## Clinician Follow Up Reference for Supportive Care

### Physical Concerns – “YES” to Mouth Sores

<table>
<thead>
<tr>
<th>Start With</th>
<th>Next Step</th>
<th>Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>Asking the patient the below questions</td>
<td>Refer to Physician/APC or Nurse</td>
<td>Sub Acute 1-3 days</td>
</tr>
<tr>
<td>Do you have pain in your mouth, any sores or sore spots?</td>
<td>Share Patient Links and Handouts as appropriate</td>
<td></td>
</tr>
<tr>
<td>Do you have an infection that you know of?</td>
<td>See Reference links below for additional information</td>
<td></td>
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<tr>
<td>Are you brushing or flossing your teeth?</td>
<td></td>
<td></td>
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<tr>
<td>Does your mouth feel dry?</td>
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<tr>
<td>Is taste affected?</td>
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</tbody>
</table>

### Options/Recourse

- Assess for cause:
  - Examine oral cavity and look for lesions and/or thrush
  - Treatment related stomatitis
  - Head Neck guidelines, other guidelines

### Oral Care:

- Use gentle toothpaste (children’s toothpaste)
- Use soft toothbrush
- Rinse mouth with water after eating or drinking

### MA level screener:

Communicate these answers to Physician/APC in referral or notes for Next Step

### If YES

#### Options/Recourse

- Assess for cause:
  - Examine oral cavity and look for lesions and/or thrush
  - Treatment related stomatitis
  - Head Neck guidelines, other guidelines

#### Oral Care:

- Use gentle toothpaste (children’s toothpaste)
- Use soft toothbrush
- Rinse mouth with water after eating or drinking

### If YES

For additional information see Follow Up Reference for:
- Dry Mouth
- Issues with Taste

### Notes

- **Stages I-III:** Consider the possibility of thrush or stomatitis.
- **Stage IV:** Consider dose reduction of chemotherapy if chemotherapy is the offending agent and symptom support is not effective.
- **Geriatric:** This is a very common symptom in older adults. Be sure to remove any dentures or partials and assess the gums underneath.

### Patient Links and Handouts:

- [American Cancer Society, Mouth Sores and Pain](#)
- [Cancer.Net, Mouth Sores or Mucositis](#)
- [NIH, Head and Neck Radiation Treatment and Your Mouth](#)
- [NIH, Chemotherapy and Your Mouth](#)
- [NIH, Oral Complications of Chemotherapy and Head/Neck Radiation (PDQ®)](#)
- [NIH, Mouth and Throat Problems](#)
- [ASCO, Dental and Oral Health](#)

CSOC Patient Handout can be accessed at: [http://cancer-help.me/mouthsores](http://cancer-help.me/mouthsores)

### References:

- [NIH, Oral Complication of Chemotherapy and Head/Neck Radiation (PDQ®) Professional Version](#)
- [NIH, Cancer Treatments and Oral Health](#)
- [NIH, Oncology Team, Oral Complications of Cancer Treatment](#)
- [NIH, Oncology Team, Oncology Pocket Guide to Oral Health](#)