent habits
- Recommend a healthy diet, limiting food and drinks with added sugars - educate about good and bad foods for dental health
- Educate about impact of smoking

Oral health recommendations

- Recommend 2-minute brushing twice daily. Emphasise the need for thorough plaque removal and a good brushing technique particularly if patient has orthodontic appliances
- Discuss daily interdental cleaning and explain it helps clean where a toothbrush cannot
- Recommend easy-to-use interdental brushes/rubber interdental cleaners as most effective and compliance-promoting method (interdental space permitting)
- Assess and evoke the potential need to apply a pit and fissure sealant
- Nutrition guide when needed
- Remind to change toothbrush or toothbrush head at least every 12 weeks and interdental cleaners as recommended on pack
- Schedule regular dental check-ups and cleanings

GUM product recommendations

- GUM ORTHO® range
- GUM ActiVital® range
- GUM SONIC battery toothbrushes
- GUM RED-COTE® tablets
- GUM TRAV-LER® interdental brushes

Go to [professional.SunstarGUM.com/resources](https://professional.sunstargum.com/resources) to download the checklists for Age related care



Checklists – Age related care

Adults



Top priorities

- Raise awareness of potential oral care problems, lifestyle risk factors and effect of co-morbidities. Validate, discuss and provide targeted solutions
- Remind that maintaining healthy gums, saving teeth and avoiding crowns and dentures helps to avert discomfort, extra costs, and helps maintain more pleasant social interactions

Your patient beyond oral health

Complete or review patient screener – has something changed?

- Discuss to uncover patient's lifestyle risk factors & possible co-morbidities in order to provide differential recommendations
- Remind oral care best practices to avoid increased risk of gingival bleeding and impact on systemic health
- Remind about nutrition and frequency of visits to maintain oral health and protect overall health

Oral health recommendations

- Recommend targeted solutions, as needed for
 - Orthodontic treatment
 - Dentine hypersensitivity
 - Enamel erosion
 - Implants/restoration
 - Prosthetic reconstruction
 - Halitosis
 - Oral ulcers
- Recommend 2-minute brushing twice daily using appropriate modified Bass technique

- Budget permitting, recommend power brushes to better care for gingival inflammation and plaque levels
- Discuss daily interdental cleaning and explain it helps to clean where a toothbrush cannot
- Space permitting, recommend easy-to-use interdental brushes and rubber interdental cleaners as most effective method shown to promote compliance
- Nutrition guide when needed
- Remind to change toothbrush or toothbrush head at least every 12 weeks and interdental cleaners as recommended on pack
- Schedule regular dental check-ups and cleanings

GUM product recommendations

- GUM ORTHO® range
- GUM Technique® PRO manual toothbrush
- GUM SONIC or GUM PowerCARE™ power toothbrushes
- GUM SOFT-PICKS® rubber interdental cleaners – patient-preferred and particularly easy to use. Ideal to drive adoption of interdental cleaning
- GUM TRAV-LER® and GUM BI-DIRECTION easy-to-use interdental brushes. Designed to better fill all interdental spaces. Ideal for all periodontally challenged patients
- GUM SensiVital® range for dentinal sensitivity
- GUM PAROEX® range for patients with gingivitis
- GUM HaliControl® range for acute bad breath
- GUM AftaClear range for mouth ulcers and lesions
- GUM ActiVital® and BIO ranges for daily care
- GUM RED-COTE® tablets for plaque discovery
- GUM PerioBalance® tablets for balanced oral microflora

Go to professional.SunstarGUM.com/resources to download the checklists for Age related care



Checklists - Age related care

Elderly (70+)



Top priorities

- Raise awareness about plaque and possibility of tooth preservation into old age
- Remind that systemic diseases (diabetes, CVD, other) require greater attention to oral health
- Provide differential recommendations depending on patient's oral health status, co-morbidities and risk-factors

Your patient beyond oral health

Complete or review patient screener - has something changed?
Discuss and inquire about risk factors using screener.

- Ask about systemic medications for conditions including: diabetes, cardiovascular disease, auto-immune disease, thyroid problems, iron deficiency/anemia (potential impact on oral health status)
- Undergoing cancer treatment?
- Nutrition? Obesity? Alcohol?
- Consider also: memory loss, dementia, handicap (mental or physical)

Oral health recommendations

- Health status permitting, always recommend daily toothbrushing, daily interdental cleaning and mouth rinsing as necessary
- Space permitting, recommend easy-to-use interdental brushes/rubber interdental cleaners as most effective and compliance-promoting method
- Remind frequency of visits

- Nutrition guide when needed
- Based on screener, refer to dentist as needed

Recommend targeted solutions, as needed for:

- Reduced dexterity
- Dentine hypersensitivity
- Enamel erosion
- Implants/restoration
- Prosthetic reconstruction
- Halitosis
- Oral ulcers
- Denture care/tooth loss

GUM product recommendations

- GUM PowerCARE™ or GUM SONIC DAILY battery toothbrush
- GUM ActiVital® toothpaste and mouthrinse
- GUM SOFT-PICKS® ADVANCED, GUM TRAV-LER® or GUM BI-DIRECTION interdental cleaners
- GUM PerioBalance® tablets

Go to professional.SunstarGUM.com/resources to download the checklists for Age related care



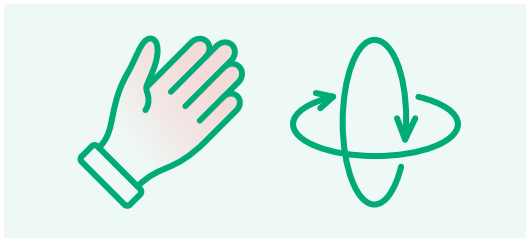
5. LIFESTYLE / LIFE EVENTS RELATED CARE CHECKLISTS

Lifestyle/life events related care checklists are intended to support you in

your effort to provide personalised care for patients confronted with changes in their life. These checklists can be downloaded on SunstarGUM.com/resources.

Checklists – Lifestyle and life event related care

Patients with dexterity issues



Top priorities

- The oral health of people with disabilities is complicated by their condition: use consistent, friendly and encouraging instruction to recommend oral hygiene regimen adapted to people living with dexterity issues
- Provide comfort and encouragement, minimize stress, and share instructions for proper senior oral care
- Recommend making more frequent visits to the dentist to ensure prompt and proper dental hygiene

Your patient beyond oral health

Complete or review patient screener – has something changed?

- Inquire if there is a care provider who can support senior with dexterity issues
- If applicable, recommend ways in which oral health services can be made accessible to patient
- Encourage patient to avoid sugary foods and drinks

Oral health recommendations

- For senior patients with dentures, encourage cleaning dentures daily with non-abrasive denture-care products or cleansers
- When dentures are removed, encourage senior patient to gently brush tongue, gums, and palate with a soft-bristled toothbrush for proper oral care
- Remind standard toothpaste can be abrasive and may damage dentures
- Budget permitting, recommend power brushes to better care for gingival inflammation and plaque levels. They also reduce the difficulty of manoeuvring a manual toothbrush
- Seniors with dexterity issues may be unable or disinclined to use floss. Always recommend interdental brushes/rubber interdental cleaners that can make it easier to clean and remove plaque from interproximal spaces
- Consider daily fluoride mouthrinses or topical applications that can help your senior patient fight tooth decay
- Remind to change toothbrush or toothbrush head at least every 12 weeks and interdental cleaners as recommended on pack

GUM product recommendations

- GUM PowerCARE™ or GUM SONIC power toothbrushes
- GUM SOFT-PICKS® or GUM BI-DIRECTION interdental cleaners
- GUM ActiVital® range
- GUM PAROEX® range
- GUM PerioBalance® tablets
- GUM RED-COTE® tablets

Go to professional.SunstarGUM.com/resources to download the checklists for Lifestyle and life event related care



Checklists – Lifestyle and life event related care

Patients experiencing stress



Top priorities

Patients experiencing stressful lives may require closer monitoring and more vigilant maintenance of their oral health, above and beyond what is required for less stressed individuals.

Stressed patients are more likely to suffer from:

- Poor oral hygiene due to mood changes, which may cause patients to take less care or avoid brushing altogether
- Overeating and snacking on sugary food or drinks
- Canker sores
- Teeth grinding, which when excessive can cause TMD (temporomandibular joint disorder) or broken, chipped or cracked teeth
- Discuss and inquire medication use: antidepressant drugs may cause salivary gland hypofunction and hence dry mouth
- Patients with a dry mouth may complain of associated dryness of the lips and throat, oral soreness or burning, altered taste sensations and halitosis. They may find chewing, swallowing and speaking difficult. The risk of candidiasis is increased
- For patients with dentures, the lack of an adequate salivary film between dentures and underlying gums can impair retention of dentures, and the lack of salivary lubrication can lead to denture-induced mucosal ulceration

Your patient beyond oral health

Complete or review patient screener – has something changed?

- Remember that psychological stress appears to contribute to poor oral health systemically in combination with other chronic diseases
- Inquire about medication use to check for antidepressants

Oral health recommendations

- Provide comfort and encouragement, minimise stress, and share instructions for proper oral care
- Recommend 2-minute brushing twice daily, if appropriate, with a toothpaste that helps fight dry mouth
- Explain interdental cleaning helps to clean where a toothbrush cannot; recommend interdental brush or rubber interdental cleaner to clean between each and every tooth daily
- Remind to change toothbrush or toothbrush head at least every 12 weeks and interdental cleaners as recommended on pack
- Recommend mouthwashes that provide gentle and effective relief from dry mouth – when appropriate
- Recommend making more frequent visits to the dentist to ensure prompt and proper dental hygiene

GUM product recommendations

- GUM PowerCARE™ or GUM SONIC power toothbrushes
- GUM TechniquePRO manual toothbrush
- GUM SOFT-PICKS® interdental range
- GUM ActiVital® range
- GUM PAROEX® range
- GUM PerioBalance® tablets
- GUM RED-COTE® tablets

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HYGIENIST GUIDEBOOK

CONSULTATION SUPPORT FOR PERSONALISED PATIENT CARE

Checklists – Lifestyle and life event related care

Smokers



Top priorities

Use consistent, friendly and encouraging instruction

- Explain that smokers are more likely to develop periodontitis. It compromises the immune response so the body cannot fight bacteria properly, it impairs healing of damaged gums, and causes a shift towards a more pathogenic dental biofilm.
- Explain that nicotine and tar stain teeth, can give teeth a yellow colour in a very short time
- Inform that people who smoke are more likely to have bad breath

Gently remind patients that

- Smoking damages the mouth, gums and teeth
- A proper oral hygiene plan is extremely important for smokers

Your patient beyond oral health

- Complete or review patient screener – has something changed?
- Be aware that smoking can lead to tooth staining, gum disease, tooth loss, and, in more severe cases, mouth cancer
- Follow up on patient overall health over time and inquire about medication use if other conditions appear

Oral health recommendations

- Recommend 2-minute brushing twice daily, interdental cleaning and use of a tongue cleaner and mouthwash at least twice daily
- Recommend whitening toothpastes. Because these are a little more abrasive, you may recommend using them alternately with standard toothpastes
- Explain that interdental cleaning helps to clean where a toothbrush cannot; recommend interdental brush or rubber interdental cleaner
- Remind to change toothbrush or toothbrush head at least every 12 weeks and interdental cleaners as recommended on pack
- Recommend tongue cleaners and mouthwashes to help disguise bad breath in the short term (but remind it will not cure it)
- Encourage smokers to see their hygienist and dentist for regular examination

GUM product recommendations

- GUM PowerCARE™ or GUM SONIC power toothbrushes
- GUM TechniquePRO manual toothbrush
- GUM ActiVital® range
- GUM SOFT-PICKS® interdental range
- GUM HaliControl® range
- GUM PerioBalance® tablets
- GUM RED-COTE® tablets

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Checklists – Lifestyle and life event related care

Pregnant patients**Top priorities**

Remind patient that pregnancy is a time when oral health is more important than ever. Inform patient that while they may have enjoyed good dental health in the past, they may encounter a few oral health issues during pregnancy

Look out for the following in your pregnant patients:

- Pregnancy gingivitis, starting at about 8 weeks, and peaking in the 8th month and ending shortly after delivery. This is due to increased levels of hormones and altered immune function, and is very common
- Look out for pregnancy granulomas in about 10% of women
- Look out for tooth/acid erosion – teeth with a lack of surface luster and yellowing as the enamel is dissolved away, possibly caused by severe morning sickness with frequent vomiting

Your patient beyond oral health

- Recommend patient eat a well-balanced diet as much as possible
- Encourage patient to look after self, especially oral health after the baby has arrived and to take child to first dental visit before first birthday

Oral health recommendations

- Recommend 2-minute brushing twice daily, using a toothbrush with tapered bristles to reach below the gum line and between teeth
- Use fluoride toothpaste twice a day, brushing with it for 2 minutes to gain maximum benefit
- Explain interdental cleaning helps to clean where a toothbrush cannot; recommend interdental brush or rubber interdental cleaner to clean between each and every tooth daily
- Maintain regular check-up visits during and after pregnancy
- Remind to change toothbrush or toothbrush head at least every 12 weeks and interdental cleaners as recommended on pack

GUM product recommendations

- GUM SONIC or GUM PowerCARE™ power toothbrushes
- GUM TechniquePRO manual toothbrush
- GUM ActiVital® range
- GUM SOFT-PICKS® interdental range
- GUM PerioBalance® tablets
- GUM RED-COTE® tablets

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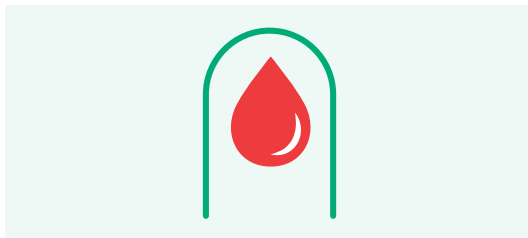
6. SYSTEMIC HEALTH RELATED CARE CHECKLISTS

Systemic health related care checklists are intended to support you in your effort to provide personalised care

for patients living with co-morbidities. These checklists can be downloaded on SunstarGUM.com/resources.

Checklists – Systemic health related care

Patients with diabetes



Top priorities

- Inform about bidirectional link between periodontal disease and diabetes
- Prevalence of other oral complications is also higher in people living with diabetes
- Gum disease may be a factor in causing blood sugar to rise and may make diabetes harder to control
- Holistic oral health management: include dry mouth, mucosal lesions (candida infections), oral cancer, taste impairment, and caries
- Remind diabetes requires greater attention to oral health

Your patient beyond oral health

Complete or review patient screener – has something changed?

Consider additional lifestyle and risk factors using screener

- Regular use of diabetic medication as prescribed?
- Implant/prosthetic rehabilitation?
- Stress? Smoking? Nutrition? Obesity? Alcohol?

Oral health recommendations

- Recommend particularly rigorous oral hygiene: daily toothbrushing, interdental cleaning and mouth rinsing
- Space permitting, recommend easy-to-use interdental brushes/rubber interdental cleaners as most effective and compliance-promoting method
- Instruct about detection of early signs of gum disease
- Discourage smoking
- Emphasize importance of visit frequency
- Refer to dentist as needed

GUM product recommendations

- Daily Care range
- GUM PowerCARE™ or GUM SONIC DAILY battery toothbrush
- GUM ActiVital® toothpaste and mouthrinse
- GUM SOFT-PICKS® ADVANCED or GUM TRAV-LER® interdental cleaners
- GUM HYDRAL® range

Go to professional.SunstarGUM.com/resources to download the checklists for Systemic health related care



Checklists – Systemic health related care

Patients in menopause/ with osteoporosis



Top priorities

- Lower oestrogen levels affect bone metabolism and affect the oral cavity, causing inflammatory changes in the body that can lead to gingivitis
- Menopausal women susceptible to bone fractures may also be at higher risk of periodontal disease. Low bone density in the jaw can result in other dental problems as well
- Older women with osteoporosis may be more likely to have difficulty with loose or ill-fitting dentures and may have less optimal outcomes from oral surgical procedures
- Available information suggests that hormone therapy and bisphosphonate drugs may help against alveolar bone loss and perhaps slow the progression of periodontal disease. However, bisphosphonates may be associated with oral hygiene risks for certain patients (see next section)

Your patient beyond oral health

- According to the USA NIH, women with osteoporosis are three times more likely to experience tooth loss than those who do not have the disease
- Women with high Fracture Assessment Risk Tool (FRAX) scores may show the strongest signs of periodontal disease

- Bisphosphonates, a group of medications available for the treatment of osteoporosis, have been linked to the development of osteonecrosis of the jaw (ONJ), which is cause for concern. However, the risk of ONJ has been greatest in patients receiving large doses of intravenous bisphosphonates, mostly to treat cancer. The occurrence of ONJ is rare in individuals taking oral forms of the medication for osteoporosis treatment.

Oral health recommendations

- Recommend 2-minute brushing twice daily, using a toothbrush with tapered bristles to reach below the gum line and between teeth
- Explain interdental cleaning helps to clean where a toothbrush cannot; recommend interdental brush or rubber interdental cleaner to clean between each and every tooth daily
- Maintain regular check-up visits
- Remind to change toothbrush or toothbrush head at least every 12 weeks and interdental cleaners as recommended on pack

GUM product recommendations

- GUM PowerCARE™ or GUM SONIC power toothbrushes
- GUM ActiVital® range
- GUM SOFT-PICKS®, GUM TRAV-LER® or GUM BI-DIRECTION interdental cleaners
- GUM PAROEX® range
- GUM PerioBalance® tablets
- GUM RED-COTE® tablets

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Checklists – Systemic health related care

Patients with eating disorder/obesity



Top priorities

Eating disorders

- Gently inform patient with eating disorder (ED) associated with vomiting/ binge eating behaviours that they may suffer worse oral health and greater dental erosion
- Recall that in ED patients with longer duration of the disease, dental erosion is significantly more common
- Gently let ED patient know they can be honest with their treatment team about purging behaviours and remind that this is a great time to strive to have the best oral hygiene

Obesity

- For your patient with obesity, gently inform that they are more prone to periodontal disease and more likely to suffer tooth loss
- For your patient with obesity, encourage meticulous oral health, explaining that foods rich in sugar and carbohydrates (which they may like) increase the chance of periodontitis

Your patient beyond oral health

- A poor diet can negatively impact oral health and overall health
- The link between obesity and a series of diseases has been confirmed, particularly cardiovascular diseases and diabetes
- Obesity and inactivity are also linked to metabolic syndrome, which increases the risk of diabetes and heart and blood vessel disease – again with a negative impact on oral health

Oral health recommendations

- Encourage patient to maintain meticulous oral health, noting that people with obesity are less likely to regularly visit their oral care professional
- To maintain oral care, after purging, patient should immediately rinse their mouth with water or use a sugar-free mouthrinse
- You may recommend brushing be halted for an hour after vomiting to avoid scrubbing the stomach acids deeper into the tooth enamel
- Fluoride rinses may be prescribed as well as desensitising or remineralising
- Recommend 2-minute brushing twice daily, using a toothbrush with tapered bristles to reach below the gum line and between teeth
- Explain interdental cleaning helps to clean where a toothbrush cannot; recommend interdental brush or rubber interdental cleaner to clean between each and every tooth daily
- Remind to change toothbrush or toothbrush head at least every 12 weeks and interdental cleaners as recommended on pack
- Maintain regular check-up visits

GUM product recommendations

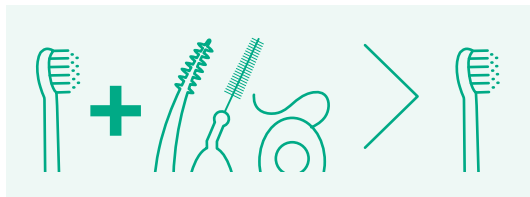
- GUM SONIC or GUM PowerCARE™ power toothbrushes
- GUM SensiVital® range
- GUM ActiVital® range
- GUM SOFT-PICKS® interdental range
- GUM PerioBalance® tablets
- GUM RED-COTE® tablets

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7. OPTIMISING PLAQUE CONTROL WITH PATIENT-FRIENDLY TOOLS

Optimisation of plaque control is essential to maintain good oral health and for the follow-up of non-surgical and surgical periodontal therapy. As it is now well established, this cannot be achieved with brushing alone; hence, there is a need for adjunctive interdental cleaning aids.



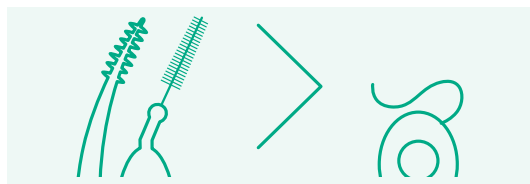
But which cleaning aids? First and foremost, not only effective but also easy-to-use interdental cleaning aids, which will support and encourage compliance not only after a visit to the hygienist but in the long term and as a way of life.

Interdental cleaning with interdental brushes and rubber interdental cleaners

Interdental space permitting, interdental brushes and rubber interdental cleaners are the most effective interdental cleaning tools. Daily use before tooth brushing is recommended for both primary and secondary prevention. They are the cleaning method of choice for both primary and secondary prevention due to three key reasons:

1. Effectiveness in plaque removal
2. Ability to provide gentle, atraumatic cleaning
3. Patient preference due to ease of use

The latest RCT evidence shows that patients find interdental brushes and rubber interdental cleaners easier to use than floss, so that recommending these tools may also lead to greater compliance.



Floss remains useful where interdental spaces may be too narrow to accommodate other interdental cleaning methods.

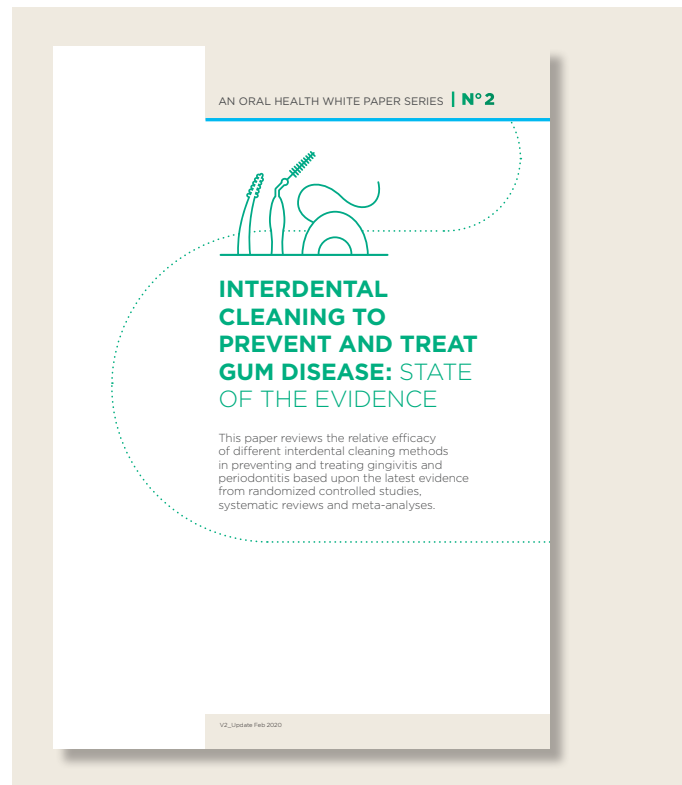
Interdental cleaning with floss

When used properly, daily floss use can be effective at preventing interdental plaque accumulation. According to the EFP, there is however no evidence to support the use of floss for interdental cleaning in periodontitis patients.

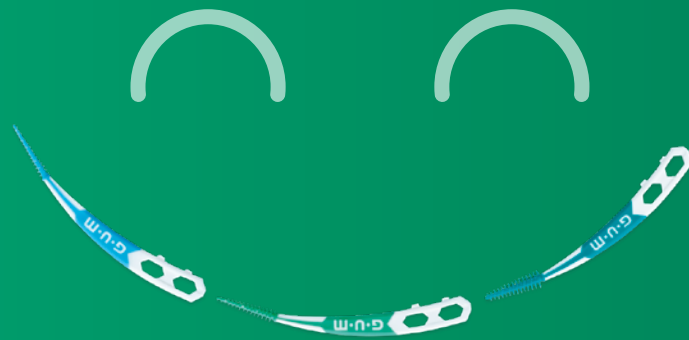
Moreover, patient compliance with daily flossing is low because it requires a degree of dexterity and motivation that some patients find hard to achieve. Floss remains useful in daily interproximal cleaning in situations where the use of interdental brushes or rubber interdental cleaners may be inappropriate, namely in healthy sites with narrow interdental spaces. For larger interdental spaces, interdental brushes and rubber interdental cleaners are best.

For more information, read our white paper on interdental cleaning to prevent and treat gum disease. You can download it from our website:

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