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ANALYSIS OF HOME ORAL HYGIENE OF THE ENGLISH SPEAKING FIRST AND SECOND YEAR STUDENTS OF BSMU

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Context. Dental caries and periodontal diseases are the most common pathology of the oral cavity. The importance of dental plaque bacteria in their development is undeniable. Optimal home oral hygiene allows to minimize the negative effects of dental plaque bacteria on the tooth enamel and periodontal tissue. Proper oral hygiene of the students-dentists at home, in turn, is the key to oral health both for them and their future patients.

Objective: to analyze the skills, knowledge and habits of the english speaking first and second year students-dentists of the Medical Faculty for International Students of the Belarusian State Medical University (MFIS BSMU) in home oral hygiene.

Materials and methods. Fourty first and second year students-dentists of MFIS BSMU studying in english have been interviewed. The questions were about home oral hygiene: tooth brushing frequency, methods, tools, means and their usage.

Results. Some problems in home oral hygiene of the english speaking first and second year students-dentists of MFIS BSMU are identified. The first problem is the insufficient frequency of tooth brushing – 45.0% (18 persons) interviewed students brush their teeth less often than twice a day. Further, 32.5% (13 persons) students choose toothpaste with fluoride concentration 500-1000 ppm, which corresponds to children's but not adult toothpastes. One third of the interviewed students – 35.0% (14 persons) - use their toothbrushes longer than 3 months. It exceeds the optimal lifetime of the toothbrush and leads both to its microbial contamination and reducing the effectiveness of tooth brushing. Almost one half of interviewed students – 45.0% (18 persons) do not use dental floss at all. And 22.5% (9 persons) respondents use dental floss every day.

Conclusion. Some problems in home oral hygiene of the english speaking first and second year students-dentists of MFIS BSMU are identified and require correction.