

**LENT SOMA SCALE FOR H & N CARCINOMA RADIOTHERAPY
OBJECTIVE CRITERIA - PART 3**

Lent Soma V5 15/05/01

Hospital Number _____ Date of Assessment _____ Initials of Researcher _____

Oral and Pharyngeal - Mucosa

Mucosal Integrity

- 0 = Normal
- 1 = Patchy atrophy or telangiectasia
- 2 = Diffuse atrophy/telangiectasia/superficial ulceration
- 3 = Deep ulcer no bone or cartilage exposure
- 4 = Deep ulcer with bone or cartilage exposure

Weight Loss

- 0 = ≥ 0% gain
- 1 = ≤ 5% loss
- 2 = > 5%-10% loss
- 3 = >10%-15% loss
- 4 = >15% loss

Management of Ulcer

- 0 = No ulcer
- 2 = Cleanse
- 3 = Antibiotics or oxidants
- 4 = Debridement or surgery

Management of Dysphagia

- 0 = No dysphagia
- 1 = Lubricants/diet modification
- 2 = Non-narcotic analgesic
- 3 = Narcotic analgesic
- 4 = PEG tube and/or surgical intervention

Management of Taste Alteration

- 0 = No taste alteration
- 1 = Minor diet changes (e.g. non-acidic)
- 2 = Minor diet changes (semi-soft)
- 3 = Major changes (soft)
- 4 = Major changes (liquid)

Date Assessed (ddmmyyyy)

Colour photo, assessment of change of appearance 0=No
 1=Yes

Cytology, biopsy, imaging rule out persistent tumour 0=No
 1=Yes

Smear, antifungal therapy rule out candidiasis 0=No
 1=Yes

NB If information **Not Known** fill boxes with 9's, if **Not Applicable** fill boxes with 8's

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Skin

Oedema

- 0 = No oedema
- 1 = Present/asymptomatic
- 2 = Symptomatic
- 3 = Secondary dysfunction
- 4 = Total dysfunction

Alopecia

- 0 = No alopecia
- 1 = Thinning
- 2 = Patchy/permanent
- 3 = Complete/permanent

Pigmentation Change

- 0 = No pigmentation change
- 1 = Transitory, slight
- 2 = Permanent, marked

Ulcer/necrosis

- 0 = No ulcer/necrosis
- 1 = Epidermal only
- 2 = Dermal
- 3 = Subcutaneous
- 4 = Bone exposed

Telangiectasia

- 0 = No telangiectasia
- 1 = Minor
- 2 = Moderate <50%
- 3 = Gross ≥50%

Fibrosis/Scar

- 0 = No fibrosis/scar
- 1 = Present/asymptomatic
- 2 = Symptomatic
- 3 = Secondary dysfunction
- 4 = Total dysfunction

Atrophy/Contraction

- 0 = No atrophy/contraction
- 1 = Present/asymptomatic
- 2 = Symptomatic <10%
- 3 = Secondary dysfunction 10-30%
- 4 = Total dysfunction >30%

Management Dryness

- 0 = No Dryness
- 3 = Medical intervention

Management of Sensation

- 0 = No problem
- 2 = Intermittent medical intervention
- 3 = Continuous medical intervention

Management of Ulcer

- 0 = No ulcer
- 3 = Medical intervention
- 4 = Surgical intervention

Management Oedema

- 0 = No oedema
- 3 = Medical intervention
- 4 = Surgical intervention

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Skin continued

Management of Fibrosis/Scar

- 0 = No fibrosis/scar
- 3 = Medical intervention
- 4 = Surgical intervention

Date Assessed (ddmmyyyy)

Colour photo change in appearance

0=No
 1=Yes

Salivary Gland

Saliva

- 1 = Normal moisture
- 2 = Scant saliva
- 3 = Absence of moisture, viscous saliva
- 4 = Absence of moisture, coated mucosa

Management of Xerostomia

- 0 = No xerostomia
- 2 = Occas. use of saliva substitute or water, sugarless gum, sialogogues
- 3 = Frequent use of above
- 4 = Needs saliva substitute or water in order to eat, sugarless sweets or gum, sialogogues

Salivary Flow

- 0 = >95% of pre-treatment
- 1 = 76-95% of pre-treatment
- 2 = 51-75% of pre-treatment
- 3 = 26-50% of pre-treatment
- 4 = 0-25% of pre-treatment

Mandible

Exposed Bone

- 0 = No exposed bone
- 2 = ≤2cm
- 3 = >2cm or limited sequestration
- 4 = Fracture

Trismus

- 0 = No trismus (≥2cm)
- 2 = 1.0cm<2.0cm opening
- 3 = 0.5cm<1.0cm opening
- 4 = 0.0cm<0.5cm opening

Management of Exposed Bone

- 0 = No exposed bone
- 2 = Antibiotics
- 3 = Debridement, HB oxygen
- 4 = Resection

Trismus and Mastication

- 0 = No problems
- 2 = Soft diet
- 3 = Liquid diet, antibiotics, muscle relaxants
- 4 = NG tube, gastrostomy

Date Assessed (ddmmyyyy)

X-rays of Mandible

- 1 = No changes or questionable changes
- 2 = Radiolucent or radiosclerotic changes
- 3 = Sequestra
- 4 = Fracture

0=No
 1=Yes

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Teeth

Date Assessed (ddmmyyyy)

CT scan assessment of necrosis progression 0=No |
1=Yes |

Any of their own teeth present?
0 = No
1 = Yes

Caries
0 = No Caries
1 = DMF* <25%
2 = DMF* 25% - 50%
3 = DMF* >50%
4 = Fracture
8 = No own teeth

*(DMF = No. of decayed, missing or filled teeth compared to pre-RT)

Management of Caries
0 = No caries
1 = Prescribed fluorides
2 = Restoration
3 = Selected extraction
4 = Total extraction

Date Assessed (ddmmyyyy)

Dental X-rays assessment of necrosis/progression 0=No |
1=Yes |

Probe for softness assessment of teeth for decalcification and caries 0=No |
1=Yes |

Pulp test assessment for pulp integrity with heat, cold 0=No |
1=Yes |

Percussion assessment for tenderness and pain 0=No |
1=Yes |

Mobility assessment of aveolar bone for loss and infection 0=No |
1=Yes |

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Larynx

Larynx

- 0 = No oedema
- 1 = Oedema arytenoids only
- 2 = Arytenoids and aryepiglottic
- 3 = Diffuse oedema of the supraglottis, adequate airway
- 4 = Diffuse oedema with narrowing of airway to < half normal

Mucosal Integrity

- 0 = Normal
- 1 = Patchy atrophy/telangiectasia
- 2 = Complete atrophy, extensive telangiectasia
- 3 = Ulcer, cartilage not exposed
- 4 = Necrosis cartilage exposed

Respiration

- 0 = No problem
- 2 = SOBOE
- 3 = SOB at rest
- 4 = Stridor at rest

Management of Hoarseness

- 0 = No hoarseness
- 2 = Rest voice or whisper only
- 3 = No talking or whispering
- 4 = Laryngectomy

Management of Respiration

- 0 = No problem
- 2 = Humidifier, steroids
- 3 = Temporary tracheostomy
- 4 = Permanent tracheostomy

Date Assessed (ddmmyyyy)

Indirect laryngoscopy assess oedema, mucosal integrity, vocal cord motion, ulcer and necrosis 0=No
1=Yes

Direct laryngoscopy assess oedema, mucosal integrity, vocal cord motion, ulcer necrosis 0=No
1=Yes

CT assess oedema, necrosis and asymmetry 0=No
1=Yes

MRI assess oedema, necrosis and asymmetry 0=No
1=Yes

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Ear

Skin

- 0 = Normal
- 1 = Dry desquamation
- 2 = Otitis externa
- 3 = Superficial ulceration
- 4 = Deep ulceration, necrosis osteochondritis

Hearing

- 0 = No problem
- 1 = <10 decibel hearing loss in one or more frequencies
- 2 = 10-15 decibel loss in one or more frequencies
- 3 = >15-20 decibel loss in one or more frequencies
- 4 = >20 decibel loss in one or more frequencies

Management of Skin Problem

- 0 = None, no problem
- 1 = Occasional lubrication/ointments
- 2 = Regular ear drops, antibiotics
- 3 = Eardrums ?perforation
- 4 = Surgical intervention

Management of Hearing Loss

- 0 = No hearing loss
- 3 = Hearing aid

Date Assessed (ddmmyyyy)

Pure tone audiometry assess characteristics of sensorineural deafness 0=No
1=Yes

Speech audiometry assess characteristics of speech perception 0=No
1=Yes

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