



CIGNA Dental Caries Risk Assessment For Providers



The prevention and restoration treatment of caries remains an important part of dental practice. Tooth decay is the single most common chronic childhood disease. In fact, it's 5 times more common than asthma and 7 times more common than hay fever¹. Also, many adults have untreated caries (e.g., 27% of those 20-39 years, 21% of those 40-59 years, and 19% of those 60 years and older)².

This caries risk assessment tool is designed to help you in the comprehensive management of caries in your patients. The assessment includes the following sections to involve the patient, parent, and/or caregiver: a patient interview or questionnaire (Part I), clinical evaluation (Parts II and III), and risk assessment and patient recommendations (Part IV).

Part I: To be answered by the patient, parent, or primary caregiver about the patient. (Select the responses under the risk columns that best answers each question.)

Patient Name: _____

Date: _____

Question	Low Risk	Moderate Risk	High Risk
For Adults and Children: How often do you visit your dentist?	<input type="checkbox"/> At least 2 times per year	<input type="checkbox"/> Once a year	<input type="checkbox"/> Rarely or never
How often do you brush your teeth each day?	<input type="checkbox"/> 2-3 times	<input type="checkbox"/> 1 time	<input type="checkbox"/> < 1 time
How often do you floss between your teeth?	<input type="checkbox"/> Every day	<input type="checkbox"/> 3-4 times per week	<input type="checkbox"/> Rarely or never
Do you use fluoride toothpaste?	<input type="checkbox"/> Yes		<input type="checkbox"/> No
Have you had cavities in the past?	<input type="checkbox"/> No		<input type="checkbox"/> Yes
How long has it been since your last cavity?	<input type="checkbox"/> >24 months	<input type="checkbox"/> 12-24 months	<input type="checkbox"/> <12 months
How many times daily do you eat sugary foods (such as candy, soda, cookies, cake, or juice) between meals?	<input type="checkbox"/> Only with meals	<input type="checkbox"/> 1-2	<input type="checkbox"/> 3 or more
Do you wear braces, orthodontic appliances, or partial dentures?	<input type="checkbox"/> No		<input type="checkbox"/> Yes
Does your mouth often feel dry (not enough saliva)?	<input type="checkbox"/> No		<input type="checkbox"/> Yes
Do you have special health care needs, especially, any which limit your ability to care for your teeth and gums?	<input type="checkbox"/> No		<input type="checkbox"/> Yes
Do you use chewing gum, mints, or other products that contain Xylitol?	<input type="checkbox"/> Yes		<input type="checkbox"/> No
Have you had sealants placed on your teeth?	<input type="checkbox"/> Yes		<input type="checkbox"/> No
Additional Questions for Children Under the age of 12. Does the child's parent, primary caregiver, or siblings have cavities?	<input type="checkbox"/> No		<input type="checkbox"/> Yes
Does the child sleep with a baby bottle that contains milk or juice?	<input type="checkbox"/> No		<input type="checkbox"/> Yes
Does the child live in a community that has fluoridated water?	<input type="checkbox"/> Yes		<input type="checkbox"/> No
Does the child take fluoride supplements or use fluoride rinses?	<input type="checkbox"/> Yes		<input type="checkbox"/> No

Part II - Clinical evaluation of the patient - Select the responses under the risk columns that best answers each question.

Question	Low Risk	Moderate Risk	High Risk
Does the patient have a history of medical or special needs?	<input type="checkbox"/> No		<input type="checkbox"/> Yes
Does the patient have visible plaque build up?	<input type="checkbox"/> No		<input type="checkbox"/> Yes
Are there areas of enamel demineralization (chalky white-spots on teeth)?	<input type="checkbox"/> No	<input type="checkbox"/> 1	<input type="checkbox"/> Yes (more than 1)
Are there enamel defects, deep pits/fissures?	<input type="checkbox"/> No		<input type="checkbox"/> Yes
Is there radiographic evidence of caries?	<input type="checkbox"/> No		<input type="checkbox"/> Yes

Part III - Supplemental professional assessment (Optional)

Question	Low Risk	Moderate Risk	High Risk
Levels of mutans streptococci or lactobacilli	<input type="checkbox"/> Low	<input type="checkbox"/> Moderate	<input type="checkbox"/> High

Patient Name:

Date:

Part IV - Patient Recommendations

	Low Risk	Moderate Risk	High Risk
Patient's Current Cavity Risk: Many experts feel that the patient's caries risk is considered to be the highest risk level (low, moderate, or high) in which any one response was checked. For example, any one answer in the "high risk" column indicates that the patient is considered "high risk" for tooth decay.	<input type="checkbox"/> Low	<input type="checkbox"/> Moderate	<input type="checkbox"/> High

Daily Oral Hygiene:

- Brush twice daily (with fluoride toothpaste, all patients)
- Floss daily
- Floss threaders
- Interproximal brush
- Interdental cleaner
- Other: _____

Diet:

- OK as is
- Limit or change snacking (eliminate sweets)
- Limit sodas
- Limit bottle/nursing; eliminate at bedtime
- Replace juice or sweet liquids in the bottle with water
- Other: _____

Fluorides:

- Fluoride-containing toothpaste 2X/day (all patients regardless of caries risk status)
- Fluoride rinse (0.05 % NaF) 1X or 2X/day
- Prescription strength fluoride gel
- Fluoride lozenges 1X/day
- Appropriate fluoride supplements (for children receiving less than the optimum levels of fluoride in their drinking water)

Antibacterial rinse:

- Chlorhexidine gluconate, 0.12% (available by prescription)

Sugar-free gums/mints:

- Chew after meals when you can't brush (Xylitol preferred)
- Use Xylitol mints 3 – 4 times daily

For dry mouth:

- Use baking soda toothpaste with fluoride
- Drink or rinse frequently with water
- Use dry mouth products

Other recommendations:

Dentist signature:

Date:

¹Source: Surgeon General's Report on Oral Health in America;

² www.cdc.gov/oralhealth/factsheets/dental_caries

References:

"Policy on Use of a Caries-risk Assessment Tool (CAT) for Infants, Children, and Adolescents" American Academy of Pediatric Dentistry Council on Clinical Affairs.

"Assessing patients' caries risk." Journal of the American Dental Association. Margherita Fontana, DDS, PhD; Domenick T. Zero, DDS, MS. September 2006, Vol. 137, pgs. 1231-1239.

"Caries Management by Risk Assessment: Consensus Statement, April 2002" Journal of the California Dental Association. John D.B. Featherstone, MSc, PhD, et. al. March 2003, Vol. 31, No. 3, pgs. 257-269.