

Master CNA Mouth Care Skills Test

Prevent pneumonia and maintain dignity. Proper oral hygiene reduces pneumonia rates by 31% in healthcare facilities. Master both natural teeth and denture care techniques for complete patient safety.

Step 1: Setup & Patient Preparation

- Knock, introduce yourself, and verify patient identity
- Explain procedure clearly and obtain consent
- Gather all supplies before beginning: brush, paste, basin, towels, cup, gloves
- Wash hands thoroughly and apply gloves
- Position patient 75-90° upright (NNAAP requirement)
- Position patient 60-90° upright (Prometric acceptable range)
- Position patient per care plan (Headmaster protocol)

Step 2: Natural Teeth Cleaning Technique

- Place towel across patient's chest for protection
- Moisten soft-bristled toothbrush with water
- Apply small amount of fluoride toothpaste to brush
- Clean all outer (facial) surfaces of teeth systematically
- Clean all inner (lingual) surfaces of teeth thoroughly
- Clean all chewing (occlusal) surfaces completely
- Gently brush tongue and gum areas
- Hold emesis basin steady while patient rinses

Step 3: Denture Removal & Sink Protection

- Line sink with towel or use plastic basin (prevents breakage)
- Use cool or tepid water only - never hot water
- Remove upper denture by grasping front teeth and tilting down
- Remove lower denture by grasping and lifting straight up
- Place dentures in lined sink immediately after removal

Step 4: Denture Cleaning Process

- Use denture brush or soft toothbrush for cleaning

- Apply non-abrasive cleanser (avoid regular toothpaste)
- Clean all tissue-contact surfaces thoroughly
- Clean chewing surfaces and all outer areas
- Rinse dentures thoroughly under cool running water
- Store in fresh water or denture solution (never dry)
- Label container clearly with patient name and room number

Step 5: Oral Tissue Care After Denture Removal

- Clean patient's gums with soft toothbrush or gauze
- Gently clean tongue surface
- Clean palate (roof of mouth) thoroughly
- Apply mouth moisturizer if indicated
- Replace dentures if patient prefers (or per care plan)

Step 6: Equipment Care & Provider Requirements

- Rinse toothbrush thoroughly after use
- Empty, rinse, and dry emesis basin completely (NNAAP requirement)
- Leave all surfaces completely dry (Prometric emphasis)
- Follow standard cleaning protocols (Headmaster approach)
- Store supplies appropriately for next use

Step 7: Hand Hygiene & Final Safety

- Remove gloves properly (inside-out technique)
- Perform handwashing at sink (NNAAP requirement)
- Use ABHR unless "Hand Washing" specifically required (Headmaster preference)
- Follow standard hand hygiene protocol (Prometric standard)
- Leave patient comfortable and call light within reach
- Document care provided and patient response

Step 8: Professional Communication During Care

- Use Tell-Show-Do technique: explain what you'll do
- Offer simple choices: "mint or no-mint toothpaste?"
- Maintain patient dignity throughout procedure

- Watch for signs of discomfort or pain (PAINAD assessment)
- Demonstrate Indirect Care behaviors throughout (Prometric scoring)
- Respect patient preferences and cultural considerations