



# Prepare to Care

••• Mouth Care Matters •••

Oral Health Education for Direct Care Professionals



## What is the Mouth Care Matters Project?

Mouth Care Matters is one of three major initiatives of the Lifelong Smiles Coalition supported by the Delta Dental of Iowa Foundation (DDIAF), and administered by Iowa CareGivers. <http://www.lifelongsmilescoalition.com/initiatives.php> The overarching goal of the Lifelong Smiles Coalition initiatives is to increase access to oral health for older Iowans who are homebound or living in a nursing home. During the first two years of the Mouth Care Matters project, an oral health specialty curriculum was developed by the University of Iowa Colleges of Dentistry and Nursing as the first specialty under the state-recognized, competency-based Prepare to Care curriculum which is tailored to the direct care workforce. The curriculum was tested with 97 direct care professionals, taught by dental hygienists trained as instructors of this curriculum. Early evaluation results show a gain in knowledge by those who completed the training. Other funders of Mouth Care Matters include Mid-Iowa Health Foundation (MIHF) and the Iowa Department of Public Health through a Centers for Disease Control and Prevention Cooperative Agreement (#DP13-1307). The two additional Lifelong Smiles Coalition initiatives are the I-Smile Silver program and the Office of Education and Training at the University of Iowa College of Dentistry.

“There is no health without oral health!”

Surgeon General, Report on Oral Health, 2000

## Why Should Direct Care Professionals Take the Oral Health Specialty Training?

- » Receive free training through the Mouth Care Matters project.
- » Receive a state-issued certificate for completion of the course and a permanent record of completion.
- » Be more confident in providing oral care.
- » Be among the first in the state to take and evaluate the training.
- » Providing better oral care to the people you serve improves their oral and general health.
- » Learn skills to deliver oral care in challenging situations.
- » Gain knowledge on oral implants and equipment.
- » Ensure your personal safety while performing duties.
- » Ease time constraints for those providing direct care.
- » Be a role model in promoting the importance of oral health care for those you serve.

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### What Participants are Saying

I think everyone needs to take training; it shouldn't be an option!

When this is all in place, everyone will do it the same way. Right now, everyone is doing oral health differently.

It is a good idea to include this along with CNA. We need more people doing this.

I learned that oral health has everything to do with overall health!

## What is the Oral Health Specialty Training?

The Oral Health Specialty Training is the first specialty training under Prepare to Care, Iowa's Direct Care and Support Curriculum.

Through both classroom instruction and hands-on practice, you will learn:

- » The value of good oral health for the people you serve
- » To identify normal hard and soft tissue anatomy of the oral cavity
- » To identify common oral health problems
- » Observations to be documented and/or reported
- » Basic oral care, including brushing and positioning, for persons with and without teeth
- » To identify pharmaceutical side effects and medical conditions that impact oral health
- » How to use equipment, products, and a variety of approaches to support the independence of the person served
- » How to use equipment, products, and a variety of approaches to support the dependent person served
- » Techniques to use when dealing with challenging behaviors

## Mouth Care Matters Future

With two additional years of funding awarded by DDIAF and additional support from MIHF, the focus will be on:

- » Providing additional training opportunities through more community college sites and to the staff at the case study sites
- » Training for in-home care providers
- » Working with other Lifelong Smiles Coalition grant initiatives and other stakeholders to develop and test oral health best practices (protocols) for use by direct care professionals
- » Working with partners on sustainability and institutionalization of the Prepare to Care and Mouth Care Matters trainings into the overall infrastructure to support the effort

The Oral Health Specialty Training can be taken by individuals who have already completed the Prepare to Care Core training, which is available free of charge both online and in-person through June 30, 2017.

## How You Can Participate in Mouth Care Matters Oral Health Specialty Training

- » Completion of the Prepare to Care 6-hour Core training is required before enrolling in a Mouth Care Matters Class. Watch for upcoming face-to-face classes, or check out the free online Core training at <https://directcare.training-source.org/>
- » If you are a direct care professional interested in enrolling in a Mouth Care Matters (MCM) class, an employer interested in enrolling staff, or a community college interested in holding a MCM class, please contact Mary Ann Young at Iowa CareGivers: [maryann@iowacaregivers.org](mailto:maryann@iowacaregivers.org) or call 515 223-2805. Visit [www.iowacaregivers.org](http://www.iowacaregivers.org) regularly as more information becomes available.

To learn more about Prepare to Care, visit:

<http://www.iowapreparetocare.com/>



For more information about Mouth Care Matters contact:

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## Who are Direct Care Professionals?

Direct Care Professional is an umbrella name for the 78,000-strong workforce in Iowa. Direct care professionals are defined as individuals who provide supportive services and care to people experiencing health conditions, illnesses, or disabilities and receive compensation for such services. They may work in home-based, community-based, or facility settings. They may have job titles such as direct support professional, supported community living worker, home health aide, direct care worker, and universal worker. The umbrella term also includes other job titles like hospice aide, personal assistant, and certified nursing assistant.