

# Quiz Answers

## Module 1: Oral Health Care for Residents in Long Term Care Facilities

1. What causes cavities? **Plaque/biofilm**
2. What causes gum disease? **Plaque/biofilm**
3. What effect does gum disease have on residents who have diabetes?

**Increased risk (3x) of death from heart disease and/or kidney disease  
Have more trouble controlling blood sugar levels**

4. Brushing the teeth decreases the risk of pneumonia in nursing home residents?

**True**      **False**

5. What if a resident cannot get out of bed for oral care?

**Elevate head of bed**

6. It is OK to use a swab (toothette) instead of a toothbrush to clean the teeth daily.

**True**      **False**

7. a. Why would gums bleed when you are brushing a resident's teeth?

**The gums are inflamed.**

- b. What should you do about it? **Daily toothbrushing two times each day**

8. What should you place in the sink before cleaning dentures?

**Cloth towel**

## Enduring Smiles

Improving the Oral Health of Long Term Care Residents



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9. If a resident clenches their teeth and won't open their mouth (select one):
- a. Force their mouth open to brush their teeth.
  - b. Brush just the outside surfaces, if possible.**
  - c. Forget brushing their teeth today.
10. To properly brush a resident's teeth (select one):
- a. Use a medium bristle brush with a circular motion to brush teeth.
  - b. Use a soft bristle brush with large back and forth strokes at a 90° angle.
  - c. Use a soft bristle brush with very short back and forth strokes at a 45° angle to the gumline.**
  - d. Use a hard bristle brush to scrub the tops of the teeth only.

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