

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
Lips	smooth, pink, moist	dry, chapped, or red at corners	swelling or lump, white/red/ulcerated patch; bleeding/ulcerated at corners	
Tongue	normal, moist, roughness, pink	patchy, fissured, red, coated	patch that is red and/or white, ulcerated, swollen	
Gums and tissues	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	
Saliva	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	
Natural teeth Yes/No	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	
Dentures Yes/No	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	
Oral cleanliness	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)	
Dental pain	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: ____/____/____				TOTAL SCORE: <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.