The guidance continues to focus on the key principles of:

**Accurate Assessment**
- Use a recognised grading system
- Assess high-risk patients on a daily basis

**Regular Care**
- Encourage good oral hygiene (toothbrush and toothpaste)
- Well-balanced diet, avoidance of alcohol & tobacco
- Use a saline mouthwash to gargle and rinse
- Treat dry lips using appropriate products

**Prevent/reduce oral damage**
- Moderate Risk:
  - Increase frequency of saline mouthwashes
  - Ice cubes to reduce oral damage and dry mouth
  - Anti-infective prophylaxis
  - Caphosol®
  - Mucosal protectants MuGard® Gelclair® Oralife®

**High risk:**
- In addition to the interventions for moderate-risk patients, consider the following:
  - Daily vitamin B supplements (if patient has known alcohol issues)
  - Prophylactic insertion of enteral feeding tube before commencement of treatment
  - Palifermin HSCT +/- TBI

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**Treatment interventions**

**Grade 1 or 2 OM:**
- Ensure good oral hygiene and increase the frequency of saline rinses
- Monitor nutritional status
- Monitor for oral infection, swab and treat as required
- Consider: Paracetamol mouthwash 4 x per day
- Benzydamine 0.15% oral solution

**Grade 3 or 4 OM:**
- Opioid analgesics (severe OM may require a syringe driver)
- Intravenous and/or enteral hydration and feeding
- Increase frequency of Caphosol® & Mucosal protectants, e.g. Episil®, Gelclair® or MuGard® Oralife®
- Tranexamic acid to treat localised bleeding
- Take swabs to identify the nature of bacterial, fungal and/or viral infections

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**Conclusion:** It is anticipated that this second edition of the guidance will further assist health care professionals in planning and implementing oral care into everyday practice, thus reducing a significant health burden for the patient and reduce demands on limited health care resources. The challenge remains as new and developing targeted agents including TKI’s and immunotherapy continue to be used in clinical practice.

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**Key achievements of UKOMIC include:**
- Multi-Professional Study Days
- 4 national study days with over 200 attendees
- Training
  - Multiple clinical based interactive training sessions
- Website
  - 8,800 visits from 6,400 unique visitors
- Guidance
  - First & Second Edition of Guidance
  - 4600 downloads of the guidance
- 5000 hard copies distributed

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**Background:** Changes to the oral cavity can be caused by numerous factors including the disease, the direct and indirect impact of cancer treatments and supportive care, existing co-morbidities and underlying oral health problems.

The United Kingdom Oral Mucositis in Cancer Care (UKOMIC), a multi-professional expert group was founded in 2011 to address the challenge of oral complications secondary to disease and treatment in the cancer and supportive care setting.

**Methods:** The first edition of the oral care clinical guidance produced in 2012 has been widely used within the United Kingdom and many other countries to help support and improve practice. The group has continued to disseminate the guidance, through the delivery of several national study days, numerous educational workshops and lectures, while continuing to collaborate with international organisations.

**Results:** This presentation focuses on the second edition of the oral care guidance (2015) which is based on the most recent evidence, including MASCC guidance, clinician and patient feedback and expert opinion.

**Incidence:** The incidence of OM in the cancer setting is much higher than previously thought and can be expected to occur in at least 50% of patients undergoing chemotherapy to treat a solid tumour, although some studies and reports (Sonis et al 2004, Elad et al 2014) indicate that the incidence is likely to be much higher.

As many as 98% of patients undergoing haematopoietic stem cell transplantation (HSCT) are thought to be affected by OM and oral damage (Wardley et al 2000). Kastler et al. (2003) estimate that as many as 97% of all patients receiving radiotherapy (with/without chemotherapy) for head and neck cancers will suffer from some degree of OM. With the increasing use of targeted drug therapies, problems in the oral cavity may increase (Quinn et al 2015).

**Acknowledgement**

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Scan here to be taken directly to the Second Edition UKOMIC Guidance