Say Ahhh!
Development of an Oral Care and Hygiene Bundle
For Pediatric Oncology Patients
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Background
- At Children’s Hospital Los Angeles (CHLA), RN residents on 4 West, a 16-bed hematology oncology unit, observed inconsistent oral care performance.
- As these patients are immunocompromised and receive high doses of chemotherapy, they are at risk for developing oral mucositis (OM).
- Severity of OM can range from mild, painless tissue changes to bleeding ulcerations, with an increased risk of infection and bacteremia.
- Basic oral hygiene can reduce the severity of OM.
- Bundled care has been shown to increase consistency of use for many different care areas.

Methodology

1. **Identify Need**
   - Determined the need for a consistent oral care strategy on the Hematology/Oncology (hem/onc) unit.

2. **Literature Review**
   - Conducted a literature review of academic journals and published protocols. Surveyed other pediatric hem/onc units, and determined current best practices, products and bundles.

3. **Recommendations**
   - Developed recommendations for an oral care bundle and protocol based on current evidence.
   - Presented findings to the CHLA Central Venous Catheter Committee for feedback.

4. **Establish Bundle**
   - Researched appropriate and available products for bundled care, and contacted vendors for sourcing.
   - Established Oral Care and Hygiene Protocol education tool to teach to patients and staff for implementation on hem/onc unit.

5. **Implementation**
   - Implemented oral care protocol on the 4 East and 4 West Hem/Onc units.

Future Plans

- Finalize oral care bundle items and packaging with Medline
- Education of Hem/Onc patient care staff of the recommendations for use and documentation
- Implement pilot study of oral care and hygiene protocol on the 4 East and 4 West Hem/Onc units

Education Tools

- Soft bristle toothbrush & toothpaste
- Sodium bicarbonate swabs
- Oral moisturizing gel
- Daily shower/bath
- Lip balm & applicators
- Biotene oral rinse

References
