## Mouth Care Risk Assessment
A visual aid to support the 1000 Lives Plus Mouth Care Risk Assessment

<table>
<thead>
<tr>
<th>Category</th>
<th>Low Risk</th>
<th>Medium Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Healthy</strong></td>
<td><strong>Score 0</strong></td>
<td><strong>Changes Score 1</strong></td>
<td><strong>Unhealthy Score 2</strong></td>
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<tr>
<td><strong>Care Plan A</strong></td>
<td></td>
<td></td>
<td><strong>Care Plan C</strong></td>
</tr>
<tr>
<td><strong>1 Health Status</strong></td>
<td>Alert, able to eat and drink unaided.</td>
<td>Apathetic, intermittent systemic pain / dysphagia. Requires nutritional support e.g. help with feeding / supplements or tube fed.</td>
<td>Unable to co-operate, unconscious, intubated, severe pain, no nutritional or fluid intake, oxygen therapy, mouth breathing.</td>
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<tr>
<td><strong>Care Plan B</strong></td>
<td>Requires assistance with mouth care: - verbal / physical prompting / hand on hand support.</td>
<td></td>
<td>Dependent on others for mouth care and may require more than 1 person to assist.</td>
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<tr>
<td><strong>2 Level of support for mouth care</strong></td>
<td>No help required. Self caring.</td>
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<tr>
<td><strong>4 Saliva</strong></td>
<td>Soft tissues moist, watery and free flowing saliva.</td>
<td>Soft tissues dry &amp; sticky, little saliva present, patient reports occasional dry mouth.</td>
<td>Soft tissues very dry, little or no saliva present: saliva is thick, ropy, tenacious secretions, patient complains of dry mouth.</td>
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<tr>
<td><strong>5 Gums and Oral Cleanliness</strong></td>
<td>Gums firm, moist, no bleeding. Mouth clean no food or visible plaque on teeth or dentures.</td>
<td>Gums bleed on brushing, shiny, swollen. One ulcer or sore spot under denture. Visible food/plaque/tartar in 1 or 2 areas or on small area of denture(s), occasional bad breath.</td>
<td>Pain, constant bad breath, loose teeth. Visible food/plaque/tartar, in most areas of the mouth or on denture(s). Tartar or calculus on teeth.</td>
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<tr>
<td><strong>6 Natural Teeth</strong></td>
<td>No decayed or broken teeth / roots or no natural teeth.</td>
<td>Decayed, broken, worn-down teeth or roots - No verbal, physical or behavioural signs of pain.</td>
<td>Decayed or broken teeth / roots / continuous pain and affecting health. Physical signs such as swelling of cheek or gum, ulcers, 'gum boil', as well as verbal and or behavioural signs.</td>
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<tr>
<td><strong>7 Dentures</strong></td>
<td>Dentures clean and intact or no dentures.</td>
<td>Dentures not clean / 1 broken area / tooth. Patient reports some problem but not affecting health.</td>
<td>Dentures very loose or painful. Patient unable to cope with dentures due to health problem e.g. stroke.</td>
</tr>
</tbody>
</table>

= refer to medical team or follow local procedure for urgent dental referral.

For further information, visit [www.1000livesplus.wales.nhs.uk/mouthcare](http://www.1000livesplus.wales.nhs.uk/mouthcare)