

ORIGINAL RESEARCH

Assessment Of Oral Hygiene Knowledge, Attitude And Practice (Kap) Among First Year Dental Students Of Aidsr, Adesh University Bathinda

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ABSTRACT

Introduction: Oral health effects the overall health. Dental students, the future oral professionals, play an important role in promoting oral health awareness.

Aim: This study assess the Knowledge, Attitude and Practice towards oral hygiene among 1st year BDS students of AIDSR.

Material and methods: In the cross sectional study, all the 1st year students who are present on the day of survey (n=84) were included in the study and participants were requested to complete 19 closed ended questions performa without discussing with each other.

Results: Among 84 students majority participants think oral health is important for overall health and most of the participants visited the dentist when there was a problem. Most of the participants thought that poor oral hygiene is the cause of tooth decay.

Conclusion: Most of the students had knowledge about dental aids and they also thought that oral health effects the overall health. Effective oral health education and promotion programs are needed to improve oral health knowledge, attitude and practices of the students.

Keywords: Oral hygiene, Oral health, Dental Students, Knowledge

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INTRODUCTION

Oral health effects the overall health. A healthy mouth is fundamental for general well-being of an individual^[1]. Hygiene is a science concerned with the investigations of environmental factors that affect overall health. It studies how the human body responds to them^[2,3]. Good oral hygiene is the foundation for a healthy mouth and prevents 80% of all dental problems^[2,4]. Good oral health has real health gains in that it can improve general health and quality of life and contribute to self image and social interactions^[1]. Dental students, the future oral professionals, play an important role in promoting oral health awareness^[5,6]. Dental students, have been found to have positive

attitude towards oral health, but their own oral health behavior must improve if they are to serve as positive models for their patients, families and friends^[5,7]. Earlier studies have shown dentists to be lacking in self-motivation to basic preventive oral hygiene habit^[8,9] whereas attitude and behavior of dental students vary in accordance with the year of studies as well as cultures and countries of origin^[8,10].

AIM

This study was done to assess Knowledge, Attitude and Practices (KAP) towards oral hygiene among 1ST year BDS Students of AIDSR, Adesh University Bathinda.

MATERIALS AND METHODS

The present study was observational, descriptive, cross-sectional survey. It was conducted among 1ST year Dental

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All the 1ST year students who are present on the day of survey (n=84) were included in the study. Permission to conduct the study was obtained for concerned authorities of the college. All the participants were requested to complete 19 closed-ended questions per forma. Questions were in English language. The questionnaires held included details such as demographic data, effect on overall health, duration, frequency, type of brushing, past dental experiences, knowledge about mouth-wash, tongue-cleaner, flossing and rinsing, tooth-paste, tooth-brush, etc. The students were asked to fill in the questionnaires without discussing with each other and average time of 20 minutes was given to complete the procedure. Anonymity of respondents was assured. The questionnaires were distributed to the students.

RESULTS

Among 84 students, 68 (78.6%) were females and 18 (21.4%) were males. According to them 100% participants think oral health is important for over-all health and regular tooth brushing improves oral hygiene. 57.1% participants felt the dental treatment is expensive. 53.6% used mouth-wash. 54.8% had knowledge about flossing and 82.14% participants use tongue-cleaner. 67.9% participants knew that 32 teeth are present in adult's mouth whereas 35.7% participants had visited dental office for cleaning, 20.2% for restoration and 14.2% for extraction. 83.3% participants visited the dentist when there was a problem, 9.5% visited the dentist once in 6 months and only 7.1% visited the dentist in a year. 57.1% participants thought that poor oral hygiene is the cause of tooth decay, 38.1% thought it was sugar and 4.9% thought it was worm. 83.3% participants knew that black spot and hole in the tooth means the tooth had decayed. 63.1% brush their teeth twice in a day. 53.6% participants brush their teeth in circular motion and 97.6% participants use tooth paste to clean teeth in which 51.2% use soft tooth-brush and 53.6% used fluoridated tooth paste. 57.1% take 2-3 minutes for brushing whereas 57.1% participants sometimes rinse their mouth after eating and 46.4% change their tooth brush after 3-6 months.

DISCUSSION

Baseline information on oral health associated with adequate preventive procedures is fundamental to promote self preventive behaviour^{[8],[11]}. An important task of oral health professional is to instill in their patient the correct oral habits to prevent oral

diseases^{[8],[12]}. For educating and motivating general public it is of great importance that the general surgeons should themselves be particularly conscious, educated and motivated of the pathological effects of poor oral hygiene^[8].

In the present study 19 questionnaire were asked to assess the knowledge, attitude and oral hygiene practices. There is enough evidence to consider that brushing twice a day is the recommended frequency of tooth brushing^{[8],[13]}.

In the present study the level of knowledge in the effect of fluoride on teeth was seen in 53.8% first year students which is comparable to another study by Archana J Sharda et al^[13].

Majority of students in our study (57.1%) brush their teeth for 2-3mins. This was similar to the finding of study done by Gupta S et al^[8] and Dr Didar Sadiq Hama et al^[14] and Ilkar Pekar et al^[15].

Brushing methods including Bass, Stillman, Fones, Charters, horizontal, vertical scrub, etc have been taught since decades. The Bass and Roll method is the most commonly recommended^{[8],[16]}. In present study majority of students brush their teeth using circular method followed by horizontal brushing of teeth. This was similar to study of Gupta S et al^[8]. In the present study majority of students (82.1%) replace their brush after 3 months and was similar to study of Gupta S et al^[8] and majority of students use tongue cleaner. The percentage of students using mouthwash was less (46.4%), it shows even though they have knowledge about the preventive measures, but all the knowledge has not changed into positive preventive behavior. Visiting a dentist for routine checkup defined as 'Preventive Care Use'^[13]. In our present study majority of students visited dentist only when problem arised. This was similar to the study of Dr Didar Sadiq Hama Gharid et. al^[14] and Shiraz Usman et al^[17] and in contrast of study Il kay Pekar et al^[15] in which 30% students visit for dentist for a preventive treatment for once a year.

CONCLUSION

The study concluded that oral health knowledge, attitude and practice of first year dental students of AIDS R, Bathinda are insignificant, they have to improve. Majority of students felt that dental problem was the main reason to visit a dentist. Most of the students had knowledge about dental aids and they also thought that oral health effects the overall health. Effective oral health education and promotion programs are needed to improve oral health knowledge, attitude and practices of the students.

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