Navigating Difficult Treatment Planning with our Geriatric Patients

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This is Mr. John Recluse

- He has significant cardiac issues
- He lives in his pajamas
- He prefers to be alone in his room

✔ Is your mouth hurting?
✔ Can you eat?
Pt centered care for older adults with multiple chronic conditions: A stepwise approach. JAGS 2012

• Challenges: complexity; poor evidence; time constraints; reimbursement
• More complex tx regimen= higher non-adherence; higher adverse events; greater economic burden, greater strain on caregivers and pts
• KEYS: Patient Centered Flexible Consider Time to Benefit Ratio
Supervised Neglect vs Disease Maintenance
Goals of Treatment Planning

1. Did I address the patient’s goals?
2. Can the patient tolerate all treatment steps?
3. Did I think about adverse outcomes and try to address them?
4. Did I address informed consent?
5. Can the patient or caregiver take care of their mouth when we are done?
Arrested Caries Lesions

<table>
<thead>
<tr>
<th>Active</th>
<th>Arrested</th>
</tr>
</thead>
<tbody>
<tr>
<td>Appearance Dull and Chalky</td>
<td>Appearance dark and shiny</td>
</tr>
<tr>
<td>Lesions found in plaque stagnant areas</td>
<td>Lesions found in interproximal areas with</td>
</tr>
<tr>
<td>(interprox, occlusal, gingival margins)</td>
<td>missing adjacent teeth and no prosthesis</td>
</tr>
<tr>
<td>Smooth surface lesions close to the</td>
<td>Smooth surface lesions above the gingival</td>
</tr>
<tr>
<td>gingival margins</td>
<td>margin</td>
</tr>
</tbody>
</table>

- Arrested lesions can be thought of as scars and more resistant to a subsequent carious attack.
Silver Diamine Fluoride

- 38% silver diamine fluoride
- Available in US starting April 2015
- Silver – antimicrobial
- Fluoride – remineralization
- Ammonia – stabilizer
- Used to arrest even cavitated lesions
- Treated carious lesion turns black

This is Ms. Jane

- I was asked to evaluate her because she had a dental abscess
- She had significant cardiac issues
- She was very anxious about her treatment
I cannot cure everyone
but *****
I can harm anyone!
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• KEYS: **Patient Centered**
  **Flexible**
  **Consider Time to Benefit Ratio**
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Classes of Antithrombotics

- **Antiplatelets**
  - Aspirin, Plavix, Ticlid
- **Anticoagulants**
  - Warfarin, Xarelto, Eliquis, Pradaxa

If a patient is on an anticoagulant, do not give either aspirin or NSAID.
Local Hemostasis

- Wound closure (suturing)
- Wound packing
- Sustained pressure
- Topical Tranexamic acid

Do we discontinue warfarin prior to dental surgery?


**CONCLUSIONS:** Continuing the regular dose of warfarin therapy does not seem to confer an increased risk of bleeding compared with discontinuing or modifying the warfarin dose for patients undergoing minor dental procedures
As treatment options become MORE invasive and MORE irreversible
decisional capacity becomes MORE important
Informed Consent

- We assess “decision making capacity”
- Informed consent requires:
  - Pt is informed
  - Pt has free choice
  - Pt has capacity to choose*
    *this is the hard part for us

- Substituted judgement vs. best interest
  Consider:
  - ? What will happen if I don’t treat?
  - ? Will no treatment mean increased suffering?
  - ? Indirect consequences of no treatment?
  - ? Would slowing down the dx be reasonable vs cure

Mukherjee A.et al. Informed consent in dental care and research for the older adult population: A systematic review. JADA.2017;148(4):211

President’s Council on Bioethics.2005 Taking Care: Ethical Caregiving in Our Aging Society.
Dental Care at the End of Life

* Ms. Tinnie is your patient’s mother
* She is at your patient’s home in hospice care
* They call you because her mouth is dry and burning
Hospice

- Hospice can be started:
  - When a patient is diagnosed as terminally ill
  - And diagnosed with less than 6 months to live

Hospice care shifts from care intended to cure to

Palliative care to comfort and support
Dental Care During Hospice Care


*Goals
• Promote comfort
• Maintain oral function
• Improve quality of life

• Xerostomia-90% of cancer hospice pts
• Dental pain can limit eating

Key Points:
• Stress daily oral care
• Bedside is BEST
  – So consider a collaborative approach
<table>
<thead>
<tr>
<th>Brand Name</th>
<th>Manufacturer</th>
<th>Viscosity</th>
<th>pH</th>
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<tbody>
<tr>
<td><strong>SPRAYS</strong></td>
<td></td>
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<tr>
<td>Aldiamed</td>
<td>Certmedica Int'l.</td>
<td>45.40 ± 1.86</td>
<td>5.91</td>
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<td>Biotene</td>
<td>Smithkline Beecham Ltd.</td>
<td>&gt;127</td>
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<td>Emofluor</td>
<td>Dr. Wild &amp; Co</td>
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<td>Evolife Laboratories</td>
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<td>Glandosane</td>
<td>Helvepharm</td>
<td>4.00 ± 0.04</td>
<td>5.03</td>
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<td>Rain spry</td>
<td>Xlear, Inc.</td>
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<td>6.87</td>
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<td>Saliva natura</td>
<td>Medac GmbH</td>
<td>0.89 ± 0.05</td>
<td>5.09</td>
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<td>Saseem Mundspray</td>
<td>G. Pohl-Boskamp GmbH &amp; Co.</td>
<td>&gt;127</td>
<td>5.11</td>
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<td>Stoppers 4</td>
<td>Jocott Brands, Inc.</td>
<td>1.54 ± 0.06</td>
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<tr>
<td>Thayers</td>
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<td><strong>GELS</strong></td>
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<td></td>
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<tr>
<td>Biotene oralbalance</td>
<td>GlaxoSmithKline</td>
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<td>GC Dry Mouth Gel</td>
<td>GC Corp.</td>
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<td>Orajel</td>
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<td>6.27</td>
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<tr>
<td><strong>CONTROL GROUPS</strong></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Erosion Protection</td>
<td>GABA</td>
<td>0.99 ± 0.04</td>
<td>4.17</td>
</tr>
<tr>
<td>Water</td>
<td>(tap water)</td>
<td>0.85 ± 0.07</td>
<td>7.92</td>
</tr>
</tbody>
</table>

Look for products with high viscosity and pH >4

Treatment for Oral Candidiasis

- Topical - Nystatin
  - suspension, ointment, cream, powder, troches

- Systemic
  - Diflucan (fluconazole)
  - Disp: 150 mg one time dose

Don’t forget to treat the prosthesis!

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Questions and further discussion

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