

# The Bleeding Index

## Instructions for Bleeding Index Charting

The purpose for performing this bleeding index is twofold.

Firstly motivational and secondly as a measure of periodontal health. The index is both qualitative and quantitative in that it indicates specific problem areas as well as giving an overall picture of the patient's periodontal health.

The following items are required:-

- \* A round-ended periodontal probe ( a sharp end would give a false result )
- \* A bleeding index sheet
- \* A bleeding index calculating sheet
- \* A red pen
- \* A hand mirror for the patient to observe the procedure in

### The Procedure

- 1) Chart the missing teeth on the bleeding index sheet.
- 2) Explain that the probe is round ended and that any bleeding produced by probing between the teeth is an indication of gum problems rather than damage caused by the instrument.
- 3) Probe between each tooth interdentally
- 4) Record the amount of bleeding as follows:-
  - \* A small amount = 1
  - \* A moderate amount = 2
  - \* A profuse amount = 3

The procedure should be carried out as a conversation with the patient rather than a scientific collection of data.

Use the following terms :-

- a) " A lot of bleeding ", **instead of "A" score of "3"**
- b) " A Moderate amount of bleeding ", **instead of "A" score of "2"**
- c) " A small amount of bleeding ", **instead of "A" score of "1"**

The dental assistant records the scoring as 1, 2, or 3 accordingly.

- 5) Add up and record the number of teeth present
- 6) Add up the total bleeding index scores
- 7) Calculate the bleeding index by:-
  - \* Find the appropriate number in the left hand column of the bleeding index calculating sheet
  - \* Look along that line to the right until you reach the number closest to the total bleeding score
  - \* Look up to the top of this column and note the bleeding index percentage (this may need to be approximated)
- 8) Show the charting to the patient and explain its significance

## Training in Bleeding Index Scoring

An example of several bleeding index chartings are shown on the next sheet.

### Score the first example on the upper left of the next page

1) Add the total number of teeth.....

.....The number should be 27.

2) Add the total bleeding score.....

..... The total should be 41.

3) Look at the Left Hand Column of the Bleeding Index Calculating Sheet. #  
This Column represents the number of teeth present

Look down this column to the total number of teeth ( 27 )

4) Looking along this row to the right to the total bleeding score 41.

5) Follow this column up to the Top. The % Bleeding Index Score is 50.

6) Calculate the Scores for the other three chartings and check your results at the end of this page.

7) Score the other Four Examples

The Scores are :-

Charting (2) Bleeding Index = 46 %

Charting (3) Bleeding Index = 58 %

Charting (4) Bleeding Index = 45 %

### WARNING.

The appropriateness of this motivational system must be assessed for each patient.  
In a very few cases its use is inappropriate due to the nervous disposition or acute sensitivity of the patient.

Name \_\_\_\_\_

# Gum Health Progress Sheet

Date \_\_\_\_\_

Date \_\_\_\_\_

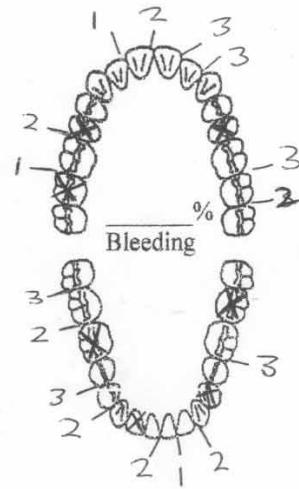
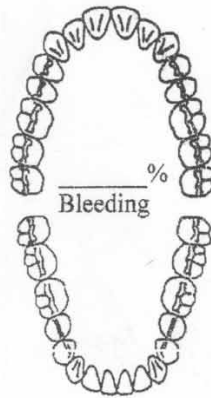
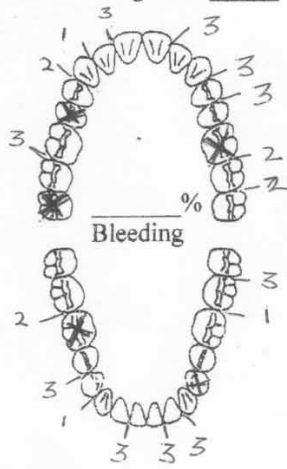
Date \_\_\_\_\_

Number of Teeth \_\_\_\_\_

Number of Teeth \_\_\_\_\_

Number of Teeth \_\_\_\_\_

Total Bleeding Score \_\_\_\_\_



Date \_\_\_\_\_

Date \_\_\_\_\_

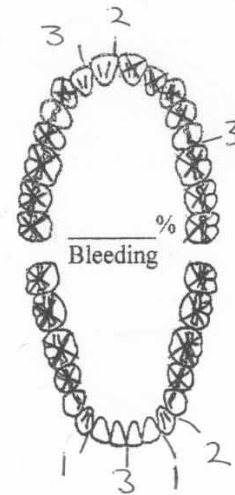
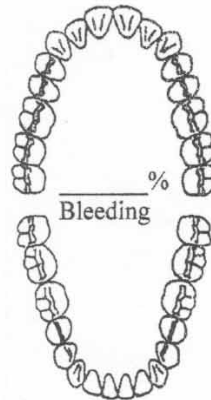
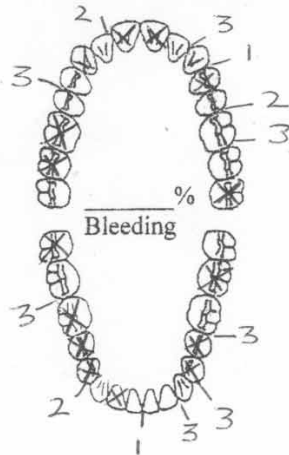
Date \_\_\_\_\_

Number of Teeth \_\_\_\_\_

Number of Teeth \_\_\_\_\_

Number of Teeth \_\_\_\_\_

Total Bleeding Score \_\_\_\_\_



**% BLEEDING INDEX**

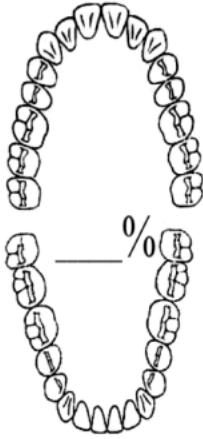
	% BLEEDING INDEX																							
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32	3	5	7	10	11	13	16	20	25	30	35	40	45	50	55	60	65	70	75	80	85	90	95	96
31	3	4	6	9	11	14	16	18	23	28	32	37	43	46	51	56	60	65	70	74	80	84	88	93
30	2	3	6	9	11	13	15	18	22	27	31	36	40	45	50	54	58	63	67	72	76	81	86	90
29	2	3	6	9	10	13	15	18	22	26	30	35	39	43	48	52	56	60	65	70	74	78	82	87
28	2	3	6	8	10	12	14	17	21	25	29	34	38	42	46	50	55	59	63	67	72	76	80	84
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5		1				2		3	4		5	6	7		8	9	10	11		12	13	14		15
4				1		2			3		4	5		6		7	8		9		10	11		12
3						1			2		3		4	5		5		6		7		8		9

**NUMBER OF TEETH**

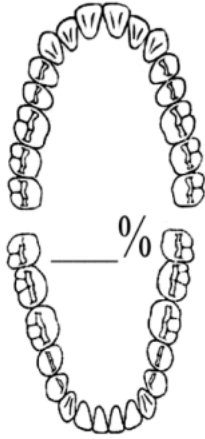
# Bleeding Index Score Sheet

Patient Name \_\_\_\_\_

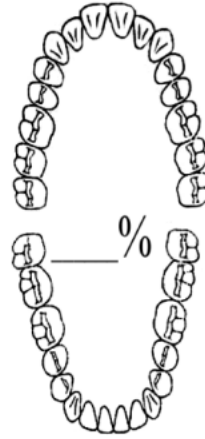
Date \_\_\_\_\_  
Number Of Teeth \_\_\_\_\_  
Total Bleeding Score \_\_\_\_\_



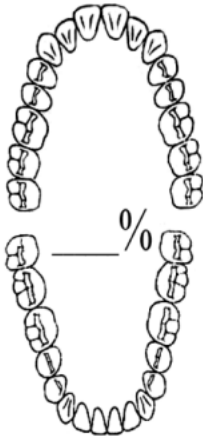
Date \_\_\_\_\_  
Number Of Teeth \_\_\_\_\_  
Total Bleeding Score \_\_\_\_\_



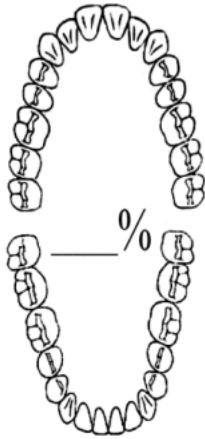
Date \_\_\_\_\_  
Number Of Teeth \_\_\_\_\_  
Total Bleeding Score \_\_\_\_\_



Date \_\_\_\_\_  
Number Of Teeth \_\_\_\_\_  
Total Bleeding Score \_\_\_\_\_



Date \_\_\_\_\_  
Number Of Teeth \_\_\_\_\_  
Total Bleeding Score \_\_\_\_\_



Date \_\_\_\_\_  
Number Of Teeth \_\_\_\_\_  
Total Bleeding Score \_\_\_\_\_

