

## Oral Health Statements to help you motivate your patient

*You can use these statements to help encourage your patients to engage with you when delivering oral hygiene advice. You can use this sheet as a record of what you have discussed with the patient and add any further statements you make to the patient at the bottom.*

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| <b>1. When was the last time you flossed?</b>   |  |
| <b>2. You may not have any health concerns right now, but did you know that 50% of people go on to develop gum disease?</b>                   |  |
| <b>3. Did you know that bleeding gums is not normal?</b>  |  |
| a. If you could see the inflammation in your mouth from your gum disease it would cover your entire hand and wrist!                           |  |
| <b>4. What do you think you need to change about your oral hygiene regime?</b>  |  |
| a. Is there anything you find particularly difficult about cleaning your teeth and gums?  |  |
| <b>5. Have you ever been shown how to...</b>  |  |
| a. Use a manual toothbrush  |  |
| b. Use an electric toothbrush   |  |
| c. Clean in-between your teeth  |  |
| <b>6. What time of the day are you most likely to clean in between your teeth?</b>  |  |
| a. Set a goal (write it down, set it on the coach me app)   |  |
| <b>7. Gum disease should be seen as a signpost for other general health issues.</b>   |  |
| <b>8. Are you aware of the link between gum disease and...</b>  |  |
| a. Heart disease  |  |
| b. Alzheimer's  |  |
| c. Diabetes   |  |
| <b>9. Brushing twice daily with fluoride toothpaste is really important and not rinsing after brushing.</b>                                   |  |
| <b>10. Have you thought about reducing the amount and frequency of sugar and starch in your diet to improve your oral and general health?</b> |  |
| <b>Any other statement you made to the patient:</b>   |  |
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