

Live Well

Aims & objectives

To educate the attendees and provide them with the knowledge, information and skills to enable them to deliver effective oral health advice to a wider population, covering a variety of different care groups.

We would teach the attendees how to deliver the relevant oral health information, across a wide range of care groups. For those working in adult social care delivering to those with learning disabilities, we would add additional advice on assisted brushing techniques and for the homeless and substance misuse, we would add advice on the consequences of this on oral health.

Course content

- diet, safe snacks/drinks
- what is an acid attack?
- the three elements necessary to cause tooth decay
- department of health recommended number of 4 daily acid attacks
- the consequences of substances misuse on oral health
- extrinsic/intrinsic sugars (smoothies)
- systematic brushing techniques
- assisted brushing techniques
- fluoride toothpaste
- fluoride mouthwash and when
- flossing/Tepe brushes
- disclosing tablets

Expected Outcomes

This would be delivered in a way to ensure that all attendees fully understand the impact and potential consequences of poor oral health and hygiene, to ensure that they are able to address this with a confident, preventative approach. Simply by understanding and adapting the "4 acid attacks a day" can have an enormous impact on the decay rate and oral health of an individual.