

Status and practice of oral hygiene among dental patients at tertiary care hospital of Sialkot, Punjab, Pakistan

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Objective: To assess the practices and current status of oral hygiene among patients visiting dental outpatients' departments of tertiary care setting of Sialkot, Punjab, Pakistan.

Methodology: This descriptive cross-sectional study was conducted at Islam Dental College, Sialkot Punjab from October 2019 to January 2020. Sample size of 430 was calculated by assuming the population and prevalence of oral diseases, at 95% of confidence interval (5% of type 1 error, $P < 0.01$). A questionnaire of 14-items was devised to collect the required variables.

Results: Out of 430 patients, 58.3% were males, 41.7% females. 19.4% patients were among the age range of 29-38 years, 26.8% patients were in the range of 49-65 years. Data revealed that 23.6% patients were smokers, 39.1% patients were Tea/coffee addicts; whereas, 20.5% were nonsmokers. 56.4% patients brush their teeth

once a day, whereas, 11.8% patients were found to be doing it occasionally. The most common purpose of visiting a dentist was dental caries. 8.7% patients visited the Dental OPD for tooth extraction, 17.9% visitors were for the reason of plaque and scaling, 12.2% for filling, 20.1% for follow-up of Root Canal Treatment, 9.1% for toothache, 40.6% were concerned about their oral health. However, 33.1% patients stated they do not find time for their regular visits, while 26.3% patients occasionally do pay visits.

Conclusion: An appropriate cleaning and maintaining oral hygiene is important, which can be achieved by knowledge based programs, advertisements and counseling the individuals. (Rawal Med J 202;45:879-881).

Keywords: Oral hygiene, dental caries, periodontitis.

INTRODUCTION

The oral Hygiene and maintaining the oral health have huge impact on the overall health of a person as an individual. The oral hygiene is major health concern specially in children and older people.¹ The prevalence of decayed and filled coronal surfaces are on the rise, i.e. the decayed and filled root are 2.2-5.3% whereas the coronal surfaces are about 22-35%, among the developing countries like Pakistan, the range is even increasing in numbers with times.² The results of unhealthy oral cavity can cause the periodontitis, dental caries, decreases saliva flow, candida, and development of mucosal lesions.³ The good oral health is an essential factor for overall health.⁴ The poor oral hygiene can affect and contribute into other diseases such as cardiovascular problems, aspiration pneumonia and nutritional deficiencies.⁵

The dental caries is one the key pathological

condition globally, and major avoidable factor is improved personal oral hygiene, and addressing the coronal structure of enamel.⁶ Permanent dentition, dental caries, plaque are closely linked with the oral hygiene.⁷ According to the "American dental hygiene Association (ADHA) code of Ethics" promoting the good oral hygiene of wellbeing is prime responsibility of a dental professional, by engaging and educating the population through promotions and preventive activities.⁸ The practice of self-care is an effective and preventive measure to maintain the good dental health.⁹ The major aim of the current study was to assess the oral hygiene practices and status of patients at various tertiary care dental departments of Sialkot.

METHODOLOGY

The descriptive, cross sectional study was conducted at dental out-patient department of Islam

Dental College, Sialkot, Pakistan from October 2019 to January 2020. Informed consent was obtained from all participants and from hospital administration. Total of 430 patients were enrolled based on the prevalence of oral diseases, with confidence interval 95% and margin of error was $\pm 5\%$ of type 1 error. Patients of both gender with age range of 18 to 65 years were included. The patients having less than 18 and more than 65 years were excluded from the study.

A questionnaire was developed to assess the oral hygiene. The 17- item questionnaire contained open and close ended questions, to obtain the required variables the questions were translated into the local languages and Urdu.

Statistical Analysis: Statistical analysis was performed using SPSS version 20. $P < 0.05$ was considered significant.

RESULTS

Out of 430 patients, 58.3% were males, while 41.7% females. The age ranges was 39-48 years and 23.6% were smokers (Table 1). Out of 430 patients, 53.2% patients had bleeding during the brushing (Fig.).

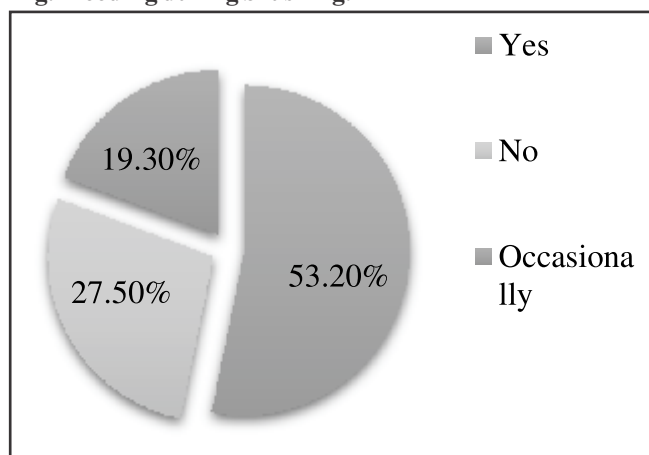
Table 1. Demographic details of patients.

| Demographic details of patients | Frequency (n) | Percentages % |
|---|---------------|---------------|
| Male | 250 | 58.3% |
| Female | 180 | 41.7% |
| Age | | |
| 18-28 | 44 | 10.3% |
| 29-38 | 83 | 19.4% |
| 39-48 | 187 | 43.5% |
| 49-65 | 116 | 26.8% |
| Locality | | |
| Urban | 243 | 56.6% |
| Semi-Urban | 187 | 43.4% |
| Habits of Patients | | |
| Smokers | 102 | 23.72% |
| Nonsmokers/ others | 88 | 20.5% |
| Tea/Coffee | 168 | 39.1% |
| Others (including Pan, Chilliya, Gutka, Naswar) | 33 | 7.6% |
| No addition at all. | 39 | 9.2% |

Table 2. Frequency of brushing.

| Frequency of Brushing | Frequency | Percentage |
|--------------------------------|-----------|------------|
| Thrice a day (After Each Meal) | 37 | 8.7% |
| Twice a day | 99 | 23.1% |
| Once a day | 243 | 56.4% |
| Occasionally | 51 | 11.8% |
| Total | 430 | 100% |

Fig. Bleeding during brushing.



Most patients brushed once a day (Table 2). In this study, 40.5% patients brushed for less than 2 minutes, 32.7% patients practiced the brushing more than 2 but less than three minutes (Table3). Purpose of visit was dental caries among 24.9%, 8.7% for tooth extraction, 17.9% for plaque and scaling, 12.2% for filling of teeth, 20.1% for their follow-up of Root canal treatment, 9.1% current visit were made for toothache.

DISCUSSION

We found that most frequent visitors were males, with age range of 39-48 years, as reported in other studies.^{10,11} The oral hygiene effects the oral condition of an individuals, for that purpose the questionnaire was constructed with several oral disease directly linked with oral hygiene and found that dental caries is prevalent among 24.9%, 17.9% visitors were for the reason of plaque and scaling, 12.2% patients visited the OPD for filling of teeth, 20.1% patients visited the OPD for their follow-up of Root canal treatment, 9.1%. plaque was the condition among 17.9% patients.¹²

Oral hygiene is a personal concern of an individual in the current study and 40.6% were concerned

about their oral health, and visit their doctors regularly similar findings were observed in a study for assessment of dental erosion.¹³ 33.1% patients stated they do not find time for their regular visits, while 26.3% patients occasionally follows and consult the dentist advices.¹⁴

Patients needs proper counseling and appropriate cleaning/brushing techniques. The awareness regarding the severe oral diseases and appropriate cleaning and maintaining the oral hygiene is an important which can be achieve by knowledge bases programs, advertisements and counseling the individuals at every visit.

CONCLUSION

No proper knowledge regarding oral health was noted. Proper brushing among patients had also missed that may leads to dental carries. Majority of the visits occur when individuals are not much concerned with their oral hygiene.

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