

# Oral Care Competency for Alert and Oriented Resident

Steps	Passing	Additional Training Needed
1. Gather supplies and check with nurse to see if the resident is on swallowing precautions.		
2. Perform hand hygiene and put on gloves.		
3. Explain procedure to your resident and allow them to assist as they are able.		
4. Raise head of bed so your resident is sitting up.		
5. Place a towel under resident's chin and over chest area.		
6. Wet toothbrush and apply a small amount of toothpaste.		
7. Brush upper teeth, and then lower teeth.		
8. Hold an emesis basin under the resident's chin, ask/assist resident to rinse mouth with water and spit in basin. Provide mouth wash if this is resident preference.		
9. Check inside the resident mouth for any unusual findings and report to nurse (loose teeth, odor, cracking and bleeding, sores, discoloration, etc.)		
10. Remove the towel from chest and wipe resident's mouth.		
11. Remove gloves and perform hand hygiene.		

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Signature of Staff Member Completing Competency

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of Instructor

\_\_\_\_\_  
Date

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