

TRAIN FOR SUCCESS INC.  
ORAL HEALTH AND PERIODONTAL DISEASE 2 HR

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ORAL HEALTH AND PERIODONTAL DISEASE 2 HR

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## **PURPOSE**

The purpose of this course is to provide the health care professionals as well as students, Certified Nursing Assistants (CNA), Home Health Aids (HHA), Florida Office of Dental Laboratories, Dentistry personnel, LPN, RN, ARNP and other individuals with the opportunity to review health of the mouth, teeth, and the gum. It is very important that each individual know the importance of oral health as some of the most common diseases that affect oral health include cavities/ tooth decay, Periodontal disease/ gum disease as well as oral cancer. This course will review Periodontal disease / gum disease, some of the warning signs and symptoms of gum disease, how gum disease can be prevented, how Periodontal disease can be treated such as non-surgical periodontal therapy as well as surgical procedures and some important strategies that can be implemented to maintain good oral health. Review information concerning what the CDC is doing regarding periodontal disease.

## **OBJECTIVES**

After successful completion of this course the reader will be able to:

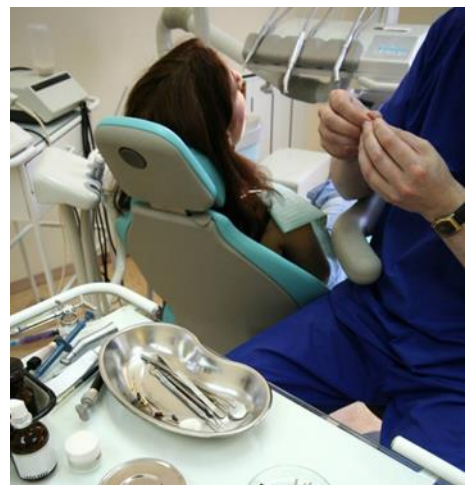
1. Define Periodontal disease/ gum disease,
2. Describe the warning signs and symptoms of gum disease,
3. Discuss how gum disease can be prevented,
4. Describe how Periodontal disease can be treated with non-surgical periodontal therapy and surgical procedures,
5. Discuss strategies to maintain good oral health,
6. Discuss the community resources that are available,
7. Describe what the CDC is doing about periodontal disease.

# INTRODUCTION

## ORAL HEALTH

Oral health involves the health of the mouth, teeth, and the gum. It is vital that each person know the importance of oral health as some of the most common diseases that affect oral health include:

- Cavities/ tooth decay
- Periodontal disease/ gum disease and
- Oral cancer.



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When oral health is affected, this can also affect;

The ability to eat, speak, smile, and /or express emotions,

The individual may also experience poor self-esteem, which can affect their performance at work or school.

Frequently when the individual experiences problems that involves oral health, they often will miss work and /school to visit the dental office.



# Periodontal Disease (Gum Disease)

## **What Is Periodontal Disease?**

According to the Centers for Disease control and Prevention (CDC), Periodontal Disease also referred to as gum disease, is an infection of the gums that can affect the bone structure that supports the teeth. If periodontal disease become severe, it can make the teeth fall out (CDC.GOV 2018).

Periodontal Disease starts with bacteria on the teeth that get under the gums. When the bacteria or germs stay on the teeth for too long, layers of plaque and tartar develop.

The layers of plaque and tartar buildup and leads to early gum disease, which is called gingivitis.

As Periodontal Disease gets worse, the gums can pull away from the teeth and form spaces that becomes infected; also referred to as periodontitis.

# Warning Signs and Symptoms of Periodontal Disease



## **Some of the Warning Signs and Symptoms of Periodontal Disease include:**

- Tender gums,
- Bleeding gums,
- Red or swollen gums,
- Gums that have pulled away from the teeth,
- Pain when chewing,
- Teeth that are loosen,
- Bad breath,
- Pus around gum,
- Teeth that are sensitive.

# How Can Periodontal Disease Be Prevented?

Some strategies to prevent Periodontal Disease includes:

Instructing patients /clients and educate caregivers and families to practice good dental habits such as -

Brushing teeth at least twice a day,

Flossing often to remove plaque and avoid buildup,

Visiting a dentist regularly for checkups and cleanings.



# TREATMENT

## How Is Periodontal Disease Treated?



Instruct patients/clients that some important strategies that can help treat early gum disease includes:

Visiting the Dentist for regular cleanings,

Brushing daily and

Flossing.



**More severe Periodontal Disease may require:**

Surgical interventions, such as surgery to remove tartar deep under the gums, surgery to repair or help heal bone or gums,

Deep cleaning below the gum line,

Prescription of medications or mouth rinse,

Avoid smoking.

# Treatments

## **Medications**

Medications can be used in the treatment of gum disease. Antibiotics may be used prescribed in combination with surgery and other therapies or the antibiotics may be prescribed alone.

Antibiotics can reduce or kill bacteria involved in periodontal disease.

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Some of the antibiotics that is used to control plaque and gingivitis includes:

Chlorhexidine products such as;

Peridex®,

PerioChip®,

PerioGard® and

other over-the-counter trade names.

The medication is available as a mouth wash or as a gelatin-filled chip that is placed in pockets after root planing.

### **Peridex®**

Rinsing with Peridex® the active ingredient chlorhexidine begins to destroy harmful mouth bacteria.

Peridex® mouth rinse is also recommended for use between dental visits for the treatment of gingivitis that is characterized by redness, swelling and bleeding from the gums.

### **Periochip® (chlorhexidine gluconate)**

Periochip® (chlorhexidine gluconate) is a small, orange-brown, rectangular chip that is rounded at one end, for insertion into periodontal pockets. Chlorhexidine gluconate is an antimicrobial agent.

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PerioGard®

PerioGard® (Chlorhexidine Gluconate Oral Rinse USP, 0.12%) is an oral rinse.

Other antibiotics that may also be used to treat gum disease, include:

Doxycycline,

Tetracycline, and

Minocycline.



## Nonprescription toothpaste



Nonprescription toothpaste such as triclosan is often recommended. The triclosan toothpaste contains fluoride and an antibiotic, which reduce plaque and gingivitis.

**CLICK ON LINK BELOW**

**[Triclosan – FDA INFORMATION](#)**

# Non-surgical periodontal therapy

## **Scaling and root planing**

This is a non-surgical periodontal therapy, or deep cleaning that is done under local anesthesia. Scaling and root planing involve the process of eliminating or removing hardened dental plaque, tartar (calculus), which cause inflammation.

Hardened plaque and tartar are scraped away from above and below the gum line (scaling). The rough areas on the tooth root are made smooth this process is referred to as planing.

Planing or smoothing the rough spots helps to remove bacteria from the tooth root, this creates a clean surface for the gums to reattach to the teeth.



# Surgical Interventions

Surgery is often needed when the tissue around the teeth is unhealthy and cannot be repaired with non-surgical interventions.

Some surgical intervention may include:

- Bone graphs,
- Pocket reduction surgery or Flap surgery,
- Soft tissue grafts,
- Bone surgery,
- Guided tissue regeneration.

## **Bone grafts**

The bone graft procedure involves using fragments of the patient's own bone, donated bone or synthetic bone.

In areas that are destroyed by periodontal disease, grafts replace bone and helps the bone regrow. This also helps to restore attachment of the teeth to the bone.

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### **Pocket reduction surgery or Flap surgery**

During the pocket reduction surgery or Flap surgery, the gums are lifted and the tartar is removed. In some procedures, the irregular surfaces of the damaged bone are smoothed to limit areas where bacteria can reside.

The gums are then placed to allow the tissue to fit around the tooth. When the gum fits snugly around the tooth, this also reduce the areas where bacteria can proliferate.

### **Soft tissue grafts**

Soft tissue graft procedures fill in areas where gums have receded or places where the root of the tooth is exposed. The grafted tissue is often taken from the roof of the mouth and is stitched in place.



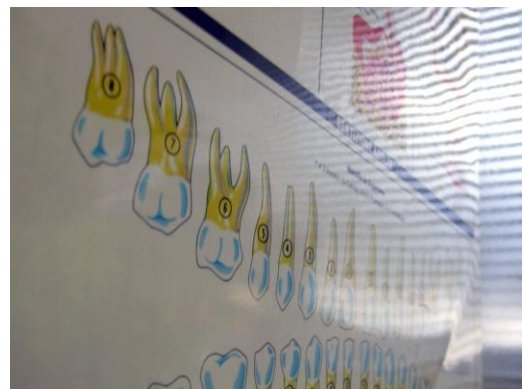
## **Bone surgery**

Bone surgery procedures smooth the craters in the bone. These craters often result from moderate and advanced bone loss. After the flap surgery, the bone around the tooth is reshaped to reduce the craters to prevent the bacteria from collecting and proliferating.

## **Guided tissue regeneration**

Guided tissue regeneration procedure is performed when the bone supporting the teeth has been destroyed.

Guided tissue regeneration procedure stimulates bone and gum tissue growth. This procedure is done in combination with flap surgery; a small piece of mesh-like fabric is inserted between the bone and gum tissue. This helps to keep the gum tissue from growing into the site where the bone should be. This allows the bone and the connective tissue to regrow to support the teeth.





## Strategies to Maintain Good Oral Health



According to the CDC, to maintain good oral health and keep the mouth healthy, the individual can implement strategies such as:

Practicing good oral hygiene,

Brushing teeth thoroughly and at least twice per day,

Flossing between the teeth to remove plaque,

Drinking fluoridated water,

Brushing with fluoride toothpaste,

Avoiding the use of any tobacco products (quit smoking),

Visiting the dentist on a regular basis,

Limiting alcohol intake.

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For individuals with chronic diseases such as Diabetes;

The goal is to maintain control of the disease and control the blood sugar levels to help decrease the risk for other complications, such as Periodontal disease.



**[Click on link:](#)**

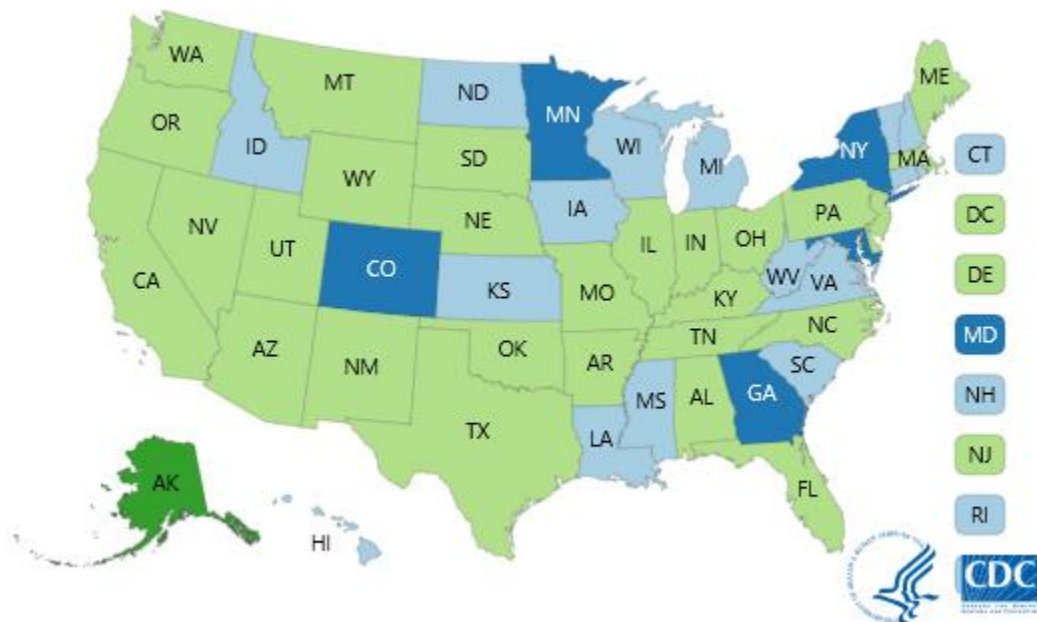
**[National Diabetes Education Program](#)**

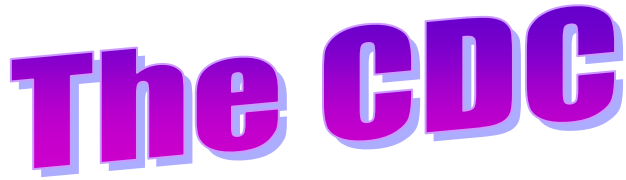
# RESOURCES

## State-Based Oral Health Programs

The Centers for Disease Control and Prevention (CDC) supports states in their efforts to reduce oral disease and improve oral health by using effective interventions.

CDC provides state health departments with funding, guidance, and technical assistance to monitor oral disease across populations and to implement and evaluate oral health interventions.





What is the CDC doing about periodontal disease?

The CDC is currently working with key partner organizations such as the American Academy of Periodontology and the American Dental Association to improve and sustain surveillance of periodontal disease in the adult U.S. population.

The efforts of the CDC include:

- (1) developing measures for use in surveillance of periodontal disease at the state and local levels,
- (2) improving the validity of prevalence estimates derived from the NHANES (National Health and Nutrition Examination Survey) by improving the accuracy of the clinical examination protocols used in this national survey, and
- (3) developing simple measures for screening for periodontal disease in clinical settings (CDC. Gov 2015).

Click on links below:

**The following 21 states have been awarded funding under DP1307 through August 2018**

**Implementation of Evidence-Based Preventive Interventions**

**Community Water Fluoridation**

**Oral Health Data Tools**

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