

ICU- ORAL CARE

Brushing frequency ≥ 4 / day, Hydration care- every 2hr as required

OBSERVE

- Observe for ulcer, sores etc-in Pt mouth & report to HCP
- ET/TT Cuff Pressure to be bet- 20-30cm

PREPARATION

- Putting curtains for Pt privacy towels around Pt neck & Kidney tray under Pt chin
- Keep ready Respiclean, cleansing agent, moisturizer (water base)
- Pt Position $>30^{\circ} \leq 45^{\circ}$ (Turn them sideways if not intubated)

PROCEDURE

- Set suction pressure 20 kPA/150 MMHg connect suction port of Respiclean to suction catheter
- Perform initial suctioning to remove secretion & debris using thumb suction control of Respiclean.
- Hydration Care : Suction the oropharynx to remove pooled oropharangeal secretions. Use injecting port of Respiclean to instill approx 10ml sterile water into the oral cavity whilst simultaneously controlling thumb suction control of Respiclean to the back of the mouth to prevent aspiration or pooling of the water. The water can be directed into each side pocket of the mouth then over the tongue.
- Place Respiclean to patient's teeth so that soft silicon bristles of Respiclean contact teeth at a 45 degree angle to the gum line & inject cleansing agent using injecting port of Respiclean & brush with short strokes in a methodical fashion, brushing the sides of the teeth first working from the back of the mouth & simultaneously activating the suction using thumb control which will remove the secretions with help of 3 evacuation vents presents around Respiclean bristles. The biting surface is cleaned secondly. Lastly clean the front teeth as these are the easiest. The brushing procedure should take two minutes in total to ensure correct debridement of the teeth and stimulation of gingival tissues.
- Clean area around & on surface of ET tube inside oral cavity.
- The tongue should be brushed from the back to the front holding the Respicleans back side (tongue cleaner) at a right angle to the tongues mid-line
- The gums and roof of the mouth should be lightly brushed without the use of cleansing agent which improves blood supply and stimulate the gums.
- Clean the patients face and mouth –apply aqua gel to moisten the lips.

***Document care given on the 24 hour observation Chart as TB-teeth brushed & HC-hydration care

***Evaluate care given amend plan of care if necessary and refer any problems to the critical care medical team

POINTS TO BE TAKEN CARE:

- Maintain sterility /cleanliness of tools used
- Pt preferred to be on subglottic suction ET /Trach Tubes if intubated
- Dispose brush if large debris, blood or there is clogging.
- Oral decontamination prior to intubation can reduce VAP
- Action of removing debris regularly rather than the cleansing agent used is the factor which helps in maintain oral hygiene.