

HIV Oral Health 101	HIV & the Mouth	What's that in the mouth	Let's talk hygiene & habits	Peer Talk	Random Facts
100	100	100	100	100	100
200	200	200	200	200	200
300	300	300	300	300	300
400	400	400	400	400	400
500	500	500	500	500	500

FINAL JEOPARDY!!!

*Which of the following products always contain fluoride?*

- A. Toothpaste**
- B. Floss**
- C. Water**
- D. None of the above**

Scores

*Why is fluoride important for oral health?*

**Fluoride helps bring minerals back into the tooth structure**

Scores

**HIV 101:**  
*Which of the following is True?*

- A. Oral HPV will always result in oral warts.
- B. HIV medications work by actively destroying the HIV virus
- C. Anal sex has a higher risk of HIV transmission than oral sex**

Scores

Describe the HIV Life Cycle using AFRITAB.

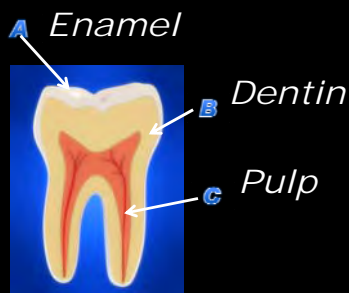
Attachment, Fusion, Reverse Transcriptase, Integration, Transcription, Assembly, Budding

Scores

Daily Double

▶

Name the following three structures?



Scores

\_\_\_\_\_ can cause "dry mouth" which contributes to \_\_\_\_\_ in HIV infected persons....

- A. Dental cavities; oral herpes
- B. Mouth rinse; healthy gums
- C. HIV medications; dental cavities

Scores

**Which statement about saliva is TRUE?**

- A. It mostly contains bacteria that's bad for your mouth.
- B. It can act as a great lubricant for sex.
- C. It helps with swallowing food, not the digestion of food.

Scores

A common fungal infection of the mouth seen in connection with HIV infection and it often includes white patches?



Thrush (oral candidiasis)

Scores

### **What are three ways to help manage dry mouth?**

*Appropriate answers include – drink water; chew on sugarless gum; suck on sugarless gum; artificial saliva; avoid caffeine; avoid sodas and high sugar products*

Scores

### *Why is it so important to treat oral health problems?*

- A. *If you don't treat them, bad oral health can cause AIDS.*
- B. *It can lead to trouble with eating, which can affect your overall health.***
- C. *When there is a problem, dental care is more important than HIV care.*
- D. *All of the above.*

Scores

### *What is plaque and why is it a problem?*

*Plaque is a film on the teeth that attracts bacteria and can cause infections in your teeth and/or gums.*

Scores

### *Pick a product and explain how it can reduce the build up of plaque?*

- *Flossing helps remove plaque by scraping plaque off in between the teeth*
- *Brushing the teeth helps remove plaque by brushing it off of the inner, outer and chewing surfaces of the teeth as well as the tongue*
- *Antiseptic mouth rinse helps reduce plaque by killing the bacteria that cause plaque*
- *Chewing on sugar free gum or candy helps to reduce plaque by stimulating saliva flow*

Scores

### *Oral infections often occur when CD4 count is \_\_\_\_\_ and HIV viral load is \_\_\_\_\_.*

- A. **CD4 Count is greater than 500 and Viral Load is less than 200**
- B. **When Viral load is between 200 and 500**
- C. *When CD4 count is less than 200 and Viral load is greater than 20,000***

Scores

### *Name two ways a dental rubber dam is used:*

*Appropriate responses include (by the dentists for fillings, helps isolate the teeth being worked on, oral sex for females, oral-anal sex, any other terms used to define these acts.*

Scores

What is the most common malignancy associated with HIV that may present like this?



*Kaposi's Sarcoma*

Scores

Brush me the right way  
Which statement is True?

- A. Hard bristles are better than soft bristles because they clean better.
- B. Brush the tongue from back to front.**
- C. Electric toothbrushes are not as good as regular toothbrushes.
- D. Using someone else's toothbrush is okay if you boil in hot water first.

Scores

Which is true about flossing?



- A. Flossing is proven to be more important than brushing your teeth.
- B. When first starting to floss, bleeding gums can be normal.**
- C. The "C" effect is achieved by wedging the floss deep into your gums.

Scores

Pick out all the products that are better for good oral hygiene.

*soft bristle toothbrush, floss, sugar-free gum with xylitol, mouth rinse, diet soda, sugar-free candy*

Scores

Name 3 oral health habits that can lead to poor oral health?

*Smoking cigarettes; chewing tobacco; drug use; not brushing and/or flossing daily; eating and drinking sugary products; not going to the dentist for regular cleanings*

Scores

Demonstrate how you would examine your neck for swollen glands...What is a cause of swollen glands?

*Infections, cancers, diseases of the immune system such as HIV/AIDS*

Scores

You are talking with a client about the importance for coming back for his next appointment and the client shrugs and says "well the pain is gone, so why would I come back?" Provide two reasons why regular dental care is important for this individual?

- There may be other problems/cavities that if not treated now will result in pain in the future.
- If he gets the dental care before there is pain, the procedures will be less invasive.
- By going to the dentist regularly, he can prevent further oral health problems in the future.
- His dental provider is part of his health care team and can help detect signs of HIV in or near the mouth.

Scores

You want to ask a client about his current oral hygiene practices. Provide an example of an open-ended question you would ask the client?

*Any question in which an open-ended response is possible and one-worded responses are avoided*

Scores

A client informs you that she does not want to inform her dentist of her HIV status because she is worried she will be treated differently. Why should her dentist know her HIV status?

- A. As a courtesy, so the dental provider can know he/she is at risk of contracting HIV.
- B. So the dental provider can monitor her lab values and look for any signs of infection in her mouth that may relate to her HIV status.
- C. Because it is required by law that patients need to tell their health care providers their HIV status.

Scores

Your doctor asks you about any drug use in the past 30 days. You feel very uncomfortable answering the question. Demonstrate **two** forms of non-verbal communication that might express how uncomfortable you feel.

*Looking away, folding the arms, raising the eyebrow, crossing the legs, moving away, and any other suggestive gestures using body language*

Scores



Your client makes the following comment: "I have dentures, so I don't have to worry about brushing my teeth and all that stuff." Provide three points of oral hygiene if someone has dentures?

1. brush the gums; 2. brush the tongue; 3. brush the dentures; 4. soak dentures overnight; 5. use special denture brush when brushing dentures

Scores

*How many Americans experience some anxiety and fear of the dentist?*

- 1 million
- 15 million
- 30 million**



Dental anxiety and phobia are extremely common. It has been estimated that 9% to 15% of Americans — about 30 million to 40 million people — avoid seeing the dentist because of anxiety and fear.

Scores

*Why are people with HIV more likely to have oral health problems?*



**Weakened Immune system**

Scores

*Oral Cancer  
Which is true?*



- A. Only chewing tobacco puts you at high risk of getting oral cancer.
- B. HIV does not cause oral cancer but can contribute to it's progression.**
- C. Smoking marijuana and smoking tobacco pose the same risk for getting oral cancer.

Scores

*What is stigma? Provide an example of HIV/AIDS stigma in oral health care.*

*Any example where a person is prevented from receiving good oral health care because of their HIV status - i.e. dentist won't treat a person with HIV*

Scores

*Which of the following facts is FALSE?*

- A. Prince Charles has someone squeeze toothpaste on his toothbrush every day
- B. In 1994, a prison inmate used tooth floss to escape from prison
- C. In an average lifetime, a person produces 10,000 gallons of saliva.
- D. The only cheese that is good for your teeth is feta cheese.**

Scores

**FINAL  
JEOPARDY**

*Identify four examples of how you as a peer could help someone with their oral health care needs?*

*Transportation, connecting with other social services, accompanying to dental visits, talking to them about their oral health care, explaining the importance of oral health care, describing your own experience with oral health care, appointment reminders, periodically calling them to stay in touch...*

**Scores**