

Sample 2: The Holistic and Reliable Oral Assessment Tool – THROAT

Reproduced with permission.

	Normal – 0	Mild – 1	THROAT Moderate – 2	Study NO Severe – 3	Score	Comments
1) Lips	Smooth/pink/moist	Dry/no cracks	Dry/cracks	Ulceration/sores/ bleeding		
2) Teeth	Clean	Film localized plaque over teeth	Film of plaque over teeth in moist areas	Heavy visible deposits of plaque on and between teeth		
• Dentures	Clean	Film localized plaque over teeth	Film of plaque over teeth in moist areas	Heavy visible deposits of plaque on and between teeth		
• Both	Clean	Film localized plaque over teeth	Film of plaque over teeth in moist areas	Heavy visible deposits of plaque on and between teeth		
3) Gums/Gingiva	Coral pink/moist	Mild inflammation/slight redness/slight edema	Moderate inflammation/ redness/edema/ glazing	Severe inflammation/ marked redness/ edema/ulceration/ bleeding		
4) Mucous membrane	Coral pink/moist	Mild inflammation/slight redness/slight edema	Moderate inflammation/ redness/edema/ glazing	Severe inflammation/ marked redness/ edema/ulceration/ bleeding		
5) Palate	Coral pink/moist	Mild inflammation/slight redness/slight edema	Moderate inflammation/ redness/edema/ glazing	Severe inflammation/ marked redness/ edema/ulceration/ bleeding/thick mucous patches		
6) Tongue	Pink/moist/no coating	Slight coating evident	Coating evident/cracks/ small ulcers	Thick coating/discoloured /blistered ulcerations/cracks/ bleeding		
7) Floor of mouth	Pink/moist/no coating	Slight coating evident	Coating evident/cracks/ small ulcers	Thick coating/discoloured /blistered ulcerations/cracks/ bleeding		
8) Smell	No smell	Slight smell on breath only noticed close up	Noticeable smell on breath	Strong smell on breath		
9) Saliva	Watery consistency	Slight thickening	Thick and ropy	No saliva		