

# MAPPS: Mouth care to prevent pneumonia in older people study

<b>Submission date</b> 15/12/2021	<b>Recruitment status</b> No longer recruiting	<input type="checkbox"/> Prospectively registered <input checked="" type="checkbox"/> Protocol
<b>Registration date</b> 04/01/2022	<b>Overall study status</b> Completed	<input type="checkbox"/> Statistical analysis plan <input type="checkbox"/> Results
<b>Last Edited</b> 17/12/2024	<b>Condition category</b> Infections and Infestations	<input type="checkbox"/> Individual participant data <input type="checkbox"/> Record updated in last year

## Plain English summary of protocol

### Background and study aims

Hospital acquired pneumonia (HAP) is the commonest healthcare associated infection in Europe. Up to 70% of patients with HAP may die. HAP occurs because certain bacteria start to live in the mouth when patients become unwell and travel to the lungs. Patients with HAP stay on average an extra 12 days in hospital which is unpleasant for patients and costly for the NHS.

Research suggests frequent mouth care might prevent pneumonia whilst in hospital. However the evidence is not strong enough to make changes to clinical care. A large trial is therefore needed, but some initial work is required to guide successful design and delivery.

This is a feasibility study, aiming to investigate the training, delivery and fidelity of the intervention, with particular emphasis on patients with delirium/dementia, and investigate collection of outcomes for a larger study.

### Who can participate?

Four wards (3 trusts) that admit patients with hip fractures (and some medical patients) will participate.

### What does the study involve?

The sites will be randomised to start the mouth care intervention every three months apart. Patients will receive three times a day tooth/tongue/denture brushing with an antiseptic mouthwash and recorded by trained healthcare assistants. Interviews will be held with staff and patients to record experiences of delivering and receiving mouth care.

### What are the possible benefits and risks of participating?

#### Benefits:

More frequent mouth care will improve oral health and may be easier to eat, talk and socialise. It may be that it also will reduce risk of getting a pneumonia in hospital, reduced hospital stay and impact quality of life however, this will need to be proven. Sometimes mouth care is not consistently provided in hospitals, especially those who cannot do mouth care by themselves, so taking part in this study may mean they are more likely to access regular mouth care.

#### Risks:

The mouth wash (chlorhexidine – the same thing in the mouthwash Corsodyl) can cause tooth staining in some people. Staining can be minimised by avoiding tea or coffee in the hour after using chlorhexidine. If staining occurs, brushing with toothpaste an hour after using chlorhexidine can remove it. If staining persists then it can be removed by scale and polish by the patient's routine dentist.

Where is the study run from?

South Tees Hospitals NHS Foundation Trust (UK)

When is the study starting and how long is it expected to run for?

October 2021 to September 2023

Who is funding the study?

National Institute for Health Research (NIHR) (UK).

Who is the main contact?

Dr Lucksy Cottam, [lucksy.kottam@nhs.net](mailto:lucksy.kottam@nhs.net)

## Contact information

### Type(s)

Scientific

### Contact name

Dr Lucksy Kottam

### ORCID ID

<https://orcid.org/0000-0002-7976-2416>

### Contact details

James Cook University Hospital  
Middlesbrough  
United Kingdom  
TS4 3BW  
+44 1642 854814  
[lucksy.kottam@nhs.net](mailto:lucksy.kottam@nhs.net)

### Type(s)

Scientific

### Contact name

Mrs Natalie Clark

### ORCID ID

<https://orcid.org/0000-0002-9462-4425>

### Contact details

James Cook University Hospital  
Middlesbrough  
United Kingdom  
TS4 3BW

+44 1642 835764  
natalie.clark17@nhs.net

## **Additional identifiers**

**Clinical Trials Information System (CTIS)**  
Nil known

**Integrated Research Application System (IRAS)**  
291778

**ClinicalTrials.gov (NCT)**  
Nil known

**Protocol serial number**  
CPMS50653, NIHR201110, IRAS 291778

## **Study information**

**Scientific Title**  
Mouth cAre to Prevent Pneumonia in older people Study (MAPPS): a feasibility study

**Acronym**  
MAPPS

**Study objectives**  
It is feasible to deliver three times daily mouthcare (with an antiseptic mouthwash (Chlorhexidine 0.2%) and application of lip moisturiser) to hospital inpatients for up to 4 weeks consistently with existing staffing, provision of an education pack, a mouthcare pack, and premade documentation set

**Ethics approval required**  
Old ethics approval format

**Ethics approval(s)**  
Approved 25/11/2021, Yorkshire & The Humber - Bradford Leeds Research Ethics Committee (NHSBT Newcastle Blood Donor Centre, Holland Drive, Newcastle upon Tyne, NE2 4NQ, UK; +44 2071048083; bradfordleeds.rec@hra.nhs.uk), ref: 21/YH/0242

**Study design**  
Interventional non-randomized study

**Primary study design**  
Interventional

**Study type(s)**  
Prevention

**Health condition(s) or problem(s) studied**  
Mouth care to prevent pneumonia in older people

## **Interventions**

**Patient:** Three times daily tooth brushing with an antiseptic mouthwash (Chlorhexidine 0.2%) and application of lip moisturiser for a maximum 4 weeks. Patients will be encouraged to complete this independently however there will be trained healthcare assistants to help deliver the intervention for those requiring assistance due to lack of capacity or any other issues. Healthcare assistants will also offer and prompt patients to complete the mouth care intervention at the specified time points.

**Staff:** Attending mouth care education and training as provided by the study team.

Documentation - completing the daily mouth care and infection record.

Intervention delivery - assisting the patients and prompting patients to complete the intervention.

Mouth care champions will be identified at the start of the study for each participating site. The mouth care champion will usually be a healthcare assistant, ideally with an interest in mouth care. The mouth care champion will be asked to conduct weekly huddles with participating nursing staff to discuss and resolve problems, promote the intervention, and to act as a bridge to the study team to feedback concerns and ideas.

Mouth care champions will feed back comments to the study team via electronic systems.

Research nurses will log any significant comments from the staff delivering the intervention via the study log.

## **Intervention Type**

Behavioural

## **Primary outcome(s)**

Proportion of mouth care episodes delivered out of eligible episodes, information will be collected daily via the daily mouth care record during their stay on the participating ward. This will be the proportion of mouth care episodes that were delivered (i.e. not coded as missed or forgotten). Participants could be in the intervention for up to 28 days, with 3 eligible mouth care episodes each day, unless they are discharged or withdrawn sooner.

## **Key secondary outcome(s)**

### **1. Mouth care delivery**

**1.1 Proportion of delivered mouth care episodes out of eligible mouth care episodes in patients needing consultee consent, reported monthly per unit**

- Information will be collected daily via the daily mouth care record during their stay on the participating ward. This will be the proportion of mouth care episodes that were delivered (i.e. not coded as missed or forgotten). Participants could be in the intervention for up to 28 days, with 3 eligible mouth care episodes each day, unless they are discharged or withdrawn sooner. For this patient population, we will also look at their consent type i.e. nominated or personal consultee agreement

**1.2 Proportion of refused mouth care episodes out of eligible mouth care episodes, per unit per month**

- Information will be collected daily via the daily mouth care record during their stay on the participating ward. This will be the proportion of mouth care episodes that were not delivered (i.e. coded as refused/declined). Participants could be in the intervention for up to 28 days, with 3 eligible mouth care episodes each day, unless they are discharged or withdrawn sooner.

**1.3 Proportion of staff related non delivered mouth care episodes per unit per month**

- Information will be collected daily via the daily mouth care record during their stay on the participating ward. This will be the proportion of mouth care episodes that were not delivered (i.e. coded as not delivered).

e. coded as missed or forgotten). Participants could be in the intervention for up to 28 days, with 3 eligible mouth care episodes each day, unless they are discharged or withdrawn sooner.

1.4 Time to achieve maximal mouth care delivery in each unit (expressed in days)

- The number of days taken for all eligible mouth care episodes to be delivered (e.g. expected vs actually delivered).

## 2. Recruitment

2.1 Proportion of recruited patients out of eligible patients per unit monthly

- Comparison against the monthly screening logs and recruitment logs.

2.2 Proportion of patients recruited out of eligible patients needing consultee consent per unit, monthly

- Comparison against the monthly screening logs and recruitment logs. For this patient population, we will also look at their consent type i.e. nominated or personal consultee agreement.

## 3. Acceptability of intervention

3.1 Acceptability to patients/carers/staff assessed by themes from interviews and observations of mouth care

- Themes derived from the qualitative interviews, using a coding frame.

## 4. Data collection

4.1 Proportion of participants with complete data for cost effectiveness analysis

- Completeness of data, what is expected to be completed vs what has been completed.

4.2 Proportion of participants with complete records for antibiotic data (as proxy for episodes of HAP)

- Completeness of data, what is expected to be completed vs what has been completed, for those with episodes of HAP and required antibiotics.

## Completion date

30/09/2023

# Eligibility

## Key inclusion criteria

Mouth care intervention:

1. Aged over 18 years old

2. Admitted to unit in study (predominantly patients with hip fracture, but will include some medical/orthopaedic patients)

3. Consent or assent to take part in the study

4. Anticipated hospital stay of >3 days

Qualitative interviews:

1. Ward staff

2. Senior nursing staff

3. Patients/carers

## Participant type(s)

Patient

## Healthy volunteers allowed

No

**Age group**

Adult

**Lower age limit**

18 years

**Sex**

All

**Total final enrolment**

248

**Key exclusion criteria**

Mouth care intervention:

1. Patients on the end of life care pathway
2. Within 10 days of a positive COVID swab

**Date of first enrolment**

01/11/2021

**Date of final enrolment**

31/01/2023

**Locations****Countries of recruitment**

United Kingdom

**Study participating centre**

**James Cook University Hospital**

Marton Road

Middlesbrough

United Kingdom

TS4 3BW

**Study participating centre**

**Hexham General Hospital**

Corbridge Road

Hexham

United Kingdom

NE46 1QJ

**Study participating centre**

**Wansbeck Hospital**

Woodhorn Lane  
Ashington  
United Kingdom  
NE63 9JJ

**Study participating centre****Sunderland Royal Hospital**

Kayll Road  
Sunderland  
United Kingdom  
SR4 7TP

## Sponsor information

**Organisation**

South Tees Hospitals NHS Foundation Trust

**ROR**

<https://ror.org/02js17r36>

## Funder(s)

**Funder type**

Government

**Funder Name**

NIHR Central Commissioning Facility (CCF)

**Funder Name**

National Institute for Health Research (NIHR) (UK)

**Alternative Name(s)**

National Institute for Health Research, NIHR Research, NIHRresearch, NIHR - National Institute for Health Research, NIHR (The National Institute for Health and Care Research), NIHR

**Funding Body Type**

Government organisation

**Funding Body Subtype**

National government

## Location

United Kingdom

# Results and Publications

## Individual participant data (IPD) sharing plan

The current data sharing plans for this study are unknown and will be available at a later date

## IPD sharing plan summary

Data sharing statement to be made available at a later date

## Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
<a href="#">HRA research summary</a>			28/06/2023	No	No
<a href="#">Participant information sheet</a>	Consultee (Prospective) version 1.1	16/11/2021	04/01/2022	No	Yes
<a href="#">Participant information sheet</a>	Consultee (Retrospective) version 1.1	16/11/2021	04/01/2022	No	Yes
<a href="#">Participant information sheet</a>	PIS (Prospective) version 1.1	16/11/2021	04/01/2022	No	Yes
<a href="#">Participant information sheet</a>	PIS (Retrospective) version 1.1	16/11/2021	04/01/2022	No	Yes
<a href="#">Participant information sheet</a>	Qualitative interview version 1.1	16/11/2021	04/01/2022	No	Yes
<a href="#">Participant information sheet</a>	Participant information sheet version 1.0	11/11/2025	11/11/2025	No	Yes
<a href="#">Protocol file</a>		07/09/2021	04/01/2022	No	No