

Case Study #2



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Patient Demographics

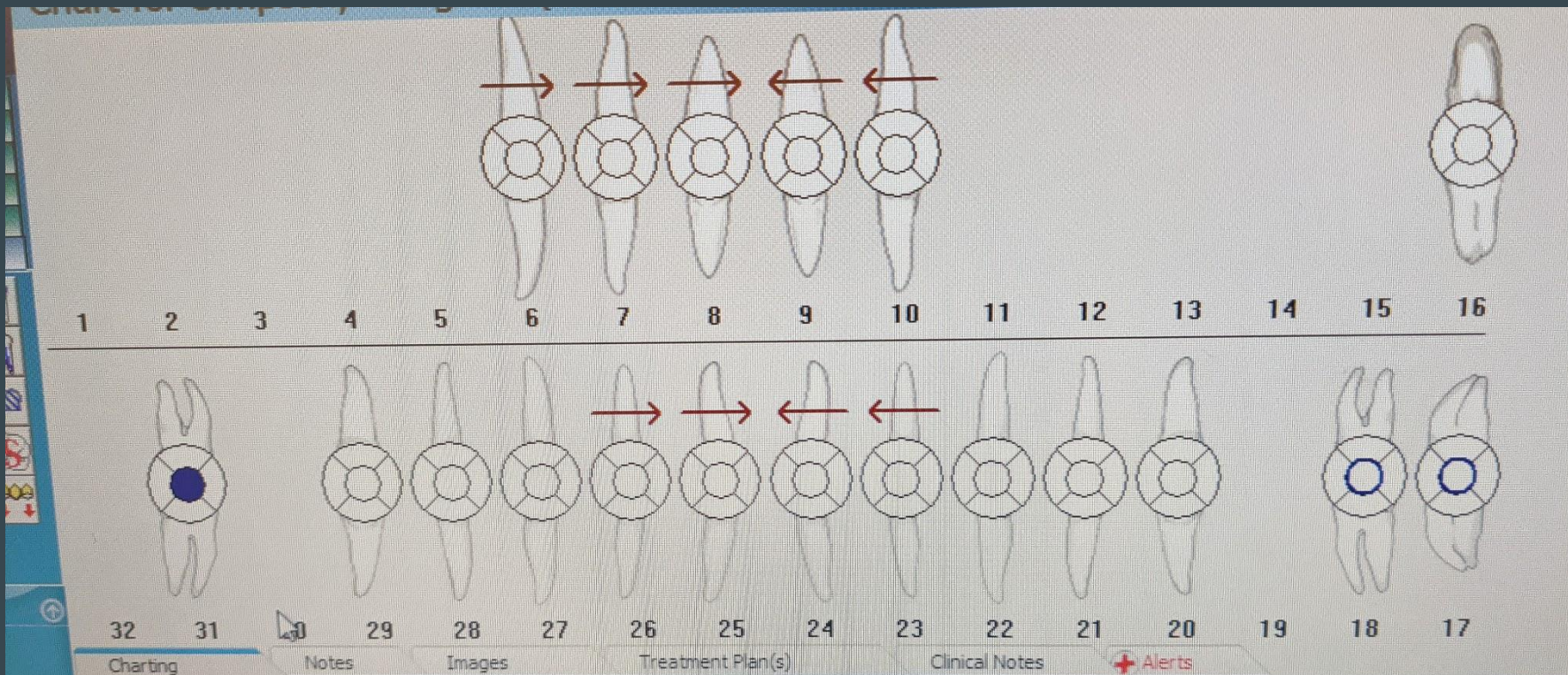
- Name: B.S
- 61 year old African American female
- Chief complaint: here for routine cleaning and xrays
- Patient brushes twice a day with manual toothbrush and does not floss

Medical History

- Vitals: first reading at 8:50 AM 169/91; pulse 65, second reading at at 9:15 AM 186/91; pulse:55. Third reading at 9:35 AM 171/93; pulse: 53.
- Patient was just at the cardiologist last week and the her doctor is aware of the high blood pressure, a eferral given and patient needs a medical clearance for next visit. All was explained to patient. Patient stated that she only had 2 hours of sleep-possible cause for the high blood pressure.
- Covid status: tested negative 2/21. Today's screening was negative
- Last physical was done in 2/2021
- Patient is taking Labetalol and Telmisartan for high blood pressure, Diltiazem for irregular heart rate, Pravastatin for high cholesterol. OTC Prilosec for acid reflux, and multivitamin daily.
- Patient has mild asthma, induced by having a cold and uses an Albuterol inhaler(Pro air pump) as needed.
- Patient's last asthma episode was in 2017. Patient has pump with her and is out on the counter during tx.
- Patient reports gums bleeding when brushing and has dry mouth and sensitive teeth.
- Last dental cleaning and 4 BWS were done in 6/2019.
- ASA 2

Assessments

- Extra oral: WNL
- Intra oral: bilateral linea alba.
- Gingival statement: pink/brown, generalized inflamed soft gingiva , rolled gingival margins around mandibular anteriors.
- Class I occlusion, flaring of the maxillary anteriors, 10% overbite and 4 mm overjet.
- Dental charting: Missing posterior maxillary teeth and #30 and 19. Diastemas present on anterior teeth.



Dental Charting

Assessments

- Perio charting: probing depths of 4,5 and 6 on posteriors and anteriors. Generalized moderate bleeding upon probing.
- Recession 3 and 4 mm present on anterior teeth and 3 mm on posteriors.
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- Classified patient as a light case value with heavy staining.
- Classified patient as a Perio case stage III grade A based on radiographs.

Asthma Patients

Asthma is a chronic disease in which the airways to the lungs are inflamed

Certain situations can cause them to become swollen and make it very difficult to breathe

Symptoms include coughing, wheezing and shortness of breath

Some patients experience an attack from exercise while others can have by inhaling dangerous fumes and substances

There is no cure, but can be managed to have the best quality of life

Dental management for patients with asthma

- If a patient has a asthma episode in the chair it is considered a medical emergency and needs to be treated right away with a bronchodilating agent
- Should be aware of history of asthma before the appointment and set up a plan to be prepared to manage medical emergency.
- Patients who use an inhaler frequently to manage their asthma can increase the risk for oral candidiasis, especially patient who smoke or take xerostomic medications
- Remind patient to always bring their inhaler with them to the appointment even if they rarely use it.
- Make sure to have an inhaler out in reach during treatment, in case the patient has a asthma attack.

Hypertension

- blood pressure is the force of blood pressing against the artery walls, when the force is too strong, a person has high blood pressure.
- High blood pressure cannot be cured but can be controlled with exercise and diet or medication
- The top number is the force of your blood from the heart into the vessels, known as the systolic and the second number is when the heart is at rest.
- If the blood pressure is consistently high than there is too much pressure on the heart and blood vessels.
- High blood pressure can have damaging effects on the heart and kidneys
- Known as the “silent killer”, since you can feel fine and don't have any symptoms

Blood Pressure Categories



BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (upper number)		DIASTOLIC mm Hg (lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 1	130 – 139	or	80 – 89
HIGH BLOOD PRESSURE (HYPERTENSION) STAGE 2	140 OR HIGHER	or	90 OR HIGHER
HYPERTENSIVE CRISIS (consult your doctor immediately)	HIGHER THAN 180	and/or	HIGHER THAN 120

Dental considerations for hypertension

- Patients with uncontrolled hypertension should have a consultation with the patients provider before getting treated
- Topical vasoconstrictors are not recommended and Intravascular injections should be avoided
- Medications used to treat hypertension can cause xerostomia, burning mouth and gingival bleeding
- Patients taking calcium channel blockers can present with gingival hyperplasia



Radiographs: Generalized bone loss of 50%, no evidence of caries or calculus present

Dental care plan

- On the first visit, completed assessment and exposed full mouth series
- On the second visit, patient had a plaque index of .83, demonstrated flossing with floss thread and patient practiced using in the mirror. Hand scaled full mouth, engine polished and applied 5% fluoride varnish. Post varnish instructions were given to patient.
- Recommended the patient return in 3 months for hygiene visit due to stage of perio disease
- Instructed patient to continue brushing and flossing and using oral mouth rinse twice daily.

Reflection

Working with a patient who has hypertension and asthma taught me skills that I will have for life. Patient needed a medical clearance to do any scaling, therefore patient was dismissed early on the first visit and we completed the rest of the treatment when the patient returned. Patient was satisfied with the treatment and stated that she planned to maintain her oral hygiene daily. It was a pleasure meeting and getting to know the patient and hope to see again soon.

Citations

1. The American Academy of Allergy, Asthma & Immunology. 2021. *Asthma / AAAAI*. [online] Available at: <<https://www.aaaai.org/conditions-and-treatments/asthma>> [Accessed 10 May 2021].
2. Guggenheimer J, Moore PA. The patient with asthma: implications for dental practice. *Compend Contin Educ Dent*. 2009 May;30(4):200-2, 205-7; quiz 208, 210. PMID: 19441736.
3. Dentalcare.com. 2021. *Hypertension / Management of Patients with Chronic Diseases / CE Course / dentalcare.com*. [online] Available at: <<https://www.dentalcare.com/en-us/professional-education/ce-courses/ce567/hypertension>> [Accessed 10 May 2021].