

**Table 2 (Part 1).** Updated CAMBRA Caries Risk Assessment form<sup>#</sup> for ages 6 year through adult (January 2021)<sup>##</sup>. Refer to the second page (part 2) for instructions for use as guidelines for caries risk assessment.

Patient Name:

Reference Number:

Provider Name:

Date:

<b>Caries risk assessment component</b>	<b>Column 1 Score: -1</b>	<b>Column 2 Score: +2</b>	<b>Column 3 Score: +3</b>
<b>Protective factors – Question items</b>	<b>Check if Yes*</b>		
1. Fluoridated water			
2. F toothpaste at least once a day			
3. F toothpaste 2X daily or more			
4. 5000 ppm F toothpaste			
5. F varnish last 6 months			
6. 0.05% sodium fluoride mouthrinse daily			
7. 0.12% chlorhexidine gluconate mouthrinse daily 7 days monthly			
8. Normal salivary function			
<b>Biological or environmental risk factors Question items</b>		<b>Check if Yes*</b>	
1. Frequent snacking (>3 times daily)			
2. Hyposalivatory medications			
3. Recreational drug use			
<b>Biological risk factors – Clinical Exam</b>			
4. Heavy plaque on the teeth			
5. Reduced salivary function (measured low flow rate) **			
6. Deep pits and fissures			
7. Exposed tooth roots			
8. Orthodontic appliances			
<b>Disease Indicators – Clinical exam</b>			<b>Check if Yes*</b>
1. New cavities or lesion(s) into dentin (radiographically)			
2. New white spot lesions on smooth surfaces			
3. New non-cavitated lesion(s) in enamel (radiographically)			
4. Existing restorations in last 3 years (new patient) or the last year (patient of record)			
<b>Column total score (Columns 2 + 3 -1):</b>	<b>Column 1 Total:</b>	<b>Column 2 Total:</b>	<b>Column 3 Total:</b>
<b>Yes in column 3 likely indicates high or extreme risk Yes's in columns 1 and 2: use the caries balance-below **Hyposalivation plus high risk factors = extreme risk</b>			
<b>Final Overall Caries Risk Assessment Category (check) determined as per guidelines below</b>			
LOW <input type="checkbox"/>	MODERATE <input type="checkbox"/>	HIGH <input type="checkbox"/>	EXTREME <input type="checkbox"/>

**\*Check the yes answers in the appropriate column. Shading indicates which column to place the appropriate yes. Assess the caries risk as per instructions in Table 2 (part 2) below.**

<sup>#</sup> (modified from Featherstone et al., 2019a with permission of California Dental Association Journal)

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**Table 2 (Part 2).** Caries Risk Assessment Guidelines for ages 6 years through adult. Assessing the caries risk as low, moderate, high or extreme.

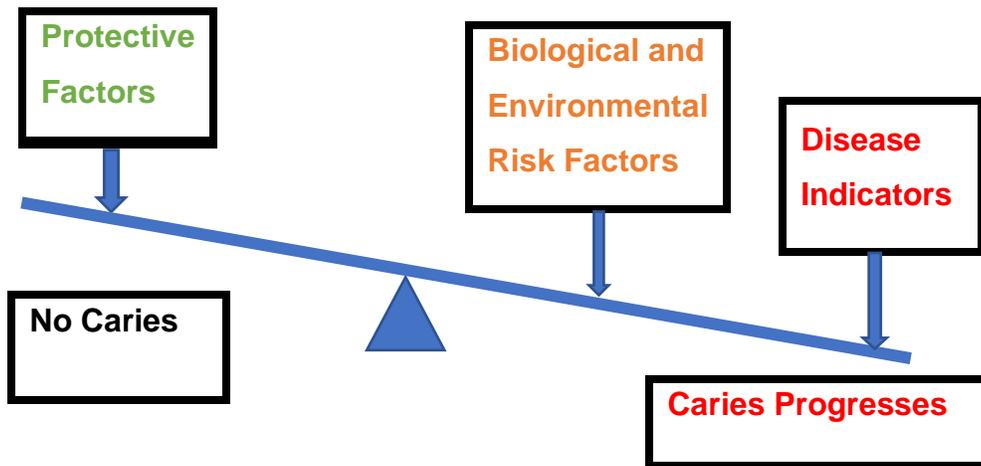
*The dental caregiver has the responsibility of making a caries risk assessment and then deciding on a caries management plan for the patient that leads from the risk assessment and a personalized assessment of the needs of the individual patient. These guidelines can assist in the process.*

**Determining the caries risk as low, moderate, high or extreme - guiding principles**

1. **Low risk.** If there are no disease indicators, very few or no risk factors and the protective factors prevail, the patient is most likely at low risk. Usually this is obvious.
2. **Moderate risk.** If the patient is not obviously at high, or extreme risk and there is doubt about low risk, then the patient should be allocated to moderate risk and followed carefully, with additional chemical therapy added. An example would be a patient who had a root canal as a result of caries 4 years ago, and has no new clinical caries lesions, but has exposed tooth roots and only uses a fluoride toothpaste once a day.
3. **High and extreme risk.** One or more disease indicators most likely signals at least high risk. If there is also hyposalivation the patient is likely at extreme risk. Even if there are no positive disease indicators the patient can still be at high risk if the risk factors definitively outweigh the protective factors. Think of the caries balance: visualize the balance diagram as illustrated below.

Any items checked “yes” should also be used as topics to modify behaviour or determine additional therapy.

**Use the following modified caries balance** to visualize the overall result and determine the risk level. It may be helpful to allocate scores for each “yes” checked on the risk assessment form with a score of -1 for yes’s in column 1, and +2 and +3 respectively for yes’s in columns 2 and 3. The final total will help guide the risk level decision. **Low** = -8 to -2; **Moderate** = -1 to +2; **High** = +3 to +17; **Extreme** = +18 to +30 and/or is a high risk level plus measured or observed hyposalivation. Use the caries balance to visualize the overall result and determine the risk level for the individual patient.



<b>Additional caries-related components for caries management and caregiver/patient counselling. Record in patient chart at each visit.</b>
Dietary counselling to reduce frequency and amount of fermentable carbohydrates. Record number and type of daily snacks, drinks and juices used.
Oral hygiene and fluoride (F) toothpaste use. At each visit note frequency and amount used.
Record all recommended therapy such as F toothpaste, F varnish, chlorhexidine and usage by patient.
Record medications at each visit and check for changes.
Record participation in assistance programs such as “school lunches”, “head start”, appropriate to the state or country.
Child or adult has developmental problems or special care needs (CHSCN).
Inadequate saliva flow and related medications, medical conditions, or illnesses.
<b>Discuss self-management goals with caregiver/patient and set two goals together at each visit. Provide in writing.</b>