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Oral care with 0.2% Chlorhexidine against Alpha Haemolytic Streptococci

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The human oral cavity works in a balance mode to promote and maintain proper digestion, respiration, and communication and act as a barrier to protect the body from exogenous sources. More than 250 different microorganisms are always colonized in the oropharynx of a normal human being. The majority of microorganism living in symbiosis with the host and the referred to as commensal flora. The present study was conducted to check the effectiveness of 0.2% chlorhexidine. A quasi-experimental design was adopted and total 60 self-care deficit patients were selected from ICU and medical-surgical wards by purposive sampling technique. Oral care with normal saline was given to the control group (n=30) and experimental group (n=30) received oral care with 0.2% chlorhexidine. Two Gingival samples were collected after a specific period of time and inoculated on blood agar medium to identify the alpha hemolytic streptococci. Before the intervention both the groups had confluent growth of alpha-hemolytic streptococci. But after the intervention, the Experimental group had moderate growth of alpha-hemolytic streptococci but the control group had confluent growth. Therefore, it can be concluded that 0.2% chlorhexidine is effective in reducing the growth of alpha-hemolytic streptococci in self-care deficit patients than the normal saline.

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