



3. Evaluation clinique des mucites

Le diagnostic de mucite et de sa gravité repose sur une évaluation de l'état bucco-dentaire, selon des échelles internationales telles que la grille OAG (*oral assessment guide*) et selon des critères de la classification des effets indésirables.

Grade 1	Asymptomatique ou symptômes légers ; aucune intervention requise.
Grade 2	Douleur modérée, n'interférant pas avec l'alimentation orale ; indication à des modifications du régime alimentaire. (Projet CTC V5 : Douleur modérée ou ulcérations n'interférant pas avec l'alimentation orale ; modifications diététiques requises)
Grade 3	Douleur sévère, interférant avec l'alimentation orale. (Projet CTC V5 : Ajout de : administration d'antalgiques de palier 3 requise).
Grade 4	Conséquences vitales ; intervention urgente requise.
Grade 5	Décès.

Tableau 28 – Classification de la mucite orale selon la classification CTCAEV4.03

Catégorie	+1	+2	+3
La voix	Normale	Sèche ou rauque	Difficultés à parler/ douleurs pour parler
La déglutition	Normale	Douleurs légères lors de la déglutition	Déglutition impossible
Les lèvres	Lisses, roses et humides	Sèches et fissurées	Ulcérations ou saignements
La langue	Rose, humide, présence de papilles	Pâteuse, sans papilles, avec apparence lustrée, avec ou sans rougeurs	Boursouflée ou fissurée
La salive	Aqueuse	Épaisse ou visqueuse	Absente
Les muqueuses	Roses et humides	Inflammatoires ou pâteuses (tendance blanchâtre) pas d'ulcérations	Ulcérations avec ou sans saignements
Les gencives	Roses et fermes	Œdémateuses, inflammatoires ou non	Saignements spontanés ou sur pression
Les dents/ les prothèses	Propres et sans débris	Plaques ou débris locaux (entre les dents)	Plaques et débris généralisés entre les dents et les gencives

Évaluation : faire la somme des points :

≤ 8 points : absence de mucite / 9–16 points : mucite modérée / ≥ 17 points : mucite sévère.

Tableau 29 – Evaluation de l'état buccal par grille OAG (128)



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