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ГИГИЕНА ПОЛОСТИ РТА ШКОЛЬНИКОВ

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ORALHYGIENE OF SCHOOL CHILDREN

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Резюме. Данное исследование, опираясь на статистику и данные о заболеваемости кариеса в разных странах, включая и Беларусь, указывает на важность проведения школьных мероприятий, направленных на обучение детей школьного возраста гигиене полости рта.

Ключевые слова: гигиена полости рта, кариес, школьники.

Abstract. This study based on statistics and data on the morbidity of caries in different countries, including Belarus, indicates the importance of school activities aimed at teaching schoolchildren about oral hygiene.

Keywords: oral hygiene, caries, schoolchildren.

Relevance. The relevance of this topic lies in the fact that oral diseases are a significant worldwide public health problem. According to Marcenes et al there are 3.9 billion people affected by oral diseases.

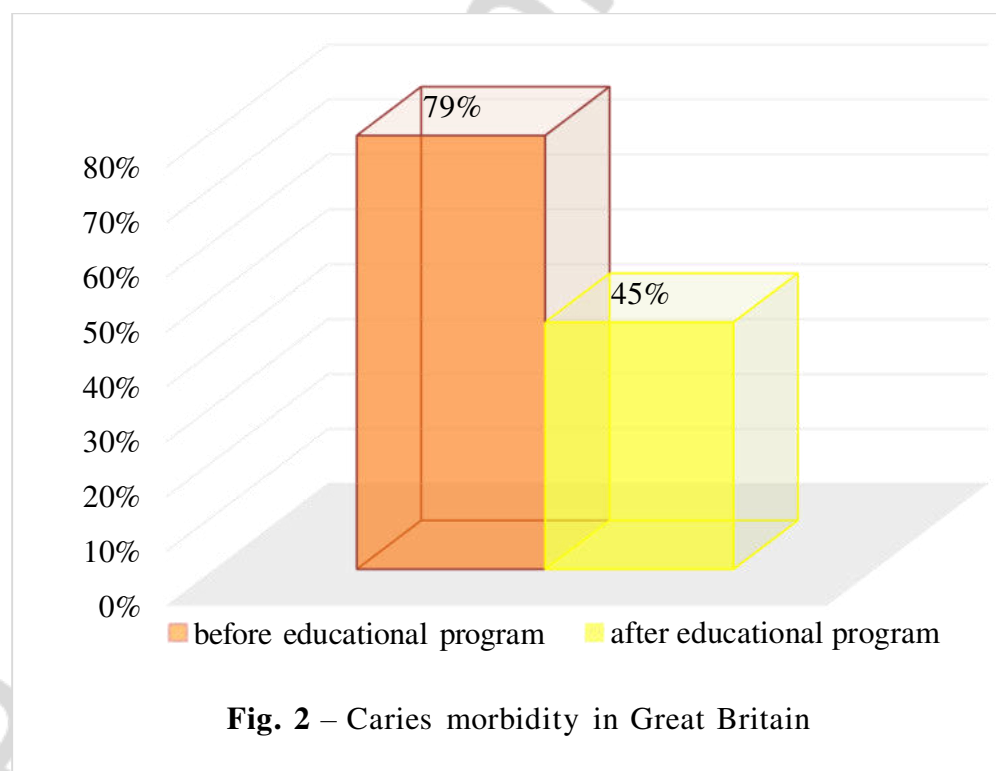
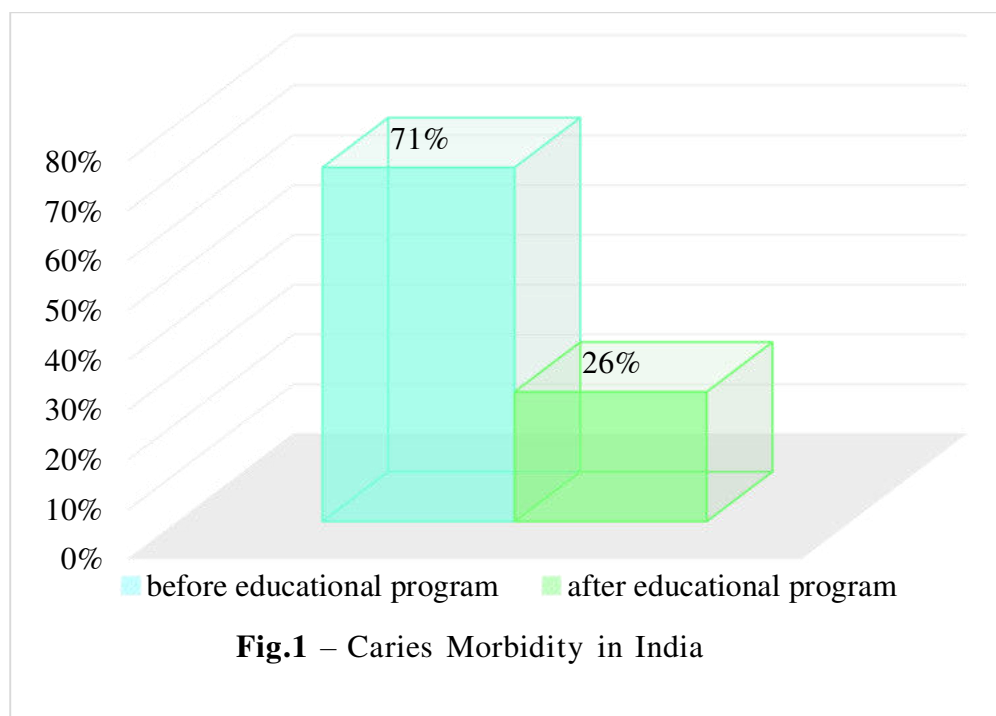
That is why it is important to educate people of different ages especially schoolchildren in oral hygiene which includes lectures on oral structures, diseases and their prevention as well as lessons in practical care.

Aim: the aim of the study based on questioning of parents of first year schoolchildren is to demonstrate the importance of delivering classes of oral hygiene among schoolchildren. The main objectives set in this research work were reviewing the problem of oral hygiene in different countries and summarizing the results of questioning parents. Special attention was also paid to analyzing the effect of educational classes of oral hygiene.

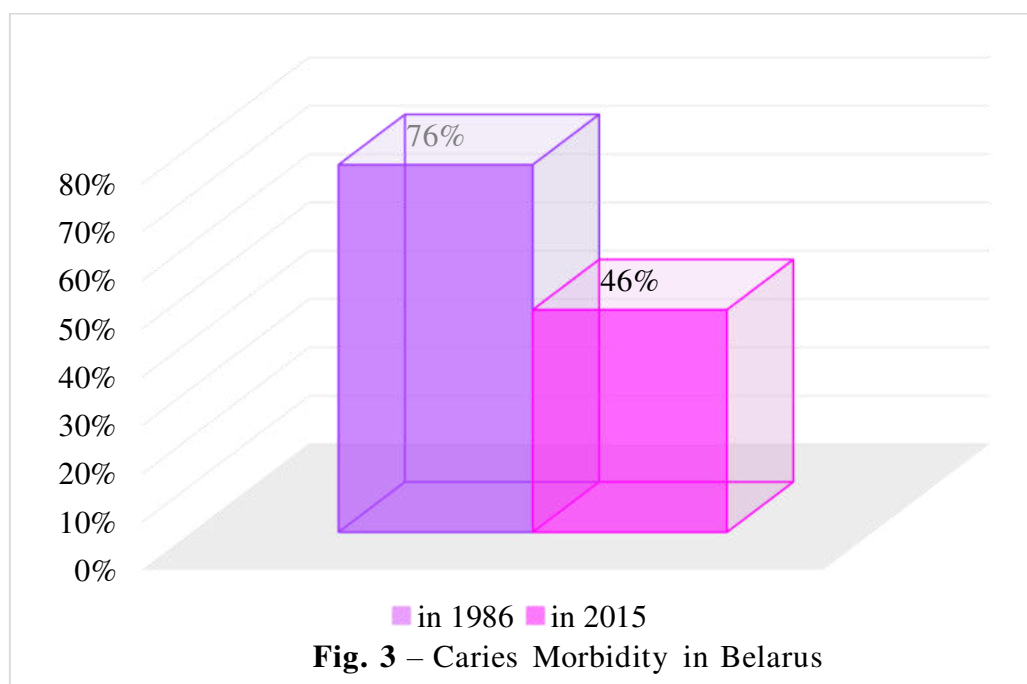
Materials and methods. Articles devoted to caries morbidity among schoolchildren in the UK and India (using e-Bud site) and in Belarus were analyzed. Parents of first-year schoolchildren were questioned with the help of a self-designed questionnaire. An educational class in oral hygiene was given for the first-year schoolchildren followed by the analysis of its results.

Results and discussion. Results of research works of two educational programs introduced in Great Britain and India showed a significant progress in knowledge not only among children but also among teachers. According to the first study conducted in India it turned out that 10 out of 17 questions proved a significant increase in correct responses, which produced a decrease to 26 percent in caries morbidity after the educational program (Fig.1). In addition teachers were very positive about the lessons and suggested some improvements. [1] The results of the second study in Great Britain suggested that experiential learning was an effective school based oral health education method for

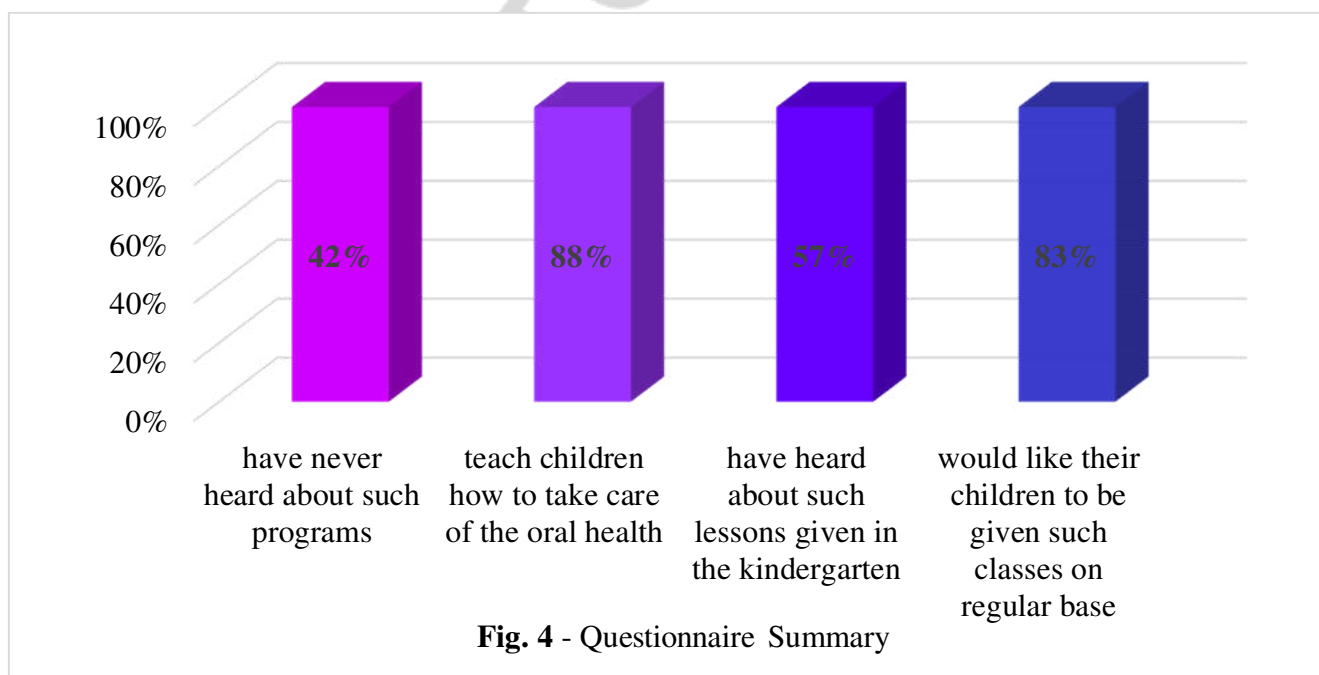
improvement of oral hygiene in primary schoolchildren, which led to a corresponding decrease in caries morbidity (Fig.2). [2]



According to the research conducted in Belarus on the presence of carious teeth in 12-year-old children caries decreased by 30 percent in 2015 as compared with the survey results in 1968-1986. This positive dynamic was connected with State Prevention Program 1998 and motivation of children to use fluoride toothpaste regularly (Fig.3).



The interview of parents of primary school children, which results are represented in Figure 4 showed that 88 percent of parents regularly teach their children how to keep the oral cavity clean and intact. Notably, 57 percent of parents agreed that they had heard about oral hygiene lessons given in kindergartens. Yet, 42 percent had never heard about such educational programs either in the kindergarten or at school. Parents express interest in children's oral health which is proved by the fact that 83 percent of responders voiced their wish for their children to be instructed in oral hygiene at school on a regular basis.



Upon observation of the educational class, which had been given for first year school students all children reacted positively and showed great sincere interest in oral hygiene. They learned about the danger of certain products for oral health through games

and gained knowledge of the correct technique of brushing teeth using a model and singing an educational song.

Conclusion:

1 Based on the results of similar lessons in different countries positive dynamic can be noticed.

2 Improvement in the sphere of oral health in Belarus connected with the State Prevention Program 1998 and motivation of children to use fluoride toothpaste regularly is clearly observed.

3 Observation of the educational class suggests that all children reacted positively and showed great sincere interest in oral hygiene which was also reinforced by using English.

4 It is highly necessary to introduce educational programs on oral health in schools to encourage the above mentioned results.

Literature

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