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Diploma in Pharmacy 2nd Year

Community Pharmacy & Management

Experiment

To provide counselling to simulated patients for oral and dental disorders.

Aim:

To provide counselling to simulated patients for oral and dental disorders.

Reference :

‘ Dr. Gupta G.D. , Dr. Sharma Shailesh, Dr. Gupta Richa, “Practical Manual of Community Pharmacy and Management” Published by Nirali Prakashan, Page no 75 – 79

Theory :

The overall health and well-being of an individual depend greatly on his dental and oral health. This is so because poor oral hygiene is often associated with chronic diseases like heart disease, cancer, and diabetes. If an individual does not pay attention to his oral hygiene or carelessly practice oral hygiene then he is likely to have dental cavities and gum disease.

Patient Counselling Points

The patient should be instructed to take the following steps to treat his poor oral health:

- 1) He/she should be advised to visit the dentist regularly.
- 2) He/she should brush and floss his teeth regularly.
- 3) **If the Patient is a Child :** A different pattern of tooth decay that is very common among children is Early Childhood Caries (ECC) or Baby Bottle Syndrome. Normally, ECC occurs because of sugars left on the teeth. Milk, juice, or food can be the sources of sugars. In the initial stage of ECC, white spots become appear near the gum line and when the decay

progresses, the spots turn brown. It is possible to reduce the level of decay by taking early treatment. The dentist can give the following instructions to prevent the occurrence of ECC among children:

- i) The mother should be advised to restrict bottle feeding to meal times;
 - ii) The mother should not put her baby to sleep with the feeding bottle because the milk and juices are the sources of sugar on which the bacteria feed.
 - iii) If the baby does not have teeth then the mother should get her baby accustomed to regular oral care by wiping his gum regularly with a clean, soft, thin cloth like a handkerchief.
 - iv) If the baby has teeth then the mother can make use of a baby toothbrush moistened with water. She should be advised to avoid the use of toothpaste until her child is old enough to spit it out. Swallowing toothpaste leads to a condition known as fluorosis. This condition normally occurs when a child swallows too much fluoride. This condition causes his teeth to look mottled or grainy.
 - v) By the end of one year, the mother should stop her child from the feeding bottle and the child should be introduced to a sippy cup or other spill-proof cup with a valve.
- 4) **If the Patient is a Woman** : Women can have different dental conditions during different life stages. These stages are as follows:
- i. **Teenage Years** : A young woman during her periods often experiences mouth sores or swollen gums
 - ii. **Early Adulthood** : This age group denotes the childbearing age of women At this age, they should practice good oral hygiene because periodontal disease increases the risk of preterm birth with low birth weight.
 - iii. **Pregnancy** : At this stage, any increase in progesterone and other hormones can affect the normal balance of the body. This leads to gingivitis, too little or too much saliva, or benign, tumor-like growths on gums called granulomas. The woman may experience tooth decay by dissolving tooth enamel due to frequent vomiting caused by

morning sickness. She can prevent these conditions by practicing good oral hygiene.

- iv. **Menopause and Postmenopausal :** At this stage, a woman is at greater risk for periodontal disease due to a deficiency of estrogen. Even there are many women who have Burning Mouth Syndrome (BMS). It is a kind of disorder that is featured by an unpleasant tingling sensation. Sometimes, this sensation is linked to changes in taste perception. In order to treat this condition, the doctor can suggest medicated creams or lozenges or oral medications to the patients.
- 5) **If the Patient is an Old Adult :** At this age, it is difficult for an individual to chew effectively because of missing teeth or ill-fitting dentures. Moreover, there are people of this age who frequently experience dry mouth because of their continuous medications. Having a dry mouth is a condition that can cause malnutrition, bad breath, gum disease, and infection.

In order to treat this condition, the doctor can give the following instructions to the patient:

- i. The patient should be advised to frequently visit the dentist at least two
- ii. to three times a year for cleaning and checkup.
- iii. He/she should be advised to brush his teeth with fluoride toothpaste at least twice a day. He/she should replace his toothbrush or toothbrush head after every three to four months.
- iv. He/she should floss his teeth at least once a day.
- v. He/she should brush his tongue to remove bacteria and freshen his breath.
- vi. The dentist can suggest his patient to take fluoride treatments and mouth rinses if the patient oral health is very poor.

Result :

Counselling to simulated patients for oral and dental disorders was provided.

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