Effect of Home Visit Oral Health Education on Quality of Life Related to Swallowing in Older Adults

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Objectives: In the approaching super-aged society, the oral health problem of the elderly is becoming more important. The main health problem of the elderly are frailty and oral frailty causes such as dry mouth and oral dysfunction. Since swallowing function affects the diet of the elderly, it is highly related to the quality of life of the elderly. Therefore, this study was conducted to improve the quality of life related to swallowing in the elderly through Home Visit Oral Health Education (HVOE).

Methods: The study subjects were some of the community care participants, and a total of 40 people were selected, 20 in the intervention group and 20 in the control group. For the intervention group, HVOE content consisted of oral muscle function exercise to improve swallowing function and was performed for 50 minutes once. The intervention was performed for a total of 6 weeks with the investigator visiting the subject's home once a week. To measure the interventions before and after swallowing-related quality of life was used for the SWALQOL.

Results: After six weeks of intervention if the effect of the intervention group analysis of the swallowing-related quality of life showed a significant interaction between group and time ($F=10.822$, $p=0.002$). In the intervention group, the quality of life related to swallowing increased significantly after education ($M=171.50$) than before education ($M=152.10$).

Conclusions: After 6 weeks of intervention, it was found that the HVOE had a significant effect on the elderly participating in community health care, as the swallowing-related quality of life increased in the intervention group. Therefore, it is expected that the use of the HVOE in the local community can contribute to the improvement of oral health and health of the elderly.

Keywords: Community health care, Elderly, Oral health education, Quality of Life, Swallowing