Name: 

Pre-test/Post-test for Oral Health Training Program for Nurses and Nursing Assistants

1. ________________________ causes tooth decay and gum disease.

2. True or False: Residents who have diabetes who also have severe gum disease have more trouble controlling their blood sugar levels.

3. Which of the following is true:
   a. Even if the resident has no natural teeth, the inside of the mouth should still be cleaned with a toothbrush or swab
   b. A swab is effective for removing plaque from the teeth
   c. Ideally natural teeth should be brushed for 20-30 seconds

4. How often should natural teeth be brushed?
   a. Once a week
   b. 2-3 times per week
   c. Once per month
   d. At least twice per day

5. After you have washed your hands and put on gloves you should
   a. adjust the bed to the correct position
   b. turn on the light over the bed
   c. touch only the resident’s own oral hygiene supplies

6. Which of the following is a FALSE statement about toothbrushes?
   a. Always choose a brush with medium bristles
   b. Toothbrushes should be allowed to air dry
   c. A Collis Curve toothbrush cleans all three sides of the teeth at the same time

7. Fifteen studies have shown that brushing the teeth reduces ____________ in nursing
   a. home residents.
   b. dementia
   c. pneumonia
   d. oral cancer

8. When brushing the sides of teeth, the brush should be
   a. moved in an up and down motion
   b. moved in a circular motion
   c. pressed lightly to spread the bristles under the gum
   d. more than one is correct

9. In what position should the resident be in when brushing the teeth?
   a. It doesn’t matter, whatever is most comfortable
   b. If possible sitting up, if bedridden then elevate the head of bed
   c. Laying flat in the bed

10. Which is NOT a true statement about dentures?
    a. They should be protected by placing a towel in the sink when cleaning
    b. They should be cleaned once a week
    c. They may cause redness and irritation in the mouth if left in overnight
    d. They should be checked for cracks, sharp edges and missing teeth each time they are cleaned