

Common Oral Health Conditions

Self directed learning resource

Introduction

This self directed learning resource is designed to help you familiarise yourself with common oral health conditions experienced by older people. A series of oral health photographs are used to guide you through the eight categories of the Oral Health Assessment Tool.

For each of the categories of oral health (lips, tongue, gums and oral tissue, saliva, natural teeth, dentures, oral cleanliness, and dental pain) you are provided with examples to assist you with identifying what is considered healthy, changes or unhealthy.

You are then prompted to make an assessment on whether an oral health condition is healthy, changes or unhealthy by clicking on your choice and submitting an answer.

Lastly you have the opportunity to verify your answer by checking the correct response.



Lips

Healthy

smooth, pink, moist



Changes

dry, chapped, or red at corners



mild angular cheilitis
(mixed candidal & bacterial infection)



mild angular cheilitis

Unhealthy

swelling or lump, white/red ulcerated patch, bleeding/ulcerated at corners



severe angular cheilitis



lump
(possibly SCC or BCC)



ulcerated patch

BEGIN



Lips

Healthy

smooth, pink, moist

Changes

dry, chapped, or red at corners

Unhealthy

swelling or lump, white/red ulcerated patch, bleeding/ulcerated at corners



- Healthy
- Changes
- Unhealthy

SUBMIT ANSWER



Lips

Healthy

smooth, pink, moist

Changes

dry, chapped, or red at corners

Unhealthy

swelling or lump, white/red ulcerated patch, bleeding/ulcerated at corners



The correct answer is

Changes

Lips are dry, chapped, and a little red at the corners

NEXT



Tongue

Healthy

normal, moist, roughness, pink



normal tongue

Changes

patchy, fissured, red, coated



patchy, fissured,
red tongue



coated tongue

Unhealthy

patch that is red and/or white,
ulcerated, swollen



red and
swollen
tongue



ulcerated and
bleeding patch



white patch

BEGIN



Tongue

Healthy

normal, moist, roughness, pink

Changes

patchy, fissured, red, coated

Unhealthy

patch that is red and/or white, ulcerated, swollen



- Healthy
- Changes
- Unhealthy

SUBMIT ANSWER



Tongue

Healthy

normal, moist, roughness, pink

Changes

patchy, fissured, red, coated

Unhealthy

patch that is red and/or white, ulcerated, swollen



The correct answer is

Changes

Tongue is dry, shiny,
and swollen

NEXT



Gums & Tissues

Healthy

pink, moist, smooth, no bleeding



normal gums



normal gums



normal gums

Changes

dry, shiny, rough, red swollen, one ulcer/sore spot under dentures



red and swollen gums



red and swollen gums



ulcer on gums under denture

Unhealthy

swollen, bleeding, ulcers, white/red patches, generalised redness under dentures



white and red patches
(acute candidal infection)



swollen, bleeding gums



generalized redness under denture stomatitis
(fungal infection)

BEGIN



Gums & Tissues

Healthy

pink, moist, smooth, no bleeding

Changes

dry, shiny, rough, red swollen, one ulcer/sore spot under dentures

Unhealthy

swollen, bleeding, ulcers, white/red patches, generalised redness under dentures



- Healthy
- Changes
- Unhealthy

SUBMIT ANSWER



Gums & Tissues

Healthy

pink, moist, smooth, no bleeding

Changes

dry, shiny, rough, red swollen, one ulcer/sore spot under dentures

Unhealthy

swollen, bleeding, ulcers, white/red patches, generalised redness under dentures



The correct answer is

Changes

Gums are red and swollen
in the lower front

NEXT



Saliva

Healthy

moist tissues, watery and free-flowing saliva



normal saliva



normal saliva

Changes

dry, sticky tissues, little saliva present, person thinks they have a dry mouth



dry, sticky tissues with little saliva



dry, sticky tissues with little saliva

Unhealthy

tissues parched and red, very little/no saliva present, saliva is thick, person thinks they have a dry mouth



parched, red tissues with very little thick saliva



tissues parched with no saliva (oral mucositis)

BEGIN



Saliva

Healthy

moist tissues, watery and free-flowing saliva

Changes

dry, sticky tissues, little saliva present, person thinks they have a dry mouth

Unhealthy

tissues parched and red, very little/no saliva present, saliva is thick, person thinks they have a dry mouth



- Healthy
- Changes
- Unhealthy

SUBMIT ANSWER



Saliva

Healthy

moist tissues, watery and free-flowing saliva

Changes

dry, sticky tissues, little saliva present, person thinks they have a dry mouth

Unhealthy

tissues parched and red, very little/no saliva present, saliva is thick, person thinks they have a dry mouth



The correct answer is

Unhealthy

The oral tissues are parched and red, and very little saliva is present

NEXT



Natural Teeth

Healthy

no decayed or broken teeth/roots



normal teeth



normal teeth



normal teeth

Changes

1-3 decayed or broken teeth/roots or very worn-down teeth



2 decayed teeth



1 tooth root



1 molar
tooth root

Unhealthy

4 or more decayed or broken teeth/roots, or very worn down teeth, or less than 4 teeth



5 decayed teeth



11 decayed teeth



6 tooth roots

BEGIN



Natural Teeth

Healthy

no decayed or broken teeth/roots

Changes

1-3 decayed or broken teeth/roots or very worn-down teeth

Unhealthy

4 or more decayed or broken teeth/roots, or very worn down teeth, or less than 4 teeth



- Healthy
- Changes
- Unhealthy

SUBMIT ANSWER



Natural Teeth

Healthy

no decayed or broken teeth/roots

Changes

1-3 decayed or broken teeth/roots or very worn-down teeth

Unhealthy

4 or more decayed or broken teeth/roots, or very worn down teeth, or less than 4 teeth



The correct answer is

Changes

Decay is evident around the roots of the teeth

NEXT



Natural Teeth

Healthy

no decayed or broken teeth/roots

Changes

1-3 decayed or broken teeth/roots or very worn-down teeth

Unhealthy

4 or more decayed or broken teeth/roots, or very worn down teeth, or less than 4 teeth



The correct answer is

Changes

Decay is evident around the roots of the teeth

NEXT



Dentures

Healthy

no broken areas or teeth, dentures regularly worn, and named

Changes

1 broken area/tooth or dentures only worn for 1-2 hours daily, or dentures not named, or loose

Unhealthy

1 or more broken area/tooth, denture missing or not worn, loose and needs denture adhesive, or not named



- Healthy
- Changes
- Unhealthy

SUBMIT ANSWER



Dentures

Healthy

no broken areas or teeth, dentures regularly worn, and named

Changes

1 broken area/tooth or dentures only worn for 1-2 hours daily, or dentures not named, or loose

Unhealthy

1 or more broken area/tooth, denture missing or not worn, loose and needs denture adhesive, or not named



The correct answer is

Healthy

No broken areas or teeth and dentures are named.

NEXT



Oral Cleanliness

Healthy

clean and no food particles or calculus (tartar) in mouth or dentures



clean mouth



clean mouth



clean mouth

Changes

food particles/calculus/plaque in 1-2 areas of the mouth or on small area of dentures, or halitosis (bad breath)



calculus in 1 area of lower denture



plaque and calculus in 1 area of mouth

Unhealthy

food particles/calculus/plaque in most areas of the mouth or on most of dentures, or severe halitosis (bad breath)



food particles, calculus and plaque all over



food particles and plaque all over



food particles, calculus, and plaque all over

BEGIN



Oral Cleanliness

Healthy

clean and no food particles or calculus (tartar) in mouth or dentures

Changes

food particles/calculus/plaque in 1-2 areas of the mouth or on small area of dentures, or halitosis (bad breath)

Unhealthy

food particles/calculus/plaque in most areas of the mouth or on most of dentures, or severe halitosis (bad breath)



- Healthy
- Changes
- Unhealthy

SUBMIT ANSWER



Oral Cleanliness

Healthy

clean and no food particles or calculus (tartar) in mouth or dentures

Changes

food particles/calculus/plaque in 1-2 areas of the mouth or on small area of dentures, or halitosis (bad breath)

Unhealthy

food particles/calculus/plaque in most areas of the mouth or on most of dentures, or severe halitosis (bad breath)



The correct answer is

Changes

Food particles, calculus and plaque are present in 2 areas of the mouth

NEXT



Dental Pain

Healthy

no behavioural, verbal, or physical signs of dental pain



Changes

are verbal and/or behavioural signs of pain such as pulling at face, chewing lips, not eating, changed behaviour



Unhealthy

are physical pain sign (swelling of cheek or gum, broken teeth, ulcers), as well as verbal and/or behavioural signs



BEGIN



Dental Pain

Healthy

no behavioural, verbal, or physical signs of dental pain

Changes

are verbal and/or behavioural signs of pain such as pulling at face, chewing lips, not eating, changed behaviour

Unhealthy

are physical pain sign (swelling of cheek or gum, broken teeth, ulcers), as well as verbal and/or behavioural signs



- Healthy
- Changes
- Unhealthy

SUBMIT ANSWER



Dental Pain

Healthy

no behavioural, verbal, or physical signs of dental pain

Changes

are verbal and/or behavioural signs of pain such as pulling at face, chewing lips, not eating, changed behaviour

Unhealthy

are physical pain sign (swelling of cheek or gum, broken teeth, ulcers), as well as verbal and/or behavioural signs



The correct answer is

Healthy

NEXT



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In Summary

A 'healthy' or 'changes' assessment can be managed by using the Oral Health Care Planning Guidelines in the Professional Portfolio.

An 'unhealthy' assessment generally indicates the need for dental referral. Information about Dental Referral Protocols is also included in the Professional Portfolio and relevant forms can be printed from this CD.

It is recommended a resident should have an oral health assessment performed by the GP or RN on admission and subsequently on a regular basis and as the need arises. For example, following an acute incident.

An oral health assessment should only take a few minutes to do and it can easily be integrated into a general health assessment.

