

Periodontal Screening and Recording: Early Detection of Periodontal Diseases

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CE Credits: 1 hour

Intended Audience: Dentists, Dental Hygienists, Dental Assistants, Dental Students, Dental Hygiene Students, Dental Assistant Students

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Online Course: www.dentalcare.com/en-us/professional-education/ce-courses/ce53



Disclaimer: Participants must always be aware of the hazards of using limited knowledge in integrating new techniques or procedures into their practice. Only sound evidence-based dentistry should be used in patient therapy.

Introduction

Periodontal Screening and Recording (PSR) is a rapid method of screening patients to decide if a more comprehensive assessment is necessary. After taking this course, the participant will understand the benefits of the PSR system, identify who should be screened for periodontal problems, discuss the PSR system scoring and understand how it works, recommend treatment based upon the code interpretations, and discuss the PSR system with patients.

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Conflict of Interest Disclosure Statement

- The author reports no conflicts of interest associated with this course.

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Overview

A complete periodontal assessment includes a thorough review of the patient's medical and dental histories, as well as the recording of gingival findings including probing depths, clinical attachment levels, tooth mobility and position, occlusal relationships, and bone levels.⁶

It is important the dentist or dental hygienist monitor and evaluate a patient's periodontal status on a regular basis. Periodontal diseases are the leading cause of tooth loss in adults.¹ The Centers for Disease Control and Prevention reports 47.2% of adults in the United States have a form of periodontal disease. The rate increases to 70.1% for those Americans age 65 and older.⁹ A 2012 study by Eke et al. found periodontal disease to be more common in men than in women and in adults who had not completed high school.¹⁰ Every oral examination should include an evaluation of the periodontium. The ultimate goal of the periodontal assessment is to identify and classify periodontal disease.³ Although the Periodontal Screening and Recording® (PSR) is not intended to replace a full mouth probing and recording of findings, it is a rapid method of screening patients to decide if a more comprehensive assessment is necessary.

Learning Objectives

Upon completion of this course, the dental professional should be able to:

- Understand the benefits of the PSR system.
- Identify who should be screened for periodontal problems.

- Discuss the PSR system scoring and understand how it works.
- Recommend treatment based upon the code interpretations.
- Discuss the PSR system with patients.

Introduction

Gingivitis and Periodontitis fall into the category of periodontal diseases. Both are microbial infections where the microorganisms operate in conjunction with a person's lessened ability to fight off disease.⁷ The dental hygienist is most often the person in the professional dental setting who screens patients and measures probing depths. The most commonly used screening method for the measurement of depth of the gingival crevice and the clinical attachment level is periodontal probing.⁶ The clinician, by measuring probing depths, can make assumptions of the state of health of the periodontium. Early detection and diagnosis are significant components in the prevention of periodontal disease. The American Academy of Periodontology recommends every dental patient should receive a comprehensive periodontology evaluation annually.¹¹ The Periodontal Screening and Recording® (PSR) system is one example of a diagnostic aid used to assess the gingival health of patients. The PSR system has been used to study the relationship in overweight and obese patients who smoke as well as a way to estimate the periodontal health statuses of a representative military population.^{2,8} A study by Khocht et al found the PSR to be an effective tool in the screening of periodontal diseases.⁴ The PSR has been used to detect the periodontal status of individuals with immunoglobulin A deficiency.¹² Overall, there are a limited number of studies involving use of the PSR.

Background

In 1982, the World Health Organization (WHO) created the Community Periodontal Index of Treatment Needs (CPITN). This method of evaluation estimated the periodontal disease prevalence and severity based on the probing depths and condition of the periodontium. In 1992, the American Academy of Periodontology (AAP) modified the Simplified Periodontal Examination (SPE), used in New Zealand, and developed the PSR system for use in North America (journal article). With the corporate

sponsorship of the Procter & Gamble Company, the AAP and the American Dental Association (ADA) adopted the PSR system.³

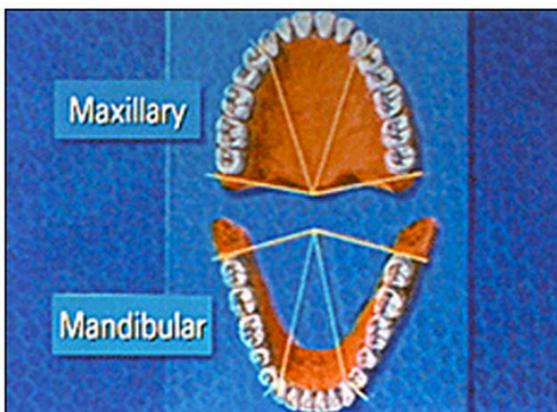
The PSR system was designed to initiate the promotion, prevention, and early treatment of periodontal diseases by:

- Introducing a simplified screening method that met legal dental recording requirements.
- Encouraging dentists to incorporate the PSR system into every oral examination.
- Educating members of the public to value periodontal health and to request a periodontal screening from dentists (PSR Training Program, 1992).

Objectives Of Screening

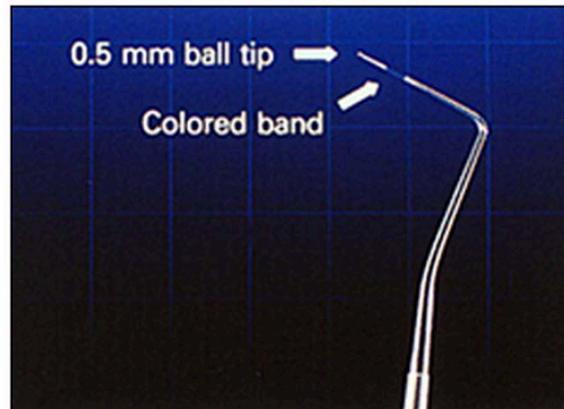
The PSR system does not replace the need for a comprehensive periodontal examination. It acts as a time saving screening of periodontal health to indicate when a partial or full-mouth examination is required. When the clinician becomes familiar with the PSR system examination process, it should only take a few minutes to conduct a screening.

Similar to a traditional comprehensive periodontal examination, the PSR system measures each tooth individually with implants examined the same way as natural teeth. However, the mouth is divided into sextants.



Six measurements for each tooth are obtained, utilizing a special ball-tipped probe. This probe has a 0.5 mm ball at the tip and a color-coded

area 3.5 to 5.5 mm from the tip. The probe may be plastic or metal. The ball at the end of the probe is intended to enhance patient comfort and assist in detecting overhanging margins and subgingival calculus.



The probe is inserted into the sulcus or pocket and walked around the circumference of each tooth. This method is the same technique used as with a comprehensive periodontal examination. However, the PSR system is unique in the way the probe is read. The clinician need only observe the position of the color-coded band in relation to the gingival margin. The presence of furcation involvement, mobility, mucogingival problems, or recession should also be noted. After each tooth in the sextant has been examined, only the highest code obtained is recorded and only one score is recorded for each sextant. If a sextant is edentulous, an "X" is placed. Measurements are recorded in a special box chart.

Periodontal Screening & Recording											
SEXTANT SCORE						MONTH			DAY		YEAR

Periodontal Screening & Recording

Chart # _____

Patient's Name _____
(Last) (First) (MI)

Birthdate ____ / ____ / ____
(month / day / year)

Date ____ / ____ / ____

Sextant Score

Date ____ / ____ / ____

Sextant Score

Date ____ / ____ / ____

Sextant Score

Date ____ / ____ / ____

Sextant Score

Date ____ / ____ / ____

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Date ____ / ____ / ____

Sextant Score

Date ____ / ____ / ____

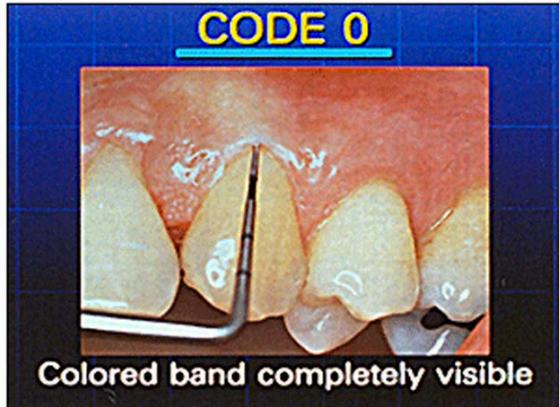
Sextant Score

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Interpretation Of Codes

Code 0:

The colored area of the probe remains completely visible in the deepest crevice of the sextant. There is no calculus or defective margins detected. The gingival tissues are healthy with no bleeding after gentle probing.



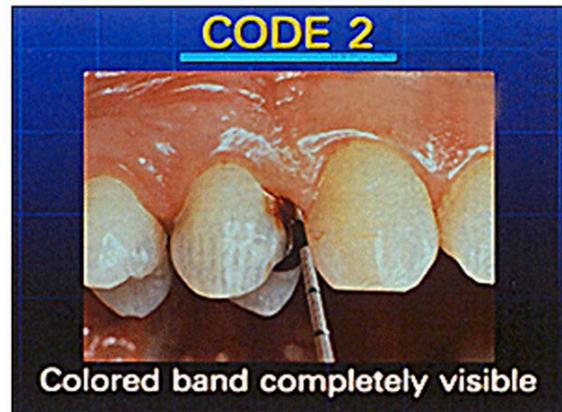
Code 1:

The colored area of the probe remains completely visible in the deepest probing depth in the sextant. There is no calculus or defective margins detected. However, there is bleeding after probing.



Code 2:

The colored area of the probe remains completely visible in the deepest probing depth in the sextant. Supragingival or subgingival calculus and/or defective margins are detected.



Code 3:

The colored area of the probe remains partly visible in the deepest probing depth in the sextant.



Code 4:

The colored area of the probe completely disappears indicating a probing depth of greater than 5.5 mm.



The Symbol “*”:

The symbol “*” should be added to a sextant score whenever the following is found: furcation involvement, mobility, mucogingival problems, or recession extending to the colored area of the probe (indicating 3.5mm or greater).

Guidelines For Patient Management

Code 0:

Appropriate preventive care should be given as well as a review of daily plaque control habits.

Code 1:

Individualized oral hygiene instructions should be reinforced with the patient. Appropriate therapy, including subgingival plaque removal should be performed.

Code 2:

Individualized oral hygiene instruction and appropriate therapy, including subgingival plaque removal, as well as the removal of calculus and the correction of plaque-retentive margins and restorations should be performed.

Code 3:

A comprehensive periodontal examination and charting of the affected sextant are necessary to determine an appropriate care plan. This examination and documentation should include the following: identification of probing depths, mobility, gingival recession, mucogingival problems, furcation involvement, and radiographs. If two or more sextants score a Code 3, a comprehensive full mouth examination and charting are indicated.

Code 4:

A comprehensive full mouth periodontal examination and charting are necessary to determine an appropriate care plan. This examination and documentation should include the following: identification of probing depths, mobility, gingival recession, mucogingival problems, furcation involvement, and radiographs. It can be assumed that complex treatment will be required.

Symbol (*):

If an abnormality exists in the presence of Codes 0, 1, or 2, the clinician should make a specific notation and/or treatment for that condition as needed. If an abnormality exists in the presence

of Code 3 or 4, a comprehensive periodontal examination and charting are necessary to determine an appropriate care plan.

Advantages and Limitations

The advantages of using the PSR system include early detection, speed, simplicity, cost-effectiveness, ease of recording, and risk management.

- **Early detection:** Since all sites are evaluated, the risk of periodontal disease can be made early and appropriate treatment can be performed.
- **Speed:** Once the technique of the PSR system is learned, it should take only a few minutes to perform the screening. This saves time versus a comprehensive examination.
- **Simplicity:** It is easy to do and understand for patients.
- **Cost-effectiveness:** It is not necessary to purchase expensive equipment since all that is needed is a ball-tipped probe.
- **Ease of recording:** Only one number is recorded for an entire sextant.
- **Risk management:** The dental team is monitoring and recording a patient’s periodontal status for legal requirements.

There are limitations when using the PSR system. As stated earlier, it is not intended to replace a full-mouth periodontal examination. Those patients who have received treatment for periodontal diseases and/or are in a maintenance phase of care should receive comprehensive periodontal examinations. There is also limited use of the PSR system in children. It is necessary to differentiate pseudo-pockets from true periodontal pockets with these younger patients. Landry and Jean reported that since the PSR does not measure epithelial attachment, the severity of periodontal disease may be underestimated with its use.⁵

Conclusion

The PSR system is a valuable tool in the early detection of periodontal disease. This system can indicate when a more comprehensive periodontal examination should be performed. The unique way the probe is read and the limited amount of recordings needed when performing an examination is easy to incorporate into every patient’s appointment.

Course Test Preview

To receive Continuing Education credit for this course, you must complete the online test. Please go to: www.dentalcare.com/en-us/professional-education/ce-courses/ce53/start-test

- 1. What makes the PSR system unique?**
 - a. The way the probe is read.
 - b. The way the probe is inserted into the sulcus.
 - c. Its adoption by the ADA and AAP.
 - d. Its intended use on patients.

- 2. A new patient presented to the dental office for an initial examination. The PSR would be an appropriate method to comprehensively assess the patient's periodontal status.**
 - a. True
 - b. False

- 3. Which of the following describes a PSR Code 2?**
 - a. Colored area of the probe remains partly visible; no calculus or defective margins detected; gingival tissues healthy.
 - b. Colored area of the probe remains visible in deepest probing depth; no calculus or defective margins detected; there is bleeding on probing.
 - c. Colored area of the probe completely disappears; probing depth > 5.5mm.
 - d. Colored area of the probe is completely visible in deepest probing depth in sextant; supra- or subgingival calculus detected or defective margins present.

- 4. Which of the following patients would NOT be a good candidate for the PSR system?**
 - 1. Child patient**
 - 2. Periodontal maintenance patient**
 - 3. Recall patient with no bleeding upon probing**
 - 4. Patient screened at a health fair**
 - a. 3
 - b. 3 and 4
 - c. 1
 - d. 1 and 2

- 5. For each sextant, only the lowest PSR score is recorded.**
 - a. True
 - b. False

- 6. The patient management of a PSR Code 4 is:**
 - a. Individualized oral hygiene instruction and removal of subgingival calculus; as well as removal of calculus and correction of plaque-retentive margins and restorations.
 - b. Individualized oral hygiene instructions should be reinforced; subgingival plaque removal.
 - c. Comprehensive full mouth periodontal examination and charting.

- 7. If two or more sextants score a Code 3, what is the appropriate protocol?**
 - a. removal of subgingival plaque
 - b. full mouth exam and charting
 - c. refer to a periodontist
 - d. oral hygiene instruction

- 8. All of the following are advantages to using the PSR except one. Which one is the EXCEPTION?**
- a. excessive cost
 - b. simplicity
 - c. risk management
 - d. speed
- 9. The probe used with the PSR system has a 0.5 mm ball tip. Which of the following is NOT a purpose for this tip?**
- a. Gives a more accurate reading.
 - b. Enhances patient comfort.
 - c. Detects subgingival calculus.
 - d. Detects overhanging margins.
- 10. The PSR has been used to detect the periodontal status of patients with which of the following health conditions?**
- a. anxiety
 - b. high cholesterol
 - c. high blood pressure
 - d. immunoglobulin A deficiency

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