

HIGH-IMPACT PRACTICE: DAILY ORAL CARE GUIDELINES DURING COVID-19
CLIENTS WHO CANNOT INDEPENDENTLY PERFORM ORAL CARE AND RESIDE IN LONG-TERM CARE FACILITIES

NON COVID-19 CLIENTS:

1. PPE-Follow CDC/KDA recommendations
 - A. Level III surgical mask
 - B. Protective goggles or face shield
 - C. Gloves
 - D. Gown (if available)
 - a. If disposable gowns are not available, wear a facility laundered gown. After use, laundered gowns must go into a biohazard bin
 - b. If none of the above available, wear a designated covering which after use should remain on the unit
2. (Prescribed) Pre-rinse with Chlorhexidine for 60 seconds PRIOR to performing daily oral care TWO times per day
 - A. Chlorhexidine should be applied with client's toothbrush or disposable toothette
 - B. Edentulous clients-use Chlorhexidine as adjunct with existing oral care plan
 - C. If Chlorhexidine not available, pre-rinse as directed with Listerine or hydrogen peroxide
3. When possible have clients sit in a wheelchair or chair and brush teeth from behind to decrease exposure risk
4. No battery operated or electric toothbrushes
5. No dental floss-if client must floss, only use interdental picks
6. Change toothbrushes at least EVERY month. If there is a confirmed COVID-19 case in the facility, immediately throw away all toothbrushes and switch to DISPOSABLE toothbrushes ONLY.
 - A. Recommend PRE-PASTED ONE-TIME USE disposable toothbrushes to decrease the possibility of cross-contamination during oral care
 - B. Store toothbrushes in a clean dry area away from toilets and sinks

COVID-19 POSITIVE OR SUSPECT CLIENTS:

1. PPE-Follow CDC/KDA recommendations
 - A. N95 or KN95 mask; if not available Level III surgical mask
 - B. Protective goggles or face shield
 - C. Gloves
 - D. Gown
2. (Prescribed) Pre-rinse with Chlorhexidine for 60 seconds PRIOR to performing daily oral care ONE time per day, after the last meal of the day
 - A. Chlorhexidine should be applied with disposable toothbrush or toothette
 - B. Edentulous clients-use Chlorhexidine in adjunct with existing oral care plan
 - C. If Chlorhexidine not available, pre-rinse as directed as directed with Listerine or hydrogen peroxide
3. When possible have clients sit in wheelchair or chair and brush teeth from behind to decrease exposure risk
4. No battery operated or electric toothbrushes
5. NO FLOSSING at all
6. DISPOSABLE TOOTHBRUSHES ONLY
 - A. Recommend PRE-PASTED ONE-TIME USE disposable toothbrushes to decrease the possibility of cross-contamination during oral care
7. Dentures: If client can eat safely without wearing dentures, DO NOT USE. If client must wear dentures to eat, soak in Chlorhexidine for 60 seconds prior to brushing