

# Appendix J: Sample Oral Health Assessment Tools

The following are two examples of validated oral health assessment tools that can be used in practice. The first is the Oral Health Assessment Tool (OHAT), and the second is the Holistic and Reliable Oral Assessment Tool (THROAT).

## Sample 1: Oral Health Assessment Tool (OHAT)

Resident: _____		Date: ___/___/___		
Completed by: _____				
Scores – You can circle individual words as well as giving a score in each category (* if 1 or 2 scored for any category please organize for a dentist to examine the resident)				
Category	0 = healthy	1 = changes*	2 = unhealthy*	Category scores
<b>Lips</b>	smooth, pink, moist	dry, chapped, or red at corners	swelling or lump, white/red/ulcerated patch; bleeding/ulcerated at corners	
<b>Tongue</b>	normal, moist, roughness, pink	patchy, fissured, red, coated	patch that is red and/or white, ulcerated, swollen	
<b>Gums and tissues</b>	pink, moist, smooth, no bleeding	dry, shiny, rough, red, swollen, one ulcer/sore spot under dentures	swollen, bleeding, ulcers, white/red patches, generalized redness under dentures	
<b>Saliva</b>	moist tissues, watery and free flowing saliva	dry, sticky tissues, little saliva present; resident thinks they have a dry mouth	tissues parched and red, very little/no saliva present, saliva is thick, resident thinks they have a dry mouth	
<b>Natural teeth Yes/No</b>	no decayed or broken teeth/roots	1-3 decayed or broken teeth/roots or very worn down teeth	4 + decayed or broken teeth/roots, or very worn down teeth, or less than 4 teeth	
<b>Dentures Yes/No</b>	no broken areas or teeth, dentures regularly worn, and named	1 broken area/tooth or dentures only worn for 1-2 hrs daily, or dentures not named, or loose	more than 1 broken area/tooth, denture missing or not worn, loose and needs denture adhesive, or not named	
<b>Oral cleanliness</b>	clean and no food particles or tartar in mouth or dentures	food particles/tartar/plaque in 1-2 areas of the mouth or on small area of dentures or halitosis (bad breath)	food particles/tartar/plaque in most areas of the mouth or on most of dentures or severe halitosis (bad breath)	
<b>Dental pain</b>	no behavioural, verbal, or physical signs of dental pain	verbal and/or behavioural signs of pain such as pulling at face, chewing lips, not eating, aggression	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)	
<input type="checkbox"/> Organize for resident to have a dental examination by a dentist <input type="checkbox"/> Resident and/or family/guardian refuses dental treatment <input type="checkbox"/> Complete Oral Hygiene Care Plan and start oral hygiene care interventions for resident <input type="checkbox"/> Review this resident’s oral health again on Date: ___/___/___				<b>TOTAL SCORE:</b> <u>16</u>

**Source:** Chalmers, J., King, P., Spencer, A., Wright, F., & Carter, K. (2005). The oral health assessment tool – validity and reliability. Australian Dental Journal, 50(3). 191-199. Reprinted with the permission.

**Sample 2: The Holistic and Reliable Oral Assessment Tool (THROAT)**

Category	Normal: score 0	Abnormal			Total score	Comments
		Mild: score 1	Moderate: score 2	Severe: score 3		
<b>Lips</b>	Smooth/pink	Dry/not cracked	Dry/cracked	Ulcerated/sores/bleeding		
<b>Teeth</b>	Clean	Film localised plaque over teeth	Film of plaque over teeth most areas	Heavy visible deposits of plaque on and between teeth		
<b>Dentures</b>	Clean	Film localised plaque over teeth	Film of plaque over teeth most areas	Heavy visible deposits of plaque on and between teeth		
<b>Gums/gingival</b>	Coral pink/moist	Mild inflammation/slight redness/slight swelling	Moderate inflammation/redness/swelling/glazing	Severe inflammation/ marked redness/ swelling/ ulceration/ bleeding		
<b>Mucous membranes</b>	Coral pink/moist	Mild inflammation/slight redness/slight swelling	Moderate inflammation/redness/swelling/glazing	Severe inflammation/ marked redness/ swelling/ ulceration/ bleeding		
<b>Palate</b>	Coral pink/moist	Mild inflammation/slight redness/slight swelling	Moderate inflammation/redness/swelling/glazing	Severe inflammation/ marked redness/ swelling/ ulceration/ bleeding		
<b>Tongue</b>	Pink/moist/no coating	Slight coating	Coating/cracks/small ulcers	Thick coating/ discoloured/ blistered/ ulcerations/cracks/ bleeding		
<b>Saliva</b>	Watery consistency	Slight thickening	Thick and ropy	No saliva		

**Source:** Dickinson, H., Watkins, C., & Leathley, M. (2001). The development of the THROAT: the holistic and reliable oral assessment tool. *Clinical Effectiveness in Nursing*, 5(3). 104-110. Reprinted with permissions.