

**BASCD 2023 ABSTRACT #10****High-fluoride toothpaste and CQC standards in care homes:  
an evidence-based initiative**

*Farheen, N., Richemond, J.M., Masood, A.\**

*Whittington Health NHS Community Dental Services Oral Health Promotion,  
London boroughs of Camden and Islington-Public Health, England, UK*

**Background:**

An Oral Health Needs Assessment (OHNA) in 2009 for older people in Islington care homes showed 63% of the residents had dental caries. Delivering Better Oral Health (2021) recommends administration of high-fluoride toothpaste for older adults with coronal and/or root caries. This project implemented this intervention as part of a programme, linked to CQC standards, to improve oral health in care homes.

**Objectives:**

In line with NICE guidance, our aim was to reduce tooth decay and improve oral health-linked quality of life for care home residents.

**Methods:**

Following the OHNA, 9 care homes were recruited in Islington local authority (LA), with approximately 837 dentate residents, to implement a staff training programme adapting CQC standards in (i) improving oral health knowledge and skills for care home staff, (ii) oral health risk assessments, (iii) establishing daily oral care logs and (iv) improving access to dental services.

The borough of Camden was included in the oral health improvement initiative in 2013 adding a further 8 care homes. In 2014 a PGD was authorised for the administration of Duraphat 2800ppm toothpaste for consented dentate care home residents. The service continued, with some modifications, throughout the Covid-19 pandemic. Ethical approval was not required as this was a LA-commissioned OHP programme.

**Results:**

A follow up OHNA survey in 2013 showed a marked improvement in oral health, and recommended supplementation of the programme with high-fluoride toothpaste.

**Conclusion:**

The poster presents an evidence based, best practice approach to improving oral health-related quality of life in care home residents in London boroughs of Camden and Islington. This model was subsequently implemented in other London boroughs by the service following the CQC Smiling Matters report (2019).

**Correspondence to:**

Ayesha Masood

Email: [ayeshamasood@nhs.net](mailto:ayeshamasood@nhs.net)

[https://doi.org/10.1922/CDH\\_BASCD23\\_Abstract10](https://doi.org/10.1922/CDH_BASCD23_Abstract10)