Oral Health of Older People

Andrea Sherriff

&

Dental Public Health and Health Services Research Group

The Scottish Oral Health Research Collaboration
Older people with high support needs

*Older people of any age who need a lot of support due to physical frailty, chronic conditions and/or multiple impairments (including dementia). Most will be over 85 years old, though some will be younger. Many will be affected by other factors including poverty, disadvantage, nationality, ethnicity, lifestyle etc. Some of the very oldest people may never come into this category.*

Joseph Rowntree Foundation
Changing landscape

• Ageing population
  – Provision of care in own home
  – *Oldest old* and most frail being admitted to Care Homes
  – High prevalence of dementia

• Patterns of oral health
  – More complex restorative treatments

• Multimorbidity and polypharmacy
  – Impact on oral health
Projected increase in the proportion of the Scottish population aged 85+ 2012-2037

Source: Population projections: ISD, Scotland 2012
Percentage Edentate

Any teeth with active caries

Welsh Care Home Dental Survey: First release 2010-2011
Majority of residents in Care Homes with dementia

Source: Care Home Census 2014: ISD, Scotland
Caring for Smiles

- Guidelines on *what* to do
- Rolled out across Scotland

- Historically many training packages

- *How* to do it to ensure improvements in oral health are
  - Long-term
  - Sustained

Policy-Organisation-Management-Staff-Family-Resident
Aim

To inform the development of a theoretical, evidence-based, practical and effective (complex) intervention(s) for the translation of Caring For Smiles Guidance on improving oral health in older people living in Care Homes into practice.

Other settings (eg community/ hospital) and other aspects of care
MRC Framework for developing complex interventions

Feasibility and piloting
- Testing procedures
- Estimating recruitment and retention
- Determining sample size

Development
- Identifying the evidence base
- Identifying or developing theory
- Modelling process and outcomes

Evaluation
- Assessing effectiveness
- Understanding change process
- Assessing cost effectiveness

Implementation
- Dissemination
- Surveillance and monitoring
- Long term follow-up

Craig P et al. BMJ 2008;337:bmj.a1655
Research questions

• What is the status of oral health in adults in Scotland?
  – How will it change into the future?
• Effectiveness of the Oral Health Champion?
• What are the barriers and facilitators to implementation?
• How will we measure success?
What is the status of oral health in Scottish adults?

- Scottish Adult Oral Health Survey 2015
  - General Dental Service
    - 8000 patients aged 45+
    - Standardised Data collection form

- Care Home Survey
  - Care Homes (~12)
  - 30 residents
  - Standardised Data Collection Form
• Provide a baseline estimate of oral health in adults according to age, gender, deprivation
• Data Linkage to other routinely collected data such as prescriptions, hospital admissions, Care Home Census
• Future projections for daily oral care and treatment needs
  – Short term
  – Longer term
Effectiveness of the oral health Champion

The champion for improved delivery of care to older people in long-term care settings: effects on professional practice, quality of care and patient outcomes

What works? For whom? Under which circumstances?

Dementia Champion

Nutrition Champion

Wound management Champion

Infection Control Champion

Prevention of Falls Champion
What are the barriers and facilitators to implementation?

Mixed Methods Approach
- Policy
- Organisation
- Management
- Staff
- Family
- Resident
Outcome measures: How will we measure success?

- Resident
  - Improved oral health
  - Clean/disease free mouth
  - Quality of Life
  - Hospital admissions

- Staff
  - Confidence/resilience
  - Management of care
  - Morale/absences

- Organisation
  - processes/systems

- Policy
  - regulatory

Feasibility Studies
Complex multi-level multi-centre intervention
Considerations

• Changing landscape
• Conducting research with older people with high support needs (including dementia)
  – Enabling Research In Care Homes (ENRICH) Network
    • Accessing Care Homes/ recruiting participants
    • Consent
    • Assessing capacity
    • Intrusion/ causing distress
• Ethics & Steering group
Multidisciplinary team

The National Older People’s Oral Health Improvement Group