

Xerostomia Bother Index

The **Xerostomia Bother Index** was developed in conjunction with Healthcare Professionals to help indicate the severity to which a patient's quality of life is being affected by Dry Mouth.

This simple tool should be used on a patient-by-patient basis, and completed by a clinician, carer, family/friend, or by the patient themselves.

Simply circle the score on the 5-point scale that best illustrates the extent to which the patient is affected by the symptom.

Name: _____

Date: / /

	None				Severe
1 Dry / Cracked Lips	0	1	2	3	4
2 Cracked corners of the mouth	0	1	2	3	4
3 Burning rough tongue	0	1	2	3	4
4 Halitosis (bad breath)	0	1	2	3	4
5 Thick sticky saliva in the corners of the mouth	0	1	2	3	4
6 Frequent thirst	0	1	2	3	4
7 Difficulty eating, swallowing, talking	0	1	2	3	4
8 Increase in plaque and/or decay	0	1	2	3	4
9 Sore bleeding gums	0	1	2	3	4
10 Difficulty wearing dentures	0	1	2	3	4
11 Disturbed sleep (due to dry mouth)	0	1	2	3	4
12 Other	0	1	2	3	4

The Xerostomia Bother Index is a subjective tool. Inevitably there will be a degree of inter-observer variability. However, it can help identify areas for further investigation and possible clinical intervention.