

# Patient Specific Dental Hygiene Care Plan

Patient Name XXXXXXXXXX

Age 79

Gender: M (F)

Student Name Alex Holland

Date 3-30-15

100

Chief Complaint:

- teeth cleaning

## Assessment Findings

### Medical History

### At Risk For

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li>• Under care of physician for cancer oncologist 2x year →</li> <li>• Prescription meds (Omeprazole) →</li> <li style="padding-left: 100px;">(Simvastatin) →</li> <li>• Gallbladder removed (99') →</li> <li>• Breast tumor (97', 07') →</li> <li>• Tumors removed from bladder (09') →</li> <li>• Knee replacement (June 14') →</li> <li>• Radiation therapy →</li> </ul> | <ul style="list-style-type: none"> <li>Cancer</li> <li>Xerostomia, Caries, Perio/candidiasis, erosion, Sensitivity, Caries, Perio</li> <li>Diet Change</li> <li>Cancer</li> <li>returning tumors</li> <li>bacteremia</li> <li>(Not current) Xerostomia, Caries, Perio</li> <li>erosion, Caries, perio</li> </ul> |
|--|--|

### Social and Dental History

### At Risk For

- |  |   |
|--|---|
| <ul style="list-style-type: none"> <li>• Allergy: Iodine *</li> <li>• Amoxicillin</li> </ul> | <ul style="list-style-type: none"> <li>Rash, Hives, anaphylactic Shock</li> <li>Xerostomia, Caries, perio/stomatitis</li> </ul> |
|--|---|

| Dental Examination               | At Risk For  |
|----------------------------------|--|
| • tori —————>                    | discomfort (possible)  |
| • linea alba —————>              | <del>trauma</del> more trauma, developing trauma related lesions |
| • fissured tongue —————>         | Plaque retentive   |
| • open bite —————>               | malocclusion   |
| • Calculus —————>                | more calculus, perio, tooth loss                                 |
| • malpositioned teeth —————>     | malocclusion, bio-retentive, Calculus, perio, tooth loss         |
| • medication —————>              | Xerostomia, Candidiasis, stomatitis                              |
| • Caries —————>                  | more <sup>caries, perio</sup> Caries, tooth loss                 |
| • bleeding gen. posterior —————> | gingivitis, perio  |
| • recession #30 —————>           | root exposure, sensitivity                                       |
| • moderate bone loss —————>      | Paranasal Severe perio, tooth loss                               |

Periodontal Case Type: Case III      Plaque Score: .3 good      Bleeding Score: .8

Gingival Inflammation: localized, mandibular anterior posterior lingual marginal

Biofilm: Slight generalized

Biofilm Retentive Features/Predisposing Factors: Calculus, Caries, malpositioned teeth, medications

Dental Hygiene Diagnosis

| Problem          | Related to Risk Factors or Etiology                            |
|------------------|--|
| 1. Plaque        | Poor OH / Calculus / pockets / Caries /<br>perio eti. bacteria |
| 2. Periodontitis | Poor OH / Calculus / toothloss<br>eti. bacteria mod. bone loss |
| 3. Caries        | Poor OH / no F12 / medications / diet<br>eti. bacteria         |
| 4. Xerostomia    | medications / caries / toothloss<br>eti. meds                  |

Planned Interventions

| Clinical  | Education   | Oral Hygiene Instruction   |
|---|---|--|
| <p>Scaling – hard deposit removal</p> <p>Polishing – soft deposit removal</p> <p>Fluoride application</p> | <p>Plaque</p> <ul style="list-style-type: none"> <li>• What is it</li> <li>• how it develops</li> <li>• What causes it</li> <li>• how to eliminate it</li> </ul>  | <ul style="list-style-type: none"> <li>• Correct brushing</li> <li>• Flossing</li> <li>• - using disclosing sol.</li> <li>• <del>gum</del> how plaque leads to calculus</li> </ul>   |
|   | <p>Periodontitis</p> <ul style="list-style-type: none"> <li>• what is it</li> <li>• how it develops</li> <li>• how to <u>halt</u> the progression</li> <li>• how to keep healthy gingival tissue</li> </ul> | <ul style="list-style-type: none"> <li>• Brushing / Flossing (Asses pt. Progress)</li> <li>• - make sure pt. understands plaque</li> <li>• Describe to pt. what perio is &amp; how it can be halted but not reversed</li> </ul>                  |
|   | <p>Caries</p> <ul style="list-style-type: none"> <li>• what is it</li> <li>• what it causes</li> <li>• how it forms</li> <li>• Prevention</li> <li>• F12 (remin/demin)</li> </ul>                           | <ul style="list-style-type: none"> <li>• Brushing / Flossing (Asses pt.)</li> <li>• make sure pt. understands perio</li> <li>• give pt. info on benefits of F12</li> <li>• Alternate diet choices</li> <li>• Management of xerostomia</li> </ul> |
|   | <p>Xerostomia (Chairside)</p> <ul style="list-style-type: none"> <li>• what it is</li> <li>• what it causes</li> <li>• what causes it</li> <li>• Prevention</li> </ul>                                      | <ul style="list-style-type: none"> <li>• Suggest pt. drink more water</li> <li>• Saliva substitutes</li> <li>• Add F12 to daily OH</li> </ul>  |

Expected Outcomes

| Goals   | Evaluation Method  | Time Frame              |
|---|--|-------------------------|
| <p><b>LTG 1:</b> Pt. Will maintain low plaque score</p> <p><b>STG:</b> Pt. will be able to define plaque</p> <p><b>STG:</b> Pt. will <del>miss</del> reduce plaque score at every appt.</p> <p><b>STG:</b> Pt. Will use a mouth rinse after brushing at night</p> | <p>1. Measure plaque score at each appt.</p> <p>- pt. conversation</p>           | <p>End of Treatment</p> |
| <p><b>LTG 2:</b> Pt. will halt progression of perio</p> <p><b>STG:</b> Pt. will define periodontitis</p> <p><b>STG:</b> Pt. will floss 2x a week</p> <p><b>STG:</b> Pt. will improve gingival index</p>   | <p>2. Periodontal evaluation &amp; assessing gingival tissue, bleeding score</p> | <p>3 month recall</p>   |
| <p><b>LTG 3:</b> Pt. will have caries reversed by 6 month recall</p> <p><b>STG:</b> Pt. will define caries process</p> <p><b>STG:</b> Pt. will make appt. with dentist</p> <p><b>STG:</b> Pt. will control xerostomia from meds</p>                               | <p>3. Examine if restoration is completed</p> <p>- pt. convo</p>                 | <p>6 month recall</p>   |
| <p><b>LTG 4:</b> Pt. will manage xerostomia from meds</p> <p><b>STG:</b> Pt. will use saliva substitutes</p> <p><b>STG:</b> Pt. will drink more water</p> <p><b>STG:</b> Pt. will use biotin mouthrinse 1x a day</p>  | <p>4. Examine Salivary ducts</p> <p>- pt. convo</p>                              | <p>3 month recall</p>   |

Prognosis

Explain your prognosis

|              |  |
|--------------|--|
| Good         | I predict that my pt. will be very successful in accomplishing all of the goals I have made for her. She is enthusiastic and willing to ask questions and make compromises with me so that her goals are attainable. |
| Fair         |  |
| Poor         |  |
| Questionable |  |
| Hopeless     |  |

| Appointment Plan |   |  |   |   |   |  |
|------------------|---|--|---|---|---|--|
| Appt #           | Plan for Treatment  | Plan for Education, Counseling or Oral Hygiene Instruction |   |   |   |  |
| 1                | <ul style="list-style-type: none"> <li>• Plaque Score</li> <li>• Pt. ed chairside</li> <li>• Scale quad</li> </ul> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td style="text-align: center;">X</td> <td></td> </tr> <tr> <td></td> <td></td> </tr> </table>  | X  |   |   |   | • Teach pt. about plaque & correct brushing  |
| X                |   |  |   |   |   |  |
|                  |   |  |   |   |   |  |
| 2                | <ul style="list-style-type: none"> <li>• Plaque Score</li> <li>• Pt. ed chairside</li> <li>• Scale quad</li> </ul> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td></td> </tr> <tr> <td style="text-align: center;">X</td> <td></td> </tr> </table>  |  |   | X |   | <ul style="list-style-type: none"> <li>• Review plaque &amp; brushing technique, review knowledge</li> <li>• teach pt. about perio &amp; flossing</li> </ul>                                       |
|                  |   |  |   |   |   |  |
| X                |   |  |   |   |   |  |
| 3                | <ul style="list-style-type: none"> <li>• Plaque Score</li> <li>• Pt. ed chairside</li> <li>• Scale quad</li> </ul> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td style="text-align: center;">X</td> </tr> <tr> <td></td> <td></td> </tr> </table>  |  | X |   |   | <ul style="list-style-type: none"> <li>• Review perio &amp; flossing technique &amp; knowledge</li> <li>• teach pt. about caries process &amp; flz,</li> </ul>                                     |
|                  | X   |  |   |   |   |  |
|                  |   |  |   |   |   |  |
| 4                | <ul style="list-style-type: none"> <li>• Plaque Score</li> <li>• Pt. ed chairside</li> <li>• Were goals met</li> <li>• Scale quad</li> <li>• plaque free / flz</li> </ul> <table border="1" style="margin-left: auto; margin-right: auto;"> <tr> <td></td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;">X</td> </tr> </table> |  |   |   | X | <ul style="list-style-type: none"> <li>• Review caries &amp; flz knowledge / All pt. ed</li> <li>• go over goals &amp; if they were met</li> <li>• discuss xerostomia &amp; medications</li> </ul> |
|                  |   |  |   |   |   |  |
|                  | X   |  |   |   |   |  |