

Treatment and Home Care Plan Case Study Assignment

CASE # 38

Railyn Calderon

New York City of Technology

Den1200

Group: 2B

Advisor: Professor Masino

Date: 3/8/2023

Initial visit

S:

CC: “My gums bleed when I brush my teeth and they often feel ‘itchy’.”

Age:32 **Ethnicity:** Hispanic **Sex:** Female **ASA:** 2

Med Hx: **BP:** 122/80 **HR:** 91 bpm **Respiration:**18 breaths/minute **BMI:** Normal weight

Pt reports family history of heart disease. Last medical check up was eight years ago.

Medication: (Fluoxetine) Prozac 10 mg daily for Anxiety. Oral side effects include dry mouth,rash ,pharyngitis, and sinusitis.

Social Hx: Never been a smoker.

Dental Hx: Brushes twice a day with a soft toothbrush,fluoridated toothpaste but is not aware of the type of fluoride it contains. Does not use any interdental aids.

O:

EO: WNL

IO: 5mm reddish painful tender, recurrent vesicles on the left side of her hard palate .

Dental Charting: Active caries teeth#14-DO, #30-O & #31-O. Missing teeth #1, #16, #17 & #32. Amalgam filling tooth #19-O, Resin filling teeth #18-O, #20-O, #3-O & #4-O.

Gingival Statement: Gingival tissues appear pink and stippled generally with some localized areas of swelling.Teeth #18,#19,#30 & #31 gingiva is pink and flat. Bleeding, no exudate.

Periodontal Charting: Furcation teeth #18, #19, #30 & #31.

Case value: Light **Occlusion:** Class 1 **Bleeding Index:** 60%

PI score: 2.1 **Stain:** None

RADIOGRAPHIC STATEMENT: Radiopaque finding between #30 and 29 referral given for oral surgeon evaluation. Wisdom tooth #1 & #16 referral given for oral surgeon suggestion.

Localized vertical bone loss teeth #30-M, #19 #20 interproximally. Generalized horizontal bone loss teeth # 4, #5 #12, #13, #20, #21, #28, & #29.

A:

Perio status: Stage III Grade B

Caries risk: High

P:

Procedures completed: Policies were given, medical and dental history were reviewed/signed, vitals were taken, EO/IO, gingival statement, periodontal charting, calculus detection were completed, tx plan, home care plan were constructed. Pt was educated about tooth brushing, toothpaste. Oraquix Lidocaine & prilocaine (2.5%) ½ was used. Referrals were given.

NV: Follow up on the referrals. Disclosing solution(PI), Revisit homecare plan. Educate pt on flossing. Start scaling.

All standard PPE worn

R. Calderon

Home care plan

DEN1200 Individualized Homecare Plan

Date: **3/8/2023** Student: **Railyn Calderon**

Patient's Initials: **Case study #38** Initial Plaque Index (PI): **2.1**

Description of biofilm (amount/location/distribution):

Light Localized ~~_____~~ **Moderate Generalized Mainly interproximally** Heavy
 Tongue , **mainly along GM**

HOME CARE RECOMMENDATIONS:

(based on the PI, patient's reported self-care, dental/periodontal assessment findings, any special considerations - e.g. allergies, sensitivities, manual dexterity and ability to use, patient's preferences)

Toothbrush / method: **Oral B soft bristles toothbrush complete battery powered (\$7)**

Toothpaste: **5000pm fluoride toothpaste - Colgate previ dent booster plus (Rx only), Crest pro health -**

Gum detoxify \$7.

Interdental Care: **Oral B glide gum care floss picks (\$4)**

Rinse: **Act total care (\$6)**

Tongue scraper: **Orabrush (\$7)**

Sequence of OHI introduction:

Visit 1: *(after initial PI)*: **Tooth brush, tooth paste. Modified bass technique**

Visit 2: **Flossing , reinforce oral hygiene instructions**

Visit 3: **Rinsing , reinforce oral hygiene instructions**

Visit 4: **Tongue cleaner , reinforce oral hygiene instructions**

This Individualized Homecare Plan will be discussed with faculty and patients, with rationale explained, documented in the SOAP note and saved for reference in the student's gradebook. Any modifications to

Treatment Plan

Patient Name: **Case study # 38** DEN 1200 PROPOSED TREATMENT PLAN - INFORMED CONSENT Student Name: **Railyn Calderon**
Form to be completed, signed, and scanned into the patient's e-chart AFTER all assessments are completed, then shredded.

<p>Visit 1 (post-assessment): <u>3/8/2023</u> (Date)</p> <p>Patient Education: Individualized OHI plan will be developed and introduced after PI <input checked="" type="checkbox"/> Radiographs: Digital FMS <input checked="" type="checkbox"/>WS (V/H) <input checked="" type="checkbox"/>Pan Debridement: Hand-scaling Teeth # _____ Quadrant(s) <u>1</u> Whole Mouth Pain Management: Topical Oraqix <input checked="" type="checkbox"/> Local Anesthesia Coronal Polish: Engine <input checked="" type="checkbox"/> Preventive services: Topical Fluoride: _____ (method/type) Referrals: Yes <input checked="" type="checkbox"/>NO If Yes, write in the reason: Caries Periodontal disease Other: <u>follow up with the one given</u></p>	<p>Visit 2: <u>3/15/2023</u> (Date, if unknown write TBD)</p> <p>Patient Education: PI <input checked="" type="checkbox"/> Follow individualized OHI plan <input checked="" type="checkbox"/> Radiographs: Digital FMS <input checked="" type="checkbox"/>WS (V/H) <input checked="" type="checkbox"/>Pan Debridement: Hand-scaling Teeth # _____ Quadrant(s) <u>2</u> Whole Mouth Pain Management: Topical Oraqix <input checked="" type="checkbox"/> Local Anesthesia Coronal Polish: Engine <input checked="" type="checkbox"/> Preventive services: Topical Fluoride: _____ (method/type) Referrals: Yes <input checked="" type="checkbox"/>NO If Yes, write in the reason: Caries Periodontal disease Other: _____</p>	<p>Visit 3: <u>3/22/2023</u> (Date)</p> <p>Patient Education: PI <input checked="" type="checkbox"/> Follow individualized OHI plan <input checked="" type="checkbox"/> Radiographs: Digital FMS <input checked="" type="checkbox"/>WS (V/H) <input checked="" type="checkbox"/>Pan Debridement: Hand-scaling Teeth # _____ Quadrant(s) <u>3</u> Whole Mouth Pain Management: Topical Oraqix <input checked="" type="checkbox"/> Local Anesthesia Coronal Polish: Engine <input checked="" type="checkbox"/> Preventive services: Topical Fluoride: _____ (method/type) Referrals: Yes <input checked="" type="checkbox"/>NO If Yes, write in the reason: Caries Periodontal disease Other: _____</p>	<p>Visit 4: <u>3/29/2023</u> (Date)</p> <p>Patient Education: PI <input checked="" type="checkbox"/> Follow individualized OHI plan <input checked="" type="checkbox"/> Radiographs: Digital FMS <input checked="" type="checkbox"/>WS (V/H) <input checked="" type="checkbox"/>Pan Debridement: Hand-scaling Teeth # _____ Quadrant(s) <u>4</u> Whole Mouth Pain Management: Topical Oraqix <input checked="" type="checkbox"/> Local Anesthesia Coronal Polish: Engine <input checked="" type="checkbox"/> Preventive services: Topical Fluoride: <u>1.23% acidulated fluoride gel</u> (method/type) Referrals: Yes <input checked="" type="checkbox"/>NO If Yes, write in the reason: Caries Periodontal disease Other: _____</p>
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This particular Treatment Plan document is to be used for Case Study Assignment ONLY and not to be used with patients in Clinic

Explanation of Treatment

The patient presented with a complaint of bleeding gums that were 'itchy.' The Dental hygienist states that the case is stage III periodontitis. The bone loss is limited to the coronal third of the root but there is furcation grade involved, calculated through bitewings radiographs, clinical attachment loss and periodontal charting. The grading of periodontists will be grade B, moderately calculated through bone loss/age (1). The patient plaque index (biofilm index) is 2.1, which lies under poor plaque control related to the limited ability to perform oral self-care tasks (2).

The dental hygienist treatment plan for patients includes eliminating risk factors, biofilm control, supra and subgingival scaling, root debridement, and adjective antimicrobial agents. In the initial phase of the treatment plan, our goal was to control dental biofilm, including the home care and dental hygienist treatment plan. Planing and scaling will help in the clearing of biofilm.

Patient has a slightly raised blood pressure categorized as elevated (122/79), and I informed the patient about it; no referral is required; other vitals are in the normal range. The BMI was calculated with height and weight. The patient is very anxious and stressed from her last dental treatment mentioned in the history. So, we keep our treatment in multiple visits; the first visit is the least aggressive. Root planing is performed for the subgingival calculus and plaque removal that are the source of bacterial accumulation and inflammation. Oraqix is a topical anesthetic containing lidocaine (2.5 %) and prilocaine (2.5%) used for root planing, which is practical and easy to place. Oral hygiene instructions are given, including diet modification, lifestyle changes, tooth brushing technique and timings, use of interdental cleaning aids, and additional rinsing procedure. The patient is instructed to brush their teeth twice using a

modified bass technique that involves angling the brush at 45 degrees to the front surface while directing the bristles into the tooth's surrounding pockets

The patient stated it's been hard to make ends meet, and it was decided to keep a small budget of less than \$10. The antimicrobial rinse (ACT Total Care) reduces the bacterial load and progression of diseases. It is also designed to target plaque bacteria that the patient has. A 5000 ppm fluoride toothpaste is recommended for caries prevention. I'd recommend the Colgate® PreviDent® 5000 Booster Plus Prescription Strength Toothpaste (Rx Only) small bottle (Not every day). Patients can go in with Crest gum detox usually because the patient has a high caries risk and 60% bleeding. Interdental aid, a busy mom floss pick, would be the best option because she never uses any. I'd recommend the water floss, too, but I'll also tell her the price because the water flosser is much easier but pricey. For preventive services brushing techniques were demonstrated, and in the last visit, fluoride gel (1.23%APF) in office application was performed to prevent dental caries. The patient has multiple restorations and a lot of pits and fissures. The referral to the dentist was made based on small recurrent vesicles on the right side of the palate...As well as caries in the images/radiographs. Lastly, a referral to an oral surgeon about teeth #1 and #16 based on the PAN finding.

Our treatment goal will be to arrest the progression of diseases and reduce plaque accumulation and bleeding. During each visit, we will observe and record gingival color, size, shape, and mucogingival texture changes. The complete periodontal examination will include pocket depths, bleeding on probing (BOP), exudate or suppuration, attachment levels, furcation involvement, and gingival recession. Current findings will compare with previous periodontal assessments to assess changes since treatment was completed. If outcomes are non-satisfactory, take dental assistance, introducing periodontal surgery.

References

1. (Article) Dietrich, T., Ower, P., Tank, M., West, N. X., Walter, C., Needleman, I., ... & British Society of Periodontology. (2019). Periodontal diagnosis in the context of the 2017 classification system of periodontal diseases and conditions—implementation in clinical practice. *British dental journal*, 226(1), 16-22.
2. (Textbook) Boyd, L. D., Mallonee, L. F., Wyche, C. J., & Halaris, J. F. (2020). *Wilkins' Clinical practice of the dental hygienist*. Jones & Bartlett Learning.