

Checklist: Assisting the Patient to Floss and Brush Teeth

Assisting the Patient to Floss and Brush Teeth	Able to Perform	Unable to Perform
1. Perform hand hygiene and identify the patient according to facility policy.	<input type="checkbox"/>	<input type="checkbox"/>
2. Provide privacy by closing curtains or doors before beginning care. Remove dentures or oral appliances if appropriate before oral care.	<input type="checkbox"/>	<input type="checkbox"/>
3. Assemble equipment: <ul style="list-style-type: none"> – Disposable gloves – Emesis basin – Toothbrush – Toothpaste – Dental floss – Glass of cool water – Straw – Mouthwash (only if permitted by facility policy and safe for the patient) – Hand towel – Bed protector – Plastic bag – Laundry hamper 	<input type="checkbox"/>	<input type="checkbox"/>
4. Elevate the head of the bed. Ensure the patient is positioned upright as tolerated to reduce aspiration risk. Help the patient into a comfortable position.	<input type="checkbox"/>	<input type="checkbox"/>
5. Lower the side rail on the working side according to facility policy and patient safety needs.	<input type="checkbox"/>	<input type="checkbox"/>
6. Cover the table with a bed protector.	<input type="checkbox"/>	<input type="checkbox"/>
7. Place the emesis basin and a glass of water on the overbed table.	<input type="checkbox"/>	<input type="checkbox"/>
8. Place a towel across the patient's chest.	<input type="checkbox"/>	<input type="checkbox"/>
9. Observe the mouth, gums, tongue, and teeth for redness, sores, bleeding, swelling, loose teeth, or abnormalities and report concerns according to facility policy	<input type="checkbox"/>	<input type="checkbox"/>
10. Be prepared to assist, if needed. Remind the patient to clean the tongue and gums. Apply gloves and use standard precautions if you will be assisting.	<input type="checkbox"/>	<input type="checkbox"/>
11. After the patient has flossed and brushed teeth: <ul style="list-style-type: none"> a. Push the overbed table to the foot of the bed. b. Remove the emesis basin, clean it, and replace it. c. Rinse toothbrush. d. Remove the towels and put them with the soiled linens. e. Remove and discard gloves. Wash your hands. 	<input type="checkbox"/>	<input type="checkbox"/>