Partnership to Prevent Oral Disease & Associated Complications Among AAA Clients

Home and Community Based Services Conference – September 1, 2015

Washington State Department of Social and Health Services

Washington Dental Service Foundation

Community Advocates for Oral Health
Presenters

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WDS Foundation’s mission is to prevent oral disease and improve overall health.

The Foundation works closely with partner organizations, like ALTSA, to implement innovative programs and policies that produce permanent changes in the healthcare arena and improve the public’s long-term oral health.
Aging and Long-Term Support Administration’s mission is to transform lives by promoting choice, independence, and safety through innovative services.
1. Make the connection between oral health and overall health

2. Share ideas for improving the oral health of clients through existing AAA programs
   - Case Management & Personal Care Providers, including unpaid family caregivers
   - Senior & Community Centers, including congregate meal settings
Why Address Oral Health?

In Washington, of adults 65 and older:

- 32% have lost 6 or more teeth
- 17% have a dental issue that needs to be addressed within the next month
- 32% report tooth decay
- 62% have moderate or severe gum disease
- No dental benefit in Medicare, Medicaid coverage is limited

2012 Statewide Oral Health Survey, WDSF
Washington Office of Finance and Management
You are not healthy without good oral health.


- Oral disease is largely preventable or at least controllable
- Dental care is the most common unmet health need
- Oral disease can severely affect systemic health
Why Address Oral Health?

Because oral health is linked to overall health, the effects of poor oral health are felt far beyond the mouth.

The 2011 Institute Of Medicine report validates the clear links between oral disease and respiratory disease, cardiovascular disease, and diabetes.
Consequences of Poor Oral Health

- **Pain** that makes it difficult to concentrate, sleep, and eat
- **Poor eating** habits and nutrition
- **Reduced self-confidence** and/or problems obtaining employment because of decayed or missing teeth
- **Infections** that must be controlled with antibiotics
- **Social isolation** due to all of the above
- **Complications** of chronic diseases like diabetes
Populations at Higher Risk for Oral Disease

- Clients with chronic diseases like diabetes and heart disease
- Non-verbal clients
- Clients on multiple medications
Why Should AAAs Address Oral Health?

- Natural network to disseminate information; individual contact with community members
- Clients expect health and social service providers to talk about important health and lifestyle behaviors
- Case managers are experts in assessing risk, promoting prevention, and sharing health messages and resources
- Case managers provide direction for daily care to family and paid caregivers
Benefits of Addressing Oral Health

- Clients understand the connection between poor oral health and chronic diseases
- Able to catch disease early and reduce cost and pain
- Reduced expensive dental related Emergency Room visits
- Reduced medical costs from diabetic complications
- Maintain a nutritious diet with healthy teeth
- Increase access to preventive oral health care
- Keep a healthy smile and fresh breath
Improving Oral Health Through Diabetes Management

- Untreated periodontal disease can lead to costly diabetes complications

- Diabetes and pre-diabetes affects nearly one million adults in Washington

- Improving an individual’s oral health may reduce diabetic complications, positively impacting overall health
People with serious gum disease are 40% more likely to have a chronic condition on top of it.¹

- **Oral Disease**
  - Cardiovascular disease, respiratory infections, diabetes, HIV

- **Systemic Disease**
  - Dementia
  - Medications that cause dry mouth (xerostomia)
  - Diabetes
Diabetes and Periodontitis

- 32% reduction in medical costs
- 61% reduction in hospital admissions
- 41% reduction in physician visits

UC Wellness Oral Health Study: University of Pennsylvania School of Dental Medicine
Improving Oral Health Through Case Management

- Risk assessment tools
- Client and caregiver education
- Referral to dental care, when needed
- Prevent hospital re-admissions
The following slides outline areas in CARE where oral health can be addressed.
Prepare for the Assessment

- Which client(s) am I going to see today?
- Do they have diabetes; depression, heart disease; respiratory issues, e.g. asthma?
- What medications are they taking?
- What, if any, nutrition or oral health issues do they have?
- What tasks are assigned to the caregiver?
CARE Assessment: Short Term Stay

Including hospital admission

Extremely high blood sugar episode, adjusted insulin levels
CARE Assessment: Link with Overall Health

Including diabetes, heart disease, stroke, pneumonia, Alzheimer’s
CARE Assessment: Medications

Dry mouth questions?
Infection, bleeding, broken tooth or denture? Affecting nutrition?
Are oral issues causing poor nutrition?

Make referral to care and provide home care instructions for caregivers.
Reinforce importance and benefits of good oral care to keep teeth and enjoy favorite foods.
Discuss adaptive devices; probe for oral issues.
Care Plan: Triggered Referrals

Referrals for primary care and dental care.
Assigns needs to paid and unpaid supports.
Case Manager Training Evaluation

<table>
<thead>
<tr>
<th>Oral Health Knowledge</th>
<th>Pre-training</th>
<th>Three months post-training</th>
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</thead>
<tbody>
<tr>
<td>Connection between oral health and overall health</td>
<td>60%</td>
<td>90%</td>
</tr>
<tr>
<td>Effects of medications on oral health</td>
<td>28%</td>
<td>79%</td>
</tr>
<tr>
<td>Relationship between gum disease and diabetes</td>
<td>16%</td>
<td>86%</td>
</tr>
<tr>
<td>Strategies to gain cooperation for oral care</td>
<td>20%</td>
<td>82%</td>
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“Incorporating oral health enriched our core programs and has helped our social workers, case managers, information specialists, and nurses do what they do best – share information, teach, and coach for improved life outcomes for the people we serve.”

- Lori Brown, Director, Southeast WA Aging and Long Term Care
Oral Health Flags

Tool for case managers to use with clients and caregivers

Seniorsoralhealth.org
Improving Oral Health Through Caregivers

In Washington, family caregivers are caring for 324,000 individuals with Alzheimer’s and other dementias at home.

Growing evidence of link between periodontal disease and Alzheimer’s disease:

*Chronic infection can cause slow progressive dementia*...

...discusses how infectious pathogens and systemic infection may play a role in Alzheimer’s disease.
Improving Oral Health Through Caregivers

• Practical ideas for caregivers to improve the oral care they provide for their loved ones.

• Based on Dr. Rita Jablonski’s research – University of Alabama, Birmingham

• Available at caregiver support group meetings, medical offices, Alzheimer's Association

https://www.youtube.com/watch?v=0j6EY95t_Q0
Senior/Community Centers

Community access points:

- Education
  - Seniors, paid and unpaid caregivers

- Connecting to services
  - Community information & assistance
  - Evidence based programs

- Information library

www.SeniorsOralHealth.org
Senior Center Dental Hygiene Program

RDHs partner with senior centers and each provides:

**RDH**
- Oral health and cancer prevention screenings
- Teeth cleaning
- Health education
- Referral to dentists for additional care, if needed

**Senior Center**
- Promote the service at the center and in community
- Schedule appointment
- Confirm/remind
- Assist with transportation coordination
Thank you!

www.SeniorsOralHealth.org

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