

EVALUATION OF SANITARY AND EDUCATIONAL WORK EFFICIENCY WITH CHILDREN OF VARIOUS AGE GROUPS

Derevianko O.R., Savaryn V.S., Derevianko Y.R., Khvostach O.M.
Supervisor: Ph.D., Associate Professor Shovkova N.I., Ph.D., Associate Professor Kostiuk I.R.

*SHEE “Ivano-Frankivsk National Medical University”
Department of Pediatric Dentistry
Ivano-Frankivsk, Ukraine*

Key words: sanitary and educational work, children, health lessons

Resume. We surveyed 130 children before and after a health lesson using a questionnaire. The questionnaire was designed to assess the knowledge of children on oral care, the choice of hygiene products, and nutrition. The purpose of this research was to determine the effectiveness of conducting health lessons designed for children. Both preschoolers and school aged children demonstrated obtaining knowledge related to oral hygiene.

Резюме: была разработана анкета и проведено анкетирование 130 детей до и через три месяца после проведения урока здоровья. Оценивали знания детей по уходу за полостью рта, выбору средств гигиены и рациональному питанию. Результаты исследования свидетельствуют об эффективности проведения уроков здоровья в детских коллективах. Как дошкольники, так и школьники, продемонстрировали новые знания связанные с гигиеной полости рта.

Topicality. Despite many achievements and innovations in dentistry during the last decade, there has been an increase in the prevalence of dental diseases among children, which may adversely affects their general health[4,5]. Thus, dental disease prevention, which includes various methods and measures including hygiene education, is very important[3]. One effective method of primary prevention of dental disease in children is conducting health lessons, which do not require significant economic costs or material resources[4].

Substantiation of research. In Ivano-Frankivsk National Medical University, we study the subject “Prevention of Dental Diseases” during our 3rd course of Dentistry Faculty. As part of the program, there is one class titled “Health Lessons Conducting” that takes four academic hours to complete. This class is very practical as it involves working with children of different age groups. One objective of this course is to teach dental students to affectively communicate and educate children about prevention of dental diseases. The health lesson is an active form of sanitary and educational work, which includes conversations, explanations, lectures, debates, presentations, conferences and performances for younger children. In our opinion, theatrical presentation of information as part of a game is the most effective method of active teaching and learning. The basics of dental hygienic culture are presented to children in a form of interesting fairytale performances in which students participate as actors. With the use of known cartoons and super heroes the audience are informed of what to do to keep their teeth healthy and their smile beautiful. The knowledge and skills are delivered using a

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game and contests and assessed using quizzes. Other items used include posters, stands, bookmarks, crossword puzzles, and thematic toys. These health lessons take place in children's educational institutions such as kindergartens and schools. The teachers are responsible for organizing the lessons.

The aim of the research. To analyze the effectiveness of health lessons in delivering dental hygiene information to children of different age groups.

Materials and methods. 3rd year students of Dentistry Faculty of IFNMU designed a questionnaire (Figure 1) and surveyed 130 children: 30 preschoolers (age 5-6), 70 junior school pupils (age 7-8) and 30 senior school pupils (age 12-13) three month before and after a health lesson. Children's knowledge of oral care, hygiene and nutritional skills were evaluated before and after training. For preschoolers, the lesson of health was conducted as a performance, for younger school pupils it was an interactive game and for senior pupils it was a lecture with a multimedia presentation (Figure 2.).



Questionnaire
(Underline correct answer)

Full Name _____
Date of birth _____
School, grade (kindergarten, group) _____

1. *Have your teeth hurt ever in your life?*
-one time; -rarely; -often; -never

2. *Do you have teeth that hurt (affected by caries)?*
-yes; -no

3. *How often do you go to the dentist?*
-one time per year; -two times per year; -never

4. *How many times per day do you brush your teeth?*
-one time per day in the morning; -one time per day in the evening;
-two times per day (in the morning and evening); -never

5. *Who taught you how to brush your teeth?*
-dentist; -commercial; -parents (family); -caretakers (teachers); -nobody

6. *What kind of toothpaste do you use?*
-the same one as my parents; -my parents buy me toothpaste for children;
-I don't use toothpaste

7. *How often do you replace your toothbrush?*
-one time per year; -every 6 months; -every 3 months; -every month

8. *Do you rinse your mouth after eating?*
-yes, all the time; -sometimes; -no, never; -I didn't know this was necessary

9. *Do you use any of these?*
-toothpicks; -dental floss; -chewing gum

10. *Do you eat sweets or deserts?*
-yes, a lot; -yes, rarely; -no

11. *What kind of foods good for your teeth do you know?*
-soft desert; -carrots; -sweet tea, juice; -apples -candy; -cheese

12. *What kind of foods bad for your teeth do you know?*
-bubbly sweet drinks; -dried fruit; -soft caramels; -lollipops; -milk

Results. The analysis of our results shows that hygiene education was effective for children of all age group. However, the largest number of children who demonstrated knowledge of oral care was the younger school group. Correct answers to the questionnaire were provided by 67% of children before the health lesson and 76.38% of children after the lesson (Figure 3).

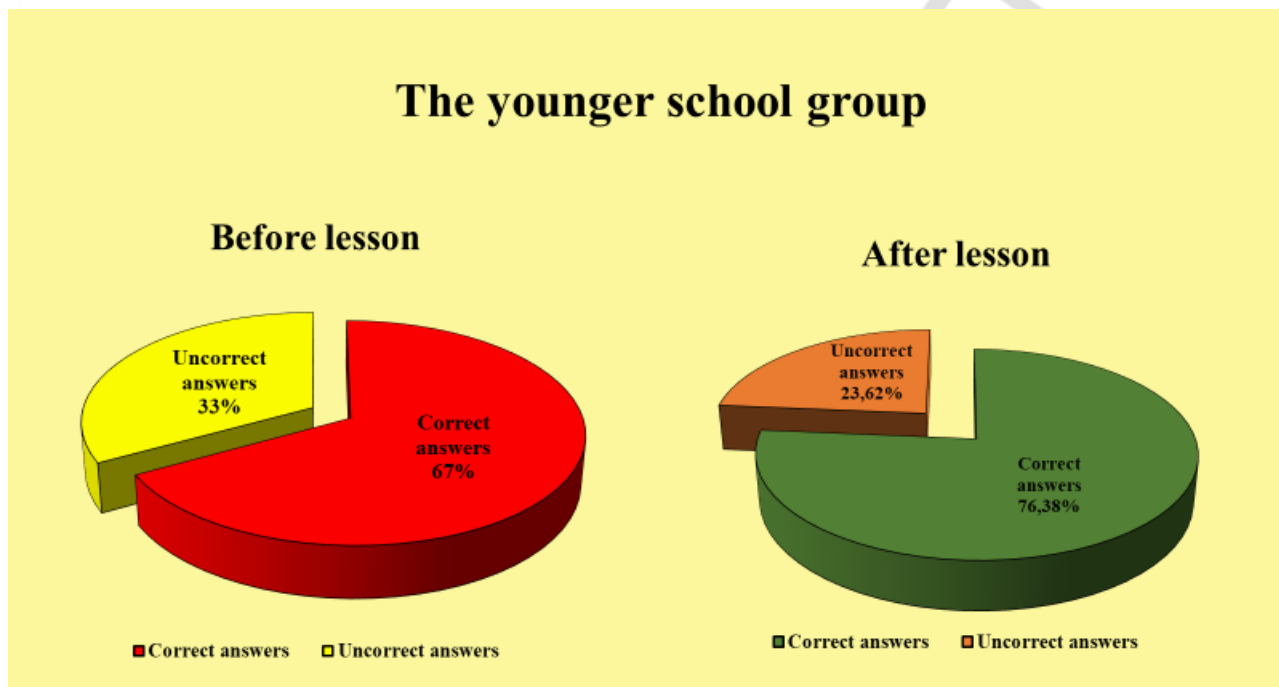


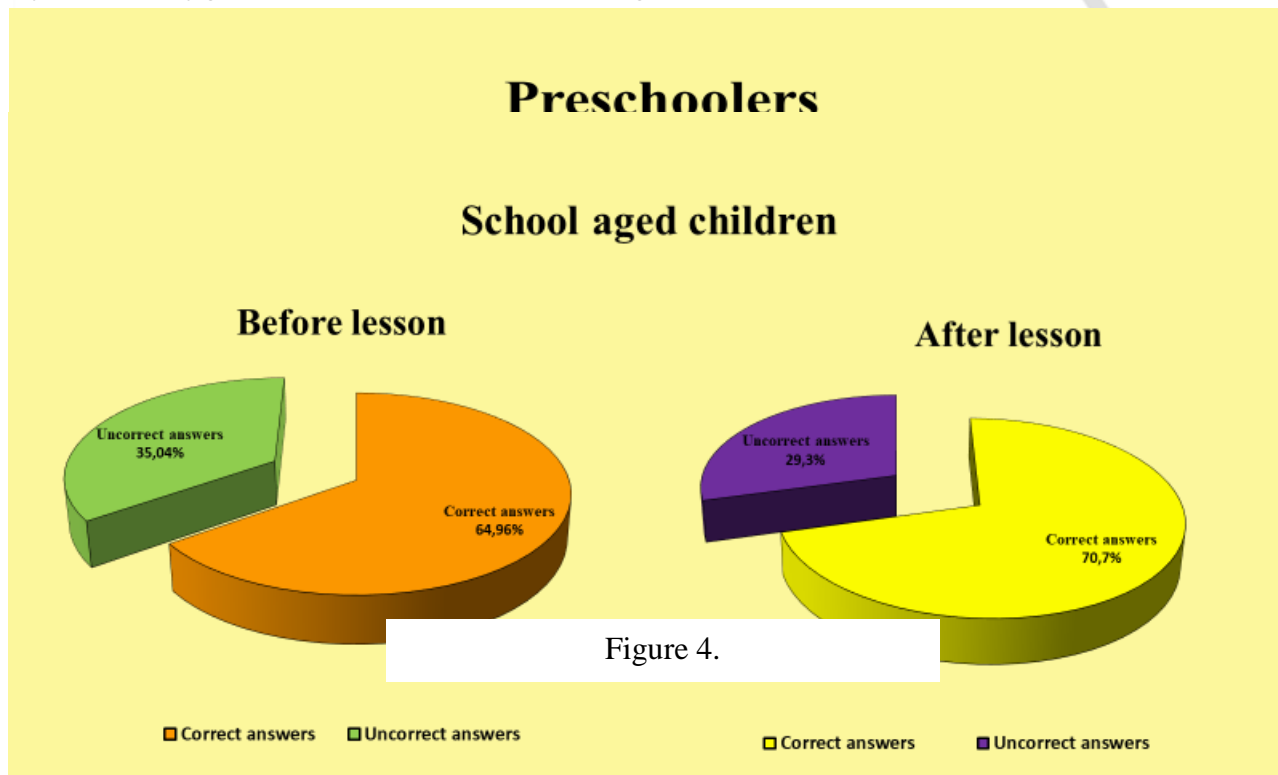
Figure 2. - The lesson of h

Figure 3.

Figure 1. - Questionnaire

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Preschoolers also had good results: 49.6% of children responded correctly before the study of oral hygiene and 66.24% after it (Figure 4).



For school aged children, 64.69% had knowledge about the disease before hygiene it (Figure 5).

Figure 5.

children, 64.69% had prevention of dental education and 70.7% after

It was also noted that 24.7% of children of all age groups indicated that they consume a lot of sweets and after three month the number increased to 26.86%, unfortunately (Figure 6).

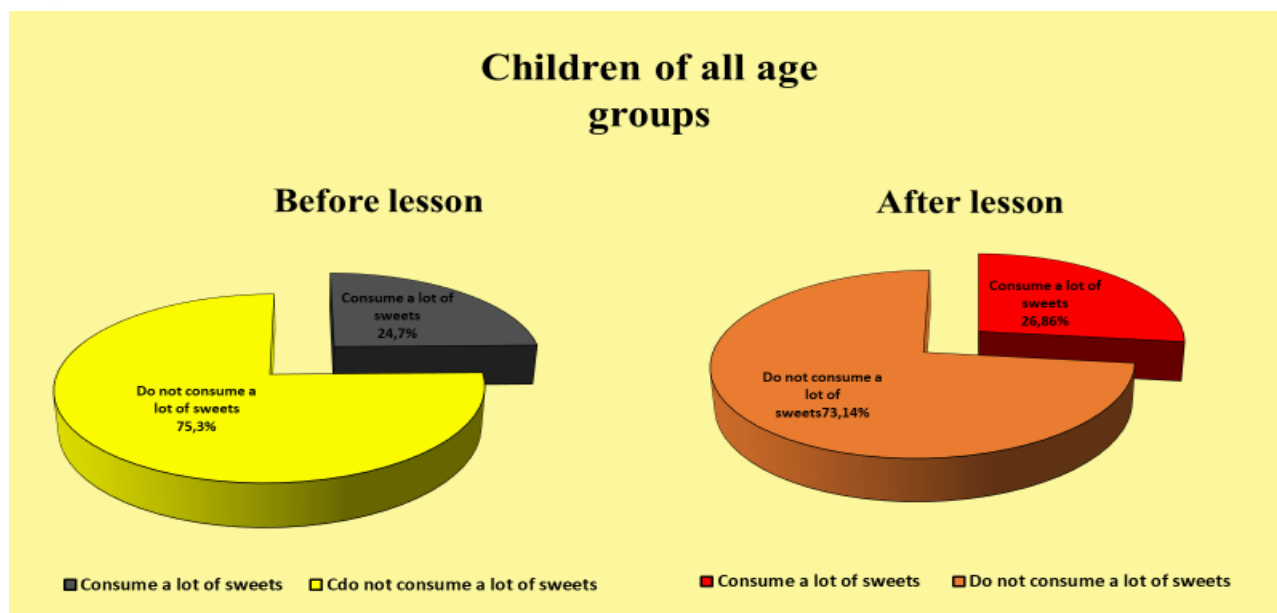


Figure 6.

Discussion of result. The result of the study indicate the effectiveness of conducting health lessons for children. Both preschoolers and schoolchildren demonstrated obtaining new knowledge about risk factors for developing dental disease and importance of oral hygiene. However, in the future, each age group may benefit from more detailed explanation of dental disease prevention. It is necessary for parents and teachers to help create conditions for the development of positive attitude towards a healthy lifestyle among children and preservation of dental health.

Conclusions. We conclude that health related education helps to create, even at an early age, a system of sustainable oral hygiene skills and possibly remove the psychological barrier between a “terrifying” dentist and young patient.

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