

Mucositis Care Pathway

Prevention

Prevention

Promote good oral hygiene including brushing at least twice daily and gentle flossing

Consult dentistry for evaluation as soon as possible after diagnosis

Determine treatment-related risk for mucositis
For patients at high risk, consider using:

Cryotherapy

Photobiomodulation

Use cryotherapy for patients receiving melphalan or 5-fluorouracil

Consider using cryotherapy if associated chemotherapy given by short IV infusion and co-operative patient

Use intraoral photobiomodulation therapy in patients undergoing autologous or allogeneic HSCT and for patients who will receive radiotherapy for head and neck carcinoma

Consider using intraoral photobiomodulation therapy for patients who will receive radiotherapy for head and neck cancers other than carcinoma

Do not routinely use palifermin

Do not routinely use granulocyte colony stimulating factors for mucositis prevention

Assessment

Assessment

Evaluate oral mucous membranes routinely

Assess routinely using SSPedi

Mild Bother
(SSPedi score = a little)

Moderate Bother
(SSPedi score = medium)

Severe Bother
(SSPedi score = a lot or extremely)

Allocate resources based on severity of bother and according to the preferences and capabilities of the patient

Treatment

Treatment and Resources

Optimize oral hygiene as tolerated

Optimize nutrition including the use of enteral feeds or parenteral nutrition

Consult clinical nutrition services

Follow pain care pathway

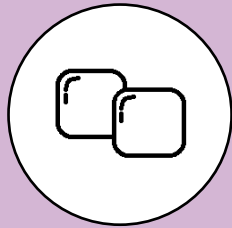
Mucositis Care Pathway

Cryotherapy Information

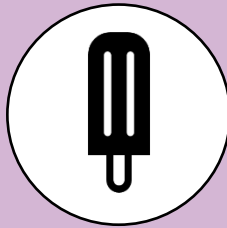
What is cryotherapy?

Cryotherapy is the process of maintaining ice-cold liquids (e.g. ice cubes, ice chips, ice water, popsicles, freezies or ice pops) in the mouth during infusion of mucositis-associated chemotherapy. It is effective at preventing mucositis.

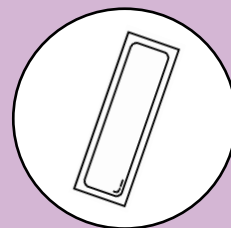
To be feasible, chemotherapy infusion must be 60 minutes or less.



Ice cubes, ice chips or ice water



Popsicles, freezies or ice pops



Short infusion (60 minutes or less) chemotherapies associated with mucositis:

- Amsacrine
- Bleomycin
- Dactinomycin
- Fluorouracil (5-FU)
- Idarubicin
- Melphalan
- Mitoxantrone

*This is not an exhaustive list.

Care Pathway

SSPedi: Symptom Screening in Pediatrics



Please tell us how much each of these things **bothered** you **yesterday or today** by ticking the circle that best describes the amount it bothered you:

	Not at all bothered	A little	Medium	A lot	Extremely bothered
Feeling disappointed or sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling scared or worried	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling cranky or angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Problems with thinking or remembering things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in how your body or face look	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Mouth sores	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Headache	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Hurt or pain (other than headache)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Tingly or numb hands or feet	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Throwing up or feeling like you may throw up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Feeling more or less hungry than you usually do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Changes in taste	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Constipation (hard to poop)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Diarrhea (watery, runny poop)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please tell us about any other things that have bothered you lately by writing about them here.