

Dental and Oral Health

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Oral care in stroke survivors: Empowerment of caregivers in acute health care facilities

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After a stroke the mouth can become a very unhealthy place and act as a reservoir for opportunistic oral microbiota. The growth and proliferation of opportunistic microbiota can not only result in deteriorating oral health status but lead to systemic upsets with life-threatening consequences and impact for stroke rehabilitation. Maintaining oral hygiene in the initial periods following stroke is problematic as often stroke survivors experience loss of motor function of the limbs required for oral self-care. Patients with stroke are commonly encountered difficulties in swallowing and, therefore, are at a greater risk of aspiration pneumonia from microbiota originating in the oral cavity. Thus good oral hygiene for stroke survivors is of key importance to potential lifesaving effects. Patients require specific information and assistance on the oral care to enable them to maintain good oral hygiene. Hence, empowerment of caregivers is crucial and important. Caregivers may need to be vigilant of this and to assist patients with stroke to maintain oral hygiene so as to prevent not only oral diseases that further compromise their rehabilitation, but also to prevent life threatening events. Improved in oral health knowledge, attitude and behaviors of the caregivers may provide better delivery of oral health care to patients. Hence helps to improve the oral health conditions in patients. This presentation will explore the gap present in implementing oral health care and the importance of caregivers in maintaining good oral hygiene to patients with stroke.

Biography

Normaliza Ab Malik obtained her Bachelor of Dental Surgery from University of Adelaide, Australia and completed her Master's degree in Conservative Dentistry from University of Malaya, Malaysia. She has worked with Ministry of Health Malaysia before she joined as a Lecturer at Universiti Sains Islam Malaysia. She has special clinical interest in Endodontic and fixed Prosthodontic treatment. Currently, she is pursuing her study in Doctor of Philosophy at The University of Hong Kong.

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