

# 1a) Oral Health Assessment Tool

Date: \_\_\_/\_\_\_/\_\_\_

Resident Information:	Completed by	
First Name	D.O.B	
Surname	Room	

Give each category a score, circling yes or no where appropriate. Scoring 1 or 2 in any category requires action from a dentist.

0 = Healthy   1 = Changes   2 = Unhealthy

A new assessment must be made:

- When the resident enters the care home
- After any significant change
- Every 12 months

## Lips

- 0 Smooth, pink, moist
- 1 Dry, chapped or red at corners
- 2 Swelling or lumps, white, red or ulcerated patch; bleeding or ulcerated at corners

## Dental Pain

- 0 No behavioural, verbal, or physical signs of dental pain
- 1 There are verbal and/or behavioural signs of pain such as pulling at face, chewing lips, not eating, aggression
- 2 There are physical pain signs (swelling of cheek or gum, broken teeth, ulcers), as well as verbal and/or behavioural signs (pulling at face, not eating, aggression)

## Teeth

- Do they have natural teeth? Yes/No
- 0 No decayed or broken teeth or roots
  - 1 1-3 decayed or broken teeth or roots or very worn down teeth
  - 2 4+ decayed or broken teeth or roots, or very worn down teeth, or less than 4 teeth

## Oral Cleanliness

- 0 Clean, no food particles or tartar in mouth or denture
- 1 Food particles, tartar or plaque in 1-2 areas of the mouth or dentures or halitosis (bad breath)
- 2 Food particles, tartar or plaque in most areas of the mouth or dentures or severe halitosis

## Tongue

- 0 Normal, moist roughness, pink
- 1 Patchy, fissured, red, coated
- 2 Patch that is red and/or white, ulcerated, swollen

## Dentures

- Do they have dentures? Yes/No
- 0 No broken areas or teeth, dentures regularly worn and named
  - 1 1 broken area or tooth or dentures only worn for 1-2 hours daily, or dentures not named or loose
  - 2 More than one broken area or tooth, denture missing or not worn, loose and needs adhesive or not named

## Saliva

- 0 Moist tissues, watery and free flowing saliva
- 1 Dry, sticky tissues, little saliva present, resident thinks they have a dry mouth
- 2 Tissues parched and red, little or no saliva present, saliva is thick, resident thinks they have a dry mouth

## Gums and Tissues

- 0 Pink, moist, smooth, no bleeding
- 1 Dry, shiny, rough, red, swollen, 1 ulcer or sore spot under dentures
- 2 Swollen, bleeding, ulcers, white/red patches, generalised redness under dentures

**Total Score**

/ 16

## Next Actions:

Resident and/or family or guardian has refused dental treatment

Organise for resident to have a dental examination by a dentist

Complete oral hygiene care plan and start oral hygiene care interventions for resident

Planned date of next review:

# 1b) Oral Health Awareness & Action

For older people living in care homes the mouth is important for eating, drinking, speaking and smiling. Good mouth care can prevent pain/infection and support a good quality of life. The following tips can help you support good mouth care.

**Level of Support** Identify the amount of assistance needed.

None  
(Independent)

Need  
Reminding

Observation  
& Help

Physical  
Assistance

Resistant  
Behaviour



**Routine** Mouth care twice a day can prevent pain and infection.

- Remove dentures and clean them with a denture brush.
- Brush teeth with a fluoride toothpaste.
- Speak to the person's dentist about the best toothpaste and toothbrush to use.



**Sugar** in food and drinks causes tooth decay and pain/infection.

- Keep sugar to mealtimes - between meals encourage savoury snacks (e.g toast with butter, cheese, sausage rolls).
- Use sweeteners rather than sugar in tea and coffee.
- Use cream and butter to provide energy rather than sugar.



**Dry Mouth** makes tooth decay and pain/infection more likely.

- Encourage frequent sips of water.
- Regularly apply Vaseline to the person's lips.
- Speak to the person's dentist about artificial saliva gels.
- Speak to the person's doctor about medications worsening the dry mouth.



**Pain** It's vital that pain and infection in the mouth is recognised and the person is seen quickly by a dentist.

If the person cannot tell you they have pain, you may recognise changes to behaviour that may indicate pain & infection. Examples include:

- Grimacing or flinching during eating or drinking.
- Holding face or swollen face.
- Refusing food or drink, waking from sleep more than normal.