

How Can Non-Oral Health Professionals Perform Basic Oral Health Examination?

Oral Health



Whole-body health

WHY IT MATTERS

Poor oral health can lead to:



Identifies early signs of:

- Tooth decay
- Gum disease
- Oral lesions or infections



Supports timely dental referrals



Reinforces hygiene habits

What to Examine



AREA	LOOK FOR (ISSUES)	HEALTHY SIGNS
Lips	Dryness, cracks, discoloration, lesions	Pink, smooth, no lesions
Breath	Persistent or unusual odours	Fresh, neutral
Tongue	Spots, swelling, coating, ulcers	Pink, moist, clean
Gums	Redness, swelling, bleeding	Firm, pink, stippled
Teeth	Decay, plaque, broken/missing/misaligned teeth	Clean, intact, aligned
Cheeks	Lumps, ulcers, discoloration	Smooth, no lesions
Palate	Lumps, ulcers, discoloration	Smooth, no lesions
Pain	Ask about discomfort in mouth, teeth, gums	No pain or sensitivity

The 5-Step Framework:

1 Ask

- Ask about pain, concerns
- Confirm permission to examine

2 Look for

- Signs of disease or poor hygiene
- Check lips, breath, tongue, gums, teeth, cheeks, palate

3 Decide

- Decide if referral is needed

4 Act

- Give hygiene advice (e.g. brushing, flossing)
- Refer to a dental professional if:
 - o Pain, decay, lesions present
 - o Gum disease or infection is visible

5 Document

- Record findings: concerns, actions, referrals
- Track changes over time

Learn More: [fdiworlddental.org/educational-module-other-healthcare-professionals](https://www.fdiworlddental.org/educational-module-other-healthcare-professionals)