

Dental Hygiene Assessment

Student's Name:

Institution:

Instructor:

Course:

Date:

Dental Hygiene Assessment

Despite the increased availability of dental care materials and dental hygiene professionals, most people still experience different cases of dental diseases which vitally influence their communication, eating, and social interactions. Understanding and assessing personal oral hygiene are significant in improving patients' health and social needs by eliminating barriers to effective interactions and limiting dental diseases. For this assessment, I will observe the oral hygiene status of my friend Stacy (not her real name).

She reports a history of difficulty in brushing and applying interdental cleaning due to allergic reactions. She cannot take a balanced diet due to her allergic reactions to food smells, mainly cooked vegetables, seafood, and meats. Thus, she survives on particular fruits, rice, toast, coffee, and mild cheese. Her brushing technique is gentle brushing for less than two minutes daily. On assessment, toothache, bleeding gum, and stained teeth were observed.

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The proposed care plan will first involve oral health education to explain effective ways of oral cleaning and different available dentifrices, mouth wash, and appropriate brushing techniques. Strategies for dietary counseling and, if in agreement, immediate referral to a registered dietitian to address her nutritional allergies. An oral irrigator with an antiseptic mouth rinse, powdered or gel dentifrice without foaming ability, and soft toothbrushes would be appropriate to reduce bleeding gum and difficulty in brushing—advice for fluoride varnish application, care management for the stained teeth, and continuous appointments for progress assessment. Stacy opted for three times tooth brushing daily using electric soft toothbrushes, daily flossing, and rinsing the mouth with water when difficulty in brushing is experienced.

In my shopping experience, different shop outlets, including both retail shops and supermarkets, other brands of dentifrice, mouthwash, toothbrush, floss, and tongue care materials were available. Majorly paste and foaming gel dentifrice, hard or soft bristle toothbrushes, dental tapes, and different tongue cleaners were available at customer-friendly prices. No new product was identified during the market search.

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