

THE COMPARISON OF PRACTICAL APPLICATION OF KNOWLEDGE ON ORAL CAVITY HYGIENE AMONG STUDENTS OF DENTISTRY DEPARTMENT BEFORE AND AFTER STUDYING THE SUBJECT "DENTAL DISEASES PREVENTION"

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Резюме: было проведено анкетирование студентов II и V курсов с целью оценки знаний по уходу за полостью рта до и после изучения предмета «профилактика стоматологических заболеваний». Выявлено, недостаточный уровень гигиенических знаний у студентов II курса, почти 4 часть врачей-субординаторов плохо усвоила или не помнит этого предмета. Выход из такой ситуации - проведении индивидуальных бесед, организации мастер-классов.

Summary: A survey aimed at revealing knowledge of oral care before and after studying the subject "Dental Diseases Prevention" was conducted among second-year and fifth-year students. Insufficient hygiene knowledge of second-year students was discovered; one fourth pre-graduates do not remember this material. Individual interviews and workshops are the way out of the situation.

Topicality. Prevention of dental diseases is an avoidance of diseases of oral cavity. A healthy oral cavity largely ensures the health of the whole organism. Since it is easier to prevent the disease than to cure it, prevention is of unquestionable importance. The task of medicine in future - not to cure the patient from the disease, but to prevent it. In our opinion, a doctor can educate persuade and motivate the patient for proper oral care, he himself must possess these skills.

Objective: To compare the level of knowledge and skills in oral care among second-year and fifth-year students of dentistry department.

Materials and methods. We have completed a questionnaire with 8 questions (Figure 1) relating to oral care. It was answered by second-year and fifth-year students of dentistry department at Ivano-Frankivsk National Medical University.

Questionnaire

Course _____
Group _____

1. How many times a day do you brush your teeth?
 - 1
 - 2
 - 3
 - Not every day
2. What kind of a toothbrush do you use?
 - Soft
 - Medium
 - Hard.
3. How often do you change your toothbrush?
 - Every 3-4 months
 - Every 6 month
 - Once a year
 - Do not change at all.
4. What kind of brushing movements are the most appropriate?
 - Vertical
 - Horizontal
5. What do you use for brushing your teeth?
 - Toothpaste
 - Toothpowder
6. What additional means of hygiene do you use?
 - Flossing
 - Toothpicks
 - Interdental brush
 - Mouthwash.
7. How often do you have a dental examination?
 - Every three months
 - Every six months
 - Once a year
 - Only when it is necessary.
8. What is healthy food for teeth?
 - Milk products
 - Meat
 - Fruits and vegetables
 - Seafood.

Figure 1- Questionnaire

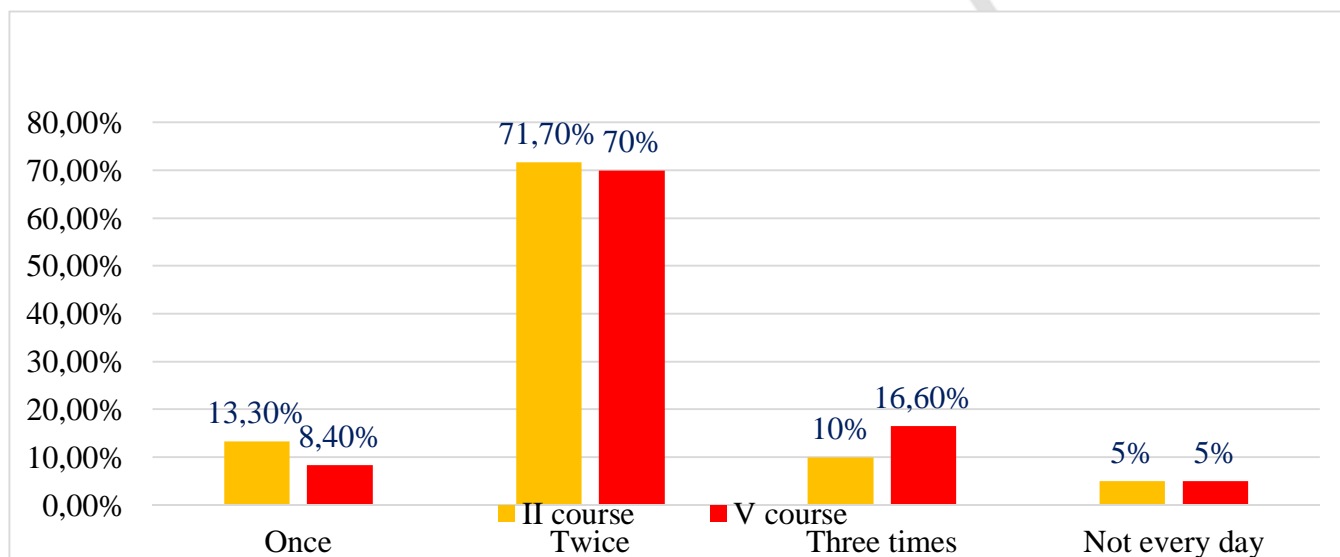


Figure 2 - How many times a day do you brush your teeth?

It was interesting to learn that even the second- year students know that toothbrushes are of different hardness. Yet, most of the questioned use a toothbrush of medium hardness. V year students have a differentiated approach to this question, perhaps, depending on the oral cavity condition.

It is pleasant to note that more than half of the surveyed students change toothbrushes every 3-4 months. Moreover, the number of such students on the second year of a 5% increase. It is surprising that 3.3% of students who have already studied the subject "Dental diseases prevention" do not change a toothbrush at all. The rest of the students change a toothbrush 1-2 times a year; one third of all students do not know the correct answer to this question. It can be excused for second year students since they have not studied the subject yet.

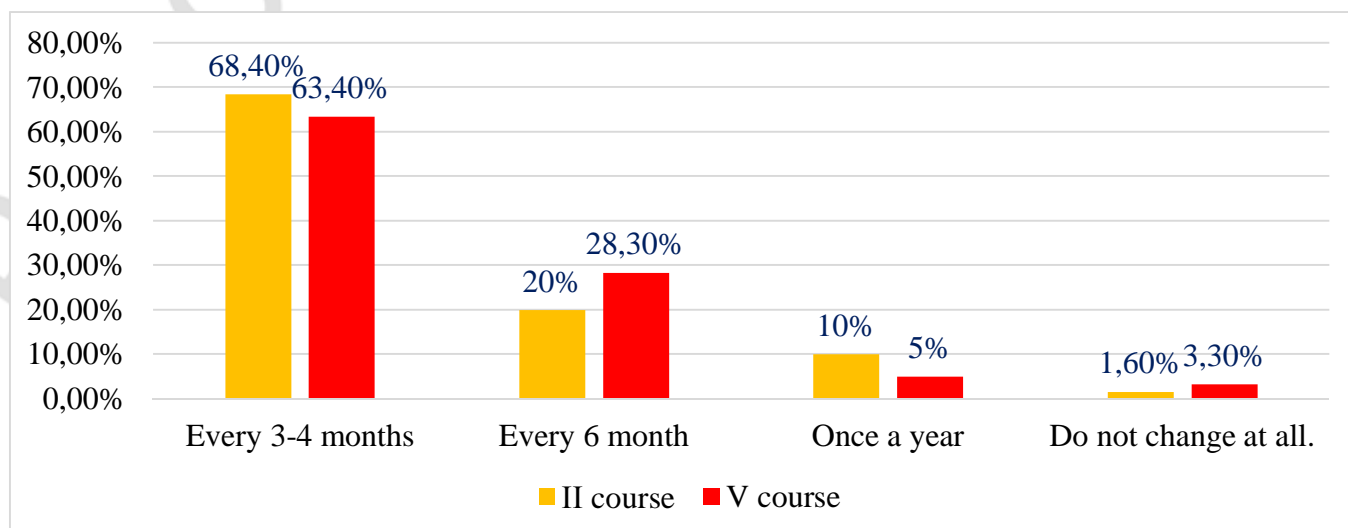


Figure -3 How often do you change your toothbrush?

More than half of questioned students who have not studied the mentioned above subject know that vertical movements of a toothbrush are the best. The number of such

students is over 30% among fifth-year students, but 6.6% of them did not answer this question correctly.

The question "What do you use to clean teeth?" most students mentioned toothpaste. A low percent of respondents use tooth powder, but mostly among V course students.

As for additional hygiene products, the V-year students, unlike the second –year students more commonly clean interdental spaces (second-year students know mainly of toothpicks).

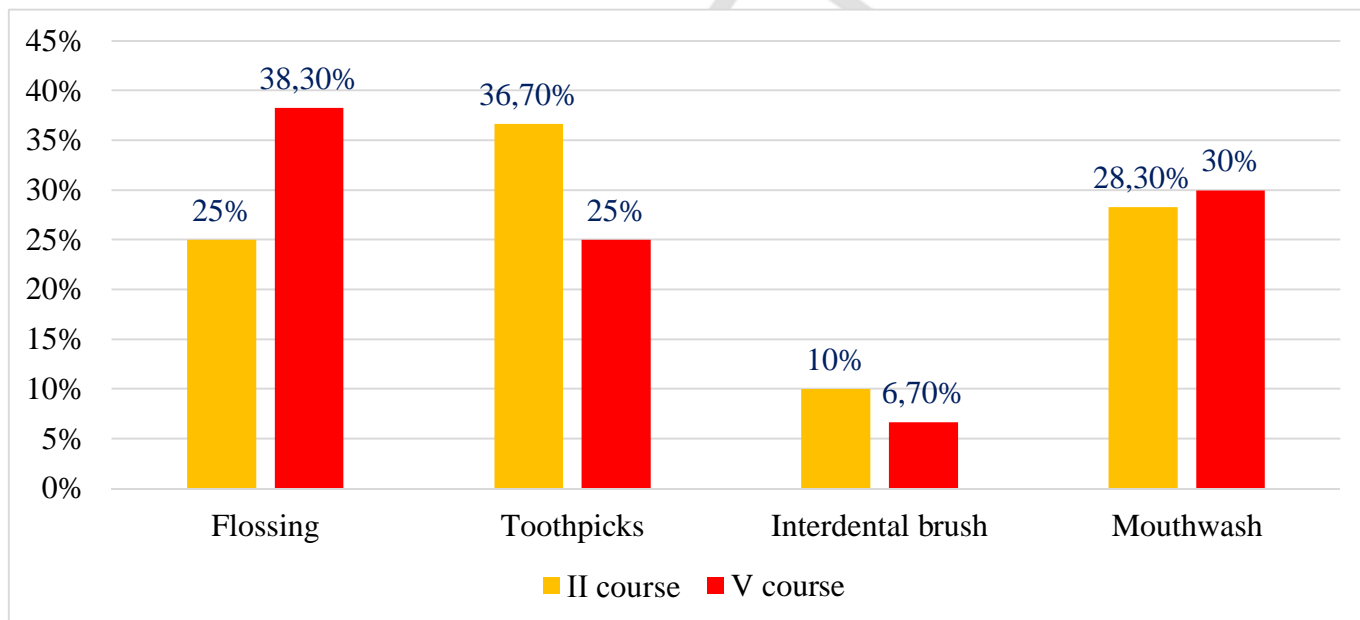


Figure - 4. What additional means of hygiene do you use?

Unfortunately, less than half of students II year (35%) and V year (43,6%) know that the dental examination is advisable twice a year. However, some students II (28,4%) and V year (25%) suppose that it is needed only when it is necessary.

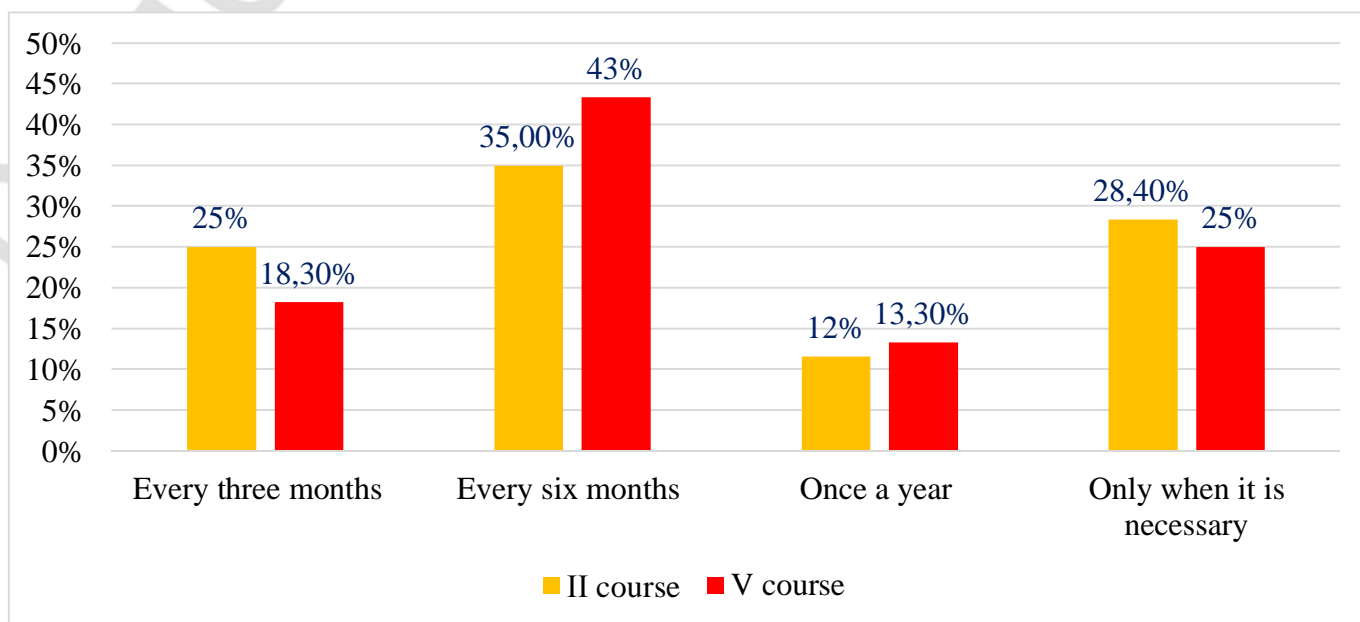


Figure – 5 How often do you have a dental examination?

Only 32% of fifth-year students know about healthy food necessary for teeth. They've chosen all the answers as correct. The students of the second year did not know about it. Common answers were milk products, fruits and vegetables.

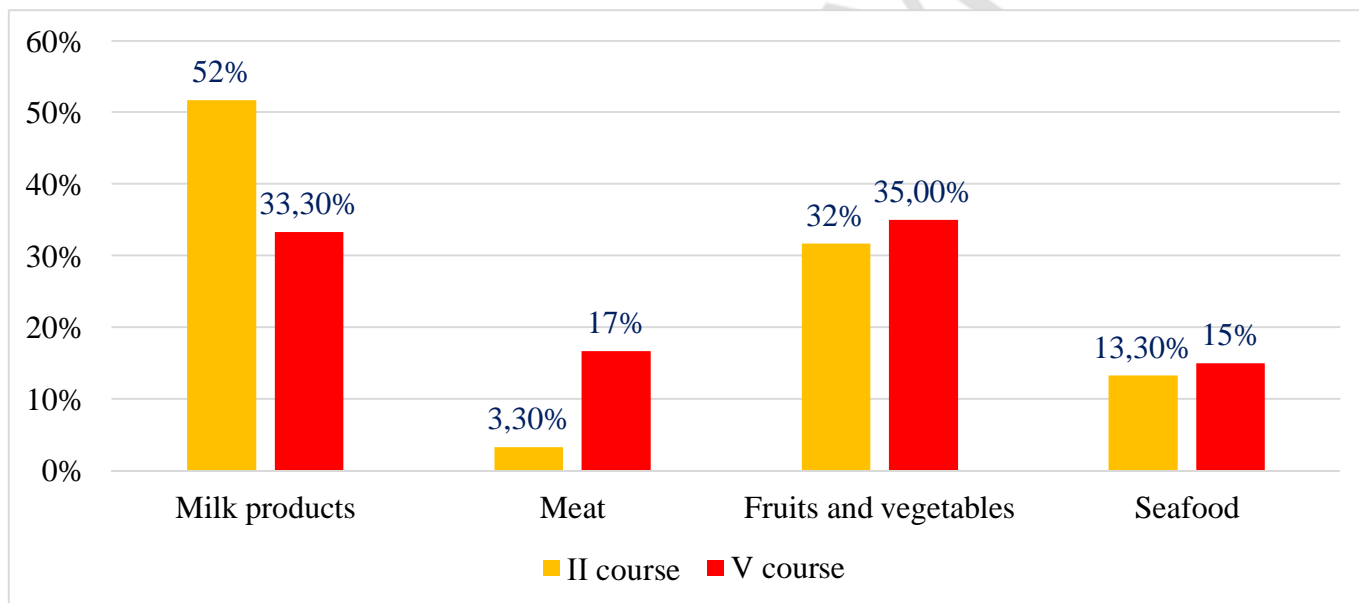


Figure - 6. What is healthy food for teeth?

Conclusions.

1. Insufficient hygiene knowledge among second year students was revealed, that indicates a low motivation to proper oral care.

2. Almost equal number of students at both courses think that one should go to the dentist when needed. It means that one fourth of pre-graduates have learned or do not remember the subject "Dental diseases prevention" badly.

3. We consider the possible way out of this situation are individual interviews and workshops, lectures for students on oral hygiene and good nutrition for all courses of dental faculty not only to supply knowledge, but also preserve dental health of future doctors.

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