

## **Kings College London Dental Institute**

### **Guy's & St Thomas' NHS Foundation Trust Oral Medicine Unit**

## **Disease Activity Scoring sheets**

### **Clinical scoring systems for oral mucosal Diseases**

The routine clinical management of patients with oral mucosal diseases including lichen planus, recurrent oral ulceration, pemphigus, pemphigoid, oro-facial granulomatosis, and xerostomias require reliable and reproducible methods of assessing and recording the clinical severity of disease prior to the commencement of treatment. Furthermore, the sequential assessment of disease activity facilitates the objective evaluation of any intervention.

A validated scoring methodology is therefore an essential part of good clinical practice and it is difficult to have objective assessments of treatment outcomes without them. Scoring systems should ideally include an assessment of the extent of the disease i.e. surface area, the activity of the disease in each affected area of mucosa and the impact of the disease on the patient eg. the pain experienced or impact on quality of life.

The NHS is moving towards an emphasis on treatment outcomes, and it is hoped that these Oral Disease Scoring Systems, which we are happy for any discerning clinician to utilise (with appropriate acknowledgements), will help in achieving knowledge of the effectiveness of treatments and thus improved care for our patients in the longer term.

**LICHEN PLANUS**

Name: ..... Hospital Number ..... Date .....

Predominant type (ring type): Reticular / Atrophic / Plaque / Desquamative gingivitis / Ulcerative

Site (possible score values)	Site score	Activity score (0 - 3), Double if site score = 2
Outer lips (0-1)		
Inner lips (0-1)		
R Buccal Mucosa (0 or 1 [<50%] or 2 [>50%])		
L Buccal Mucosa (0 or 1 [<50%] or 2 [>50%])		
Gingivae (0-1 each segment)		
Lower R (distal)		
Lower central		
Lower L (distal)		
Upper R (distal)		
Upper central		
Upper L (distal)		
Dorsum tongue (0 or 1 or 2)		
R ventral tongue (0-1)		
L ventral tongue (0-1)		
Floor of mouth (0 or 1 or 2)		
Hard palate (0 or 1 or 2)		
Soft palate (0 or 1 or 2)		
Oropharynx (0 or 1 or 2)		

Totals: SITE SCORE: ACTIVITY SCORE: PAIN SCORE (0-10):

VAS \_\_\_\_\_

**TOTAL DISEASE SEVERITY SCORE:**

**Key**

**Activity Score**

- 0 = no lesion at site
- 1 = mild erythema (e.g. on gingivae, papillae only or less than 3mm along margins)
- 2 = marked erythema (e.g. full thickness on gingivae, extensive with atropy or oedema on non-keratinised mucosa)
- 3 = Ulceration at this site

**Site Score**

- 0 if no lesion at site
- 1 if less than 50% of area affected
- 2 if greater than 50%. Not defined anatomically

**Pain Score**

Analogue scale from 0 (no discomfort) to 10 (unbearable pain)

Physician signature.....

**PEMPHIGUS / PEMPHIGOID**

Name: ..... Hospital Number ..... Date .....

Site (possible score values)	Site score	Activity score (0-3), Double if site score = 2
Outer lips (0- 1)		
Inner lips (0- 1)		
R Buccal Mucosa (0 or 1 [<50%] or 2 [>50%])		
L Buccal Mucosa (0 or 1 [<50%] or 2 [>50%])		
Gingivae (1 each segment)		
Lower R (distal)		
Lower central		
Lower L (distal)		
Upper R (distal)		
Upper central		
Upper L (distal)		
Dorsum tongue (0 or 1 or 2)		
R ventral tongue (0- 1)		
L ventral tongue (0- 1)		
Floor of mouth (0 or 1 or 2)		
Hard palate (0 or 1 or 2)		
Soft palate (0 or 1 or 2)		
Oropharynx (0 or 1 or 2)		

**Totals:** SITE SCORE: ..... ACTIVITY SCORE: ..... PAIN SCORE (0-10): .....

VAS \_\_\_\_\_

**TOTAL DISEASE SEVERITY SCORE:**

**Key**

**Activity Score**

- 0 = no lesion at site
- 1 = mild erythema (e.g. on gingivae, papillae only or less than 3mm along margins)
- 2 = marked erythema (e.g. full thickness on gingivae, extensive with atropy or oedema on non-keratinised mucosa)
- 3 = Ulceration at this site

**Site Score**

- 0 if no lesion at site
- 1 if less than 50% of area affected
- 2 if greater than 50%. Not defined anatomically

**Pain Score**

Analogue scale from 0 (no discomfort) to 10 (unbearable pain)

Physician signature.....

**OROFACIAL**

**GRANULOMATOSIS**

Name: ..... Hospital Number ..... Date .....

Sites (possible scores)	Site score	Activity score (0-3) Double if site = 2	Lesion Types	Scoring Key	
Upper lip (0-1)				<b>Lesion Types</b>	
Lower lip (0-1)				1	Swelling
Angular cheilitis (0-1)				2	Tags
L Buccal Mucosa (0 or 1 [<50%] or 2 [>50%])				3	Ulceration
R Buccal Mucosa (1 or 2) (0 or 1 [<50%] or 2 [>50%])				4	Linear ulcers
L Buccal sulcus (0-1)				5	Erythema
R Buccal sulcus (0-1)				6	Fissure
Gingiva (0-1 each segment)				7	Nodules
Lower R (distal)					
Lower central				<b>Activity Score:</b>	
Lower L (distal)				0	Absent
Upper R (distal)				1	Mild
Upper central				2	Moderate
Upper L (distal)				3	Severe
Dorsum tongue (0 or 1 or 2)					
R lateral tongue (0-1)					
L lateral tongue (0-1)				<b>Other Features:</b>	
Floor of mouth (0 or 1 or 2)				Y / N	Cobblestoning
Hard palate (0 or 1 or 2)				Y / N	Fibrous banding/scarring
Soft palate (0 or 1 or 2)				Y / N	Facial swelling
Oropharynx / fauces (0 or 1 or 2)				Y / N	Facial erythema
<b>TOTALS</b>				Y / N	Staghorning

Physician signature.....

**RECURRENT ORAL ULCERATION**

Name: ..... Hospital Number ..... Date .....








DoB:.....

Diagnosis: **Minor Major Herpetiform Atypical Other:**

First visit to the department Yes  No

Patient on medication for RAS: Yes  No

Name & Duration of RAS medication:

Size	Ulcer Characteristics	Score	Description of USS
2mm 	Average <b>Size</b> of ulcers (in mm)		Score = average size of ulcers in mm Maximum score = 20
3mm 	Average <b>Number</b> of ulcers		Score –average number of ulcers in a crop Maximum score = 20
4mm 	Average <b>Duration</b> of ulcers		Score = number of ½ weeks i.e. Half week (3 days) scores 1, one and a half week (10 days) scores 3. Maximum score = 10
6mm 	<b>Ulcer-free period</b> (in weeks)		Score = 10 minus the average ulcer-free period in weeks Maximum score = 10 (never free from ulcers)
8mm 	<b>Pain</b> as perceived by the patient (on a scale of 0-10)		1 for slight discomfort when ulcers are present 10 for excruciating ulcers interfering with eating and talking Maximum score = 10
10mm 	Mucosal site		Score = total of sites affected 1 for each site in group 1 (non-keratinised Mucosa) 2 for each site in group 2 (keratinised, specialised or oropharynx) Maximum score = 10
12mm 	Group 1 Labial mucosa Buccal mucosa Buccal Sulcus Soft palate Ventral of tongue Lateral of tongue Floor of mouth  Group 2 Hard palate Attached gingiva Alveolar ridge Dorsum of tongue Tonsils Pillars of fauces Ulvula		<b>Evidence of scarring</b> Yes <input type="checkbox"/> No <input type="checkbox"/>  <b>Total USS</b>

## CLINICAL ORAL DRYNESS SCORE

Name: ..... Hospital Number ..... Date .....

### Kings Clinical Oral Dryness Score Sheet

- The scale works as an additive score from 1 to 10, 1 being the least and 10 the most severe.
- Each feature scores 1 and features are in approximate severity order (but will not necessarily progress in the order shown),
- Total scores indicate severity and patient needs.
- Scores change over time and can be used to monitor progression or regression.

Score	Feature
0-1	<b>Mirror sticks to both buccal mucosae</b>
0-1	<b>Mirror sticks to tongue</b>
0-1	<b>Saliva frothy</b>
0-1	<b>No saliva pooling in floor of mouth</b>
0-1	<b>Tongue shows loss of papillae (generalised or margins)</b>
0-1	<b>Altered/ smooth gingival architecture (especially anterior)</b>
0-1	<b>Glassy appearance to oral mucosa (especially palate )</b>
0-1	<b>Tongue lobulated/fissured-moderate/severe</b>
0-1	<b>Cervical caries (more than two teeth)</b>
0-1	<b>Debris on palate (excluded under dentures)</b>
/10	<b>TOTAL ODS</b>

**SJOGRENS SYNDROME / DRY MOUTH PATIENT SUMMARY**

**DIAGNOSIS** Sjogrens SNOX Drug related  
Mouth breather **NOS** Other

**PATIENT DETAILS**

<b>HISTORY</b>				
Arthritis	RA	OA	PNOA	Psoriatic
Autoimmune disease	SLE	Thyroid	Raynaud's	LP
Other systemic disease				
Xerostomic medication				
<b>DATE</b>				
Joint pain Y?N Where?				
Fatigue 0-10 severe				
<b>EXAM</b>				
Shirmers	R L			
Ocular staining				
Whole flow ml/min				
Parotid flow ml/min				
Lymphadenopathy				
Swollen glands				
Dry mouth score				
<b>RESULTS</b>				
Rh factor				
ANA				
ENA Ro/La				
ESR / CRP				
dsDNA Other auto antibodies				
IgG IgA IgM				
CD4 / CD8 normal / not CD4 CD8				
<b>Ultraound score</b>				
<b>Labial gland Bx</b>				
<b>Physician Signature</b>				

