

## SUMMARY

The relationship between poor oral hygiene and the risk of systemic diseases such as pneumonia, diabetes, arthritis and heart disease in the elderly are already widely described in the literature. In Portugal, the number of hospitalization for pneumonia in the elderly population from nursing houses is increasing, but still there is little preventive policy.

## METHODOLOGY

A cross-sectional study was carried out over two years among people over 64 years old in 235 nursing houses in Mainland Portugal. The DMFT (Decayed, Missing and Filled Teeth) and Lobene Modified Gingival Index standardized criteria were used according to World Health Organization.

## OBJECTIVES

We aimed to assess the prosthetic status and the oral hygiene habits in elderly Portuguese people from nursing homes, and to improve caregivers expertise and translate the knowledge into action by addressing policy-makers.

## MANAGEMENT

### COORDINATION

- ✓ Smiles door to door (SDTD) Project was conducted in partnership with Banco Portugues de Investimento (BPI), Calouste Gulbenkian Foundation and local municipalities
- ✓ Network, comprising 235 private institutions of social solidarity and 42 private dental clinics
- ✓ Health promotion and oral screenings for the elderly
- ✓ Health promotion activities with training to professionals providing care/support for the elderly
- ✓ Referring to perform interventions such as the elimination of pain, lesion monitoring and adjustment of prostheses
- ✓ Conducting questionnaires and evaluation sheets for older people and professionals

### DISSEMINATION

- ✓ Distribution of graphic material information to different audiences (seniors and professionals)
- ✓ Web site: ([www.mundoasorrir.org](http://www.mundoasorrir.org))
- ✓ Participation at congress International Health Conference 2016 (London) with poster presentation
- ✓ Informative brochure sent to all partners and sponsors

## RESULTS



Oral cancer with one year of evolution

Of the 3586 elderly people observed, the mean age was 81.9 years old with a female predominance (70%). We found a high prevalence of edentulous (55.47%). The mean DMFT index was 26.33 with 30.4% of dental caries and a mean of 3.04 caries (SD ± 4.8) per person. The mean Modified Gingival Index was 2.23. We observed significant reduction in Modified Gingival Index when increased the number of daily brushes ( $p < 0.05$ ).



Prosthesis with calcified plaque

## CONCLUSION

The studied population had poor oral health. Therefore it is of great importance to prepare adequate protocols to improve oral health care among the institutionalized elderly population. Preventive programs like "Smiles door to door (SDTD)" may have great impact at low cost by enhancing general health trough oral health intervention.

## BIBLIOGRAPHY

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