

## "A STUDY TO ASSESS THE ORAL HEALTH STATUS AND VARIOUS ORAL HYGIENE PRACTICES OF PATIENTS REPORTING TO SGRD DENTAL COLLEGE, AMRITSAR"

### ABSTRACT

This study was conducted to assess the oral health status, various oral hygiene practices and to assess the knowledge regarding the use and importance of fluoridated toothpaste in prevention of dental caries. The study was conducted in the department of Oral medicine and Radiology at Sri Guru Ram Das Institute of Dental sciences and Research Sri Amritsar. A total of 400 patients were enrolled in the study. The information was collected on a structured format, which was analyzed using SPSS (Version 13). In the present study we have found that overall dental health status of patients was poor and they had very less knowledge about proper oral hygiene habits. The knowledge about role of fluoridated toothpaste in prevention of dental caries was least, i.e. only 0.5% of all knew about it.

Keywords: oral health, hygiene, fluoride

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### INTRODUCTION

In a developing country like India, Prevalence and distribution of periodontal diseases, dental caries, oral cancers, malocclusion and crippling nature of fluorosis have led to a significant burden and economic loss<sup>1</sup>. Dental caries is one of the most common cause of tooth loss<sup>2</sup> and is found universally irrespectively of age, gender, caste, creed or geographic location. The prevalence of dental caries in India is 50-60%<sup>3</sup>.

Periodontal disease affects 95-100% of population<sup>4</sup>, which is initially painless, chronic, self-destructive leading to gradual tooth loss. Initially the disease is confined to gingiva which if

not timely intervened may lead to early bone loss and severe periodontal disease<sup>4</sup>. Nearly 19% of the population aged between 65-74 years is edentulous.<sup>5</sup>

Another area of concern is tobacco abuse. Tobacco consumption is well established risk factors for development of oral cancer. Which is commonest cancer in India accounting for 50-70% of total cancer mortality. The present study was conducted in the department of Oral Medicine and Radiology of Sri Guru Ram Das institute of Dental health sciences and Research Sri Amritsar to assess the oral health status and various oral hygiene practices and to assess the knowledge regarding the use and importance

of fluoridated toothpaste in prevention of caries.

#### Materials and Method

This study was conducted to assess the oral health status and various oral hygiene practices and to assess the knowledge regarding the use and importance of fluoridated toothpaste in prevention of caries

The study was conducted in the department of Oral medicine and Radiology at Sri Guru Ram Das Institute of Dental sciences and Research Sri Amritsar. A total of 400 patients were enrolled in the study. The information regarding demographic details, oral hygiene practices, oral health status was done on a structured format .Type III examination was done on dental chair with illumination light, two mouth mirrors and a CPI probe . The study was conducted over a period of three months from June 2015 to august 2015

#### Results

Among total patients the percentage of subjects brushing

Table 1 : Showing frequency of toothbrushing

	How many times do you brush your teeth	no	%age
1	Never	0	0
2	Once in a week	4	1%
3	More than once a week	4	1%
4	Once a day	242	60.5%
5	More than once a day	150	37.5%

Table 3: Showing method of brushing used

	How do you brush your teeth	no	%age
1	Horizontal manner	279	69.75
2	Vertical manner	99	24.75
3	Circular motion	12	3
4	others	10	2.5

once a day were maximum constituting 60.5 %(242), whereas brushing twice a day were just 37.5%(150) (table 1, graph 1) . Regarding the use of oral hygiene aids and material used, toothbrush and toothpaste were used maximum constituting 94.75 %( 379) and 93.75 %(375)respectively (table 2 graph 2). Horizontal method of tooth brushing was the most commonly used method by majority of subjects constituting 69.75 %(279) (table 3, graph 3). Regarding changing of toothbrush majority of them were those who had no information about the time span of changing the brush. 56.5% were those who believed that brush should be changed when the bristles are worn out (table4, graph 4) . Regarding rinsing of mouth after any meal 45% constituted who rinsed sometimes, whereas 20.25% were those who never rinsed their mouth . Out of all 2% agreed that they use some kind of tobacco. Tooth pain has been the maximum chief complaint of the patient for coming to the dental institute constituting 44.5%( table 5, graph5) Regarding various dental problems mean DMFT came to be 11,

Table 2: Showing various oral hygiene aids used

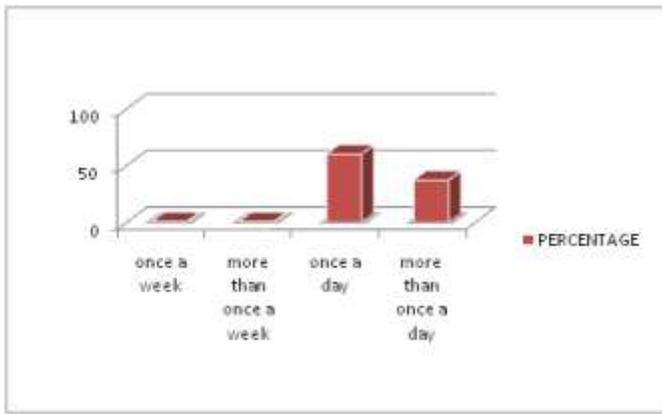
	What oral hygiene aids do you use to clean teeth	no	%age
1	Toothbrush	379	94.75
2	Finger	6	1.5
3	Neem stick	15	3.75
4	Salt/ash	2	0.5
5	Toothpaste	375	93.75
6	Tooth powder	20	5
7	Tobacco powder	0	0
8	Others	3	0.75

Table 4: Showing time span of changing the toothbrush

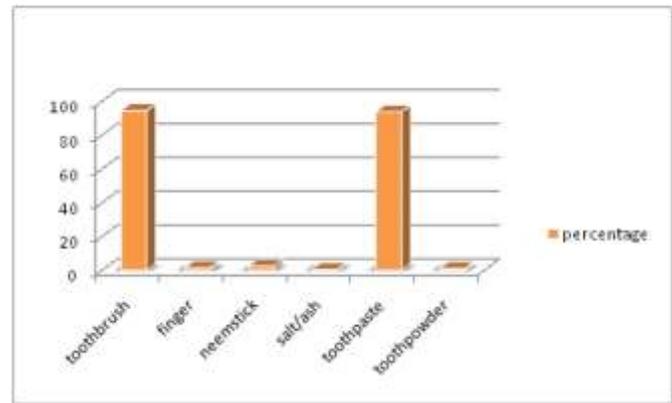
	When do you change your brush	No	%age
1	Every month	0	0
2	After three months	113	28.25
3	Once a year	35	8.75
4	When bristles of brush are worn out	226	56.5
5	Not applicable	26	6.5

Table 5: Showing the chief complaint of the patient

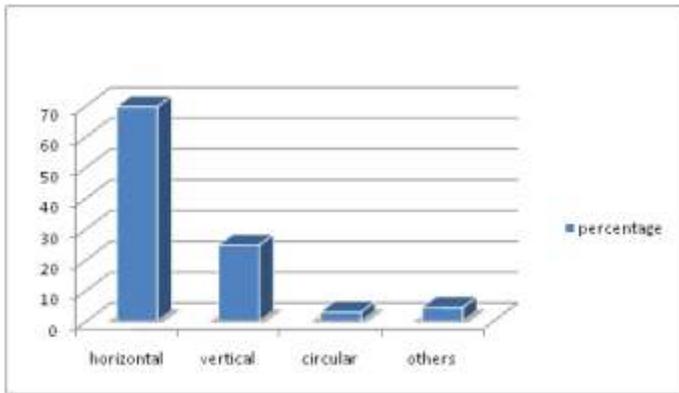
	What is your chief complaint	no	%age
1	Tooth pain	178	44.5
2	Carious tooth	42	10.5
3	Bleeding gums	13	3.25
4	Crowding of teeth	8	2
5	Tooth ulceration	6	1.5
6	Bad breath	3	0.75
7	others	150	37.5



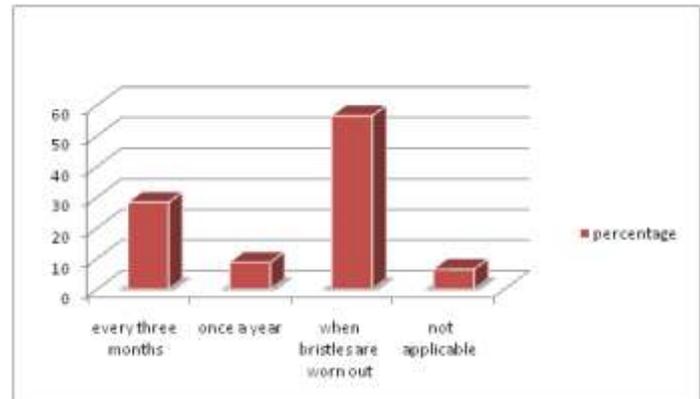
Graph 1: showing frequency of toothbrushing



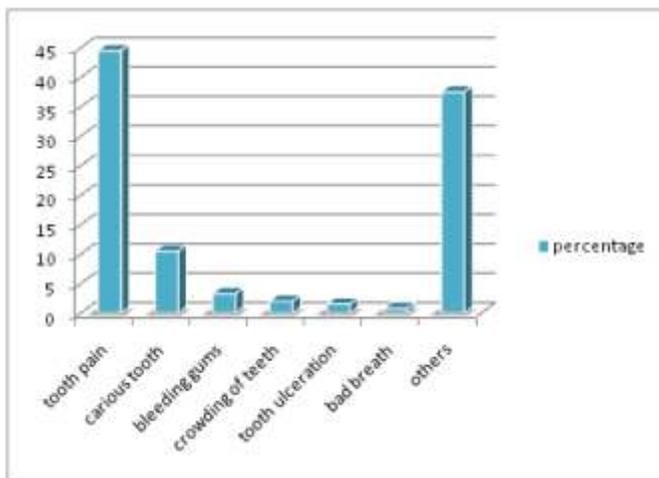
Graph 2: showing brushing aid and brushing material used



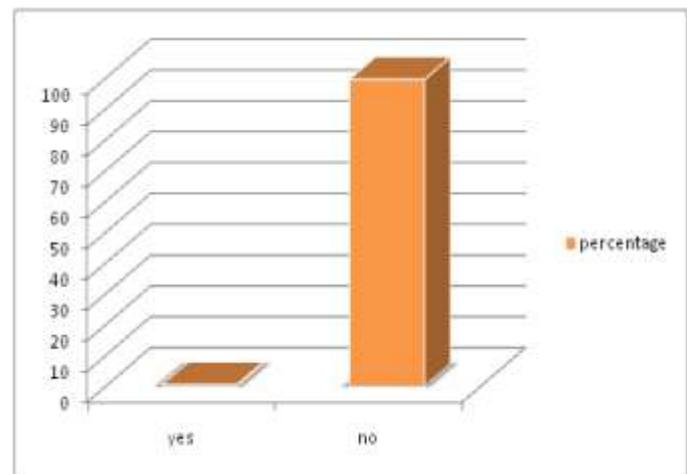
Graph 3: showing method of toothbrushing used



Graph 4: showing time duration of changing the toothbrush



Graph 5: showing the chief complaint of the patient



Graph 6: showing knowledge about presence of fluoride in toothpaste

gingivitis constituted 67.5%. The knowledge about fluoridated toothpaste and its role in prevention of dental caries was the least that is only 0.5% (graph 6).

#### DISCUSSION

Majority of the population i.e. more than 90% are using toothbrush and toothpaste to clean their teeth, and the horizontal manner of brushing is the most commonly used. This reveals that people know about brushing but they don't

know proper type of brushing and how often brushing has to be done probably they might have learnt through popular media but are not professionally educated. The prevalence of oromucosal lesions was 5.25% which was found to be lower than Axell T et al<sup>6</sup> and Macigo FG et al<sup>7</sup>. The mean DMFT of the present study has come out to be 11 which was found to be higher than reported by Sendilkumar<sup>8</sup>, Benoit<sup>9</sup> and S Saravasan<sup>10</sup>. The overall prevalence of periodontal diseases

was found to be 67.5% which was found to be lower than Athannasulli et al<sup>11</sup> but higher than reported by Macedo TC et al<sup>12</sup>. In the present study just 0.5 % of patients were aware of the importance of fluoride in the toothpaste which was very low in comparison to the study reported by Jensen et al<sup>13</sup>, Hugosan et al<sup>14</sup>, and Peterson et al<sup>15</sup>

#### Conclusion :

In the present study we have found that overall dental health status of patients was poor and they had very less knowledge about proper oral hygiene habits. To combat these problems a mass health education programme should be undertaken to educate the population around, regarding oral health and care and people should be motivated to utilize the services rendered by the college. Existing health care system of government can be utilized for effective referral of patient from rural places to dental college.

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