

Knowledge, Attitude and Practices (KAP) of Oral Hygiene among School Children

TAYYABA ZIA¹, ALOK DUBEY², TANIA NAVEEL³, SYMA ARSHAD⁴, MOHAMED GAMAL ELSEHRAWY⁵, SAJAD AHMAD⁶

¹Phd Scholar, Public Management School of Humanities and Law, Yanshan University, Qinhuangdao, Hebei 066004, China

²Associate professor, Department of Preventive Dental Sciences, College of Dentistry, Jazan University, Jazan, Saudi Arabia

³Department of Pharmacology, Jinnah University for Women, Pakistan

⁴Assistant professor, Rashid Latif medical college, Lahore, 54000-Pakistan

⁵Assistant professor of Nursing, Applied Medical Sciences College, Prince Sattam Bin Abdulaziz University, Kingdom of Saudi Arabia

⁶Health Education Officer, Regional Blood Center, Dera Ismail Khan, KPK, Pakistan

Corresponding author: Mohamed Gamal Elsehrawy, Email: m.elsehrawy@psau.edu.sa

ABSTRACT

Poor oral health can have a profound effect on the quality of life. Pain, tooth abscess endurance, eating and chewing difficulty, embarrassment over the form of teeth or missing, discolored, or broken teeth can all have a negative impact on people's everyday life and well-being. In the current study majority of respondents practised appropriate oral hygiene habits such as brushing twice a day using a toothbrush and toothpaste for 2 to 3 minutes. Almost 88 percent were aware of the unhealthy gingival condition and the effects of plaque formation. Approximately 53.14 percent were aware of gum illnesses, and 50.14 percent believed that gum diseases might be avoided if proper oral hygiene practices were followed. Nearly half of the youngsters (52.1 percent) said they would only go to the dentist if they were in pain, despite the fact that the majority (79.4 percent) said regular dental checkups were vital. Fear was stated as the primary reason for not attending the dentist (67.28 percent). The study concluded that the most frequent oral hygiene device used for cleaning teeth is a toothbrush with toothpaste; it was discovered that a larger proportion of students cleansed their teeth in the morning. The primary reason for seeing a dentist was for dental discomfort. Further studies related to knowledge, attitude and practice (KAP) of the students about oral health can be encouraged.

Keywords: Oral health; knowledge; Attitude; Practice; Questionnaire; Students

INTRODUCTION

Most civilizations have a strong emphasis on health. Over the last several decades, there has been a reawakening to the concept that health is a fundamental human right and a global social aim that is crucial to meeting basic human requirements and improving one's quality of life. For all cultural groupings, health is a universal requirement. Without good dental health, it is impossible to achieve or sustain good overall health. Because of their great frequency and severe socioeconomic effect, oral illnesses are classified as serious public health issues. (Kay and Locker, 1997; Navneet and Manpreet, 2007).

Oral health is described as "a level of health of the mouth and associated tissues that enables an individual to eat, speak, and socialize without active illness, discomfort, or embarrassment and adds to overall well-being." This new viewpoint on health recommended that the ultimate aim of dental treatment, namely excellent oral health, should no longer be viewed just as the absence of caries or periodontal disease; a patient's emotional and social well-being should also be addressed (Gopikrishna et al., 2016).

Based on this, the major focus of dental practitioners and oral health educators is to instill oral health awareness and practice in society. There has been a developing concept of health promotion via education, teaching, and motivation all over the world that fosters an atmosphere suitable to moving the burden of public health from the shoulders of health care professionals to 'people's own hands.' To do so, precise knowledge and comprehension of scientifically evident information and facts are required.

MATERIAL AND METHOD

A descriptive cross-sectional survey was conducted during 25 April-25 March 2019. The study area was divided into five parts: Southern, Northern, Central and Eastern. Two colleges were randomly selected from each part. The sampling frame was consisted of 1100 nursing students of eight different colleges situated in city Multan with an enrollment of 3000 nursing students. Data were collected randomly by using random sampling technique. A questionnaire was made containing different questions about oral health and dentistry which asked from 1100 students. The interview was taken for half an hour (30 min.) to ask

the questions mentioned in the questionnaire. Male students of 12-16 years old were included or interviewee in this study.

Data analysis: Means, standard deviation and frequency distribution were calculated by using descriptive statistics. Data were statistically analyzed using the Statistical Package for Social Science (SPSS) 11.0.

RESULTS

27.90%, 52.90%, 12.18% and 7.00% students used miswak, toothbrush and paste, dental floss and toothpicks, respectively. 13.63% parents supervised their children while 81.09% not. 39.63% participants responded that they brushed their teeth three times in a day while only 1.72% brushed several times (Table 1).

Table 1: Response of participants regarding oral health practices.

Practice	Response	Number of participants	Percentage (%age)
Primary tooth cleaning aid	Miswak	307	27.90
	Toothpicks	77	7.00
	Toothbrush and paste	582	52.90
	Dental floss	134	12.18
Parents supervision during brushing	Yes	150	13.63
	No	892	81.09
	Not aware	58	5.27
Frequency of brushing teeth	One time	260	23.63
	Two time	366	33.27
	Three time	436	39.63
	Several time	19	1.72
	Rarely	23	2.09

It was observed that 46.27% participants used floss and paste both keeping the gums healthy while 21.00, 12.18 and 8.81% participants used tooth brush, dental floss and mouth wash, respectively. 61.00% participants responded that soft drinks effect the dental health and dental decay caused due to use of excess sugary diet as responded by 65.36% participants as given in table 2.

Majority of participants responded that they visit dentists on the dental pain (54.54%) and dentists advise (14.54%). More than 27% participants did not visit dentists due to fear of high cost while 45.45% due to fear of needle (Table 3).

Table 2: Gingival and periodontal health knowledge among the research population

Knowledge	Response	Number of participants	Percentage (%)
Keeping gums healthy	Tooth brush	231	21.00
	Mouth wash	97	8.81
	Dental floss	134	12.18
	Floss and paste	509	46.27
	Unawareness	129	11.72
Soft drink's effect on dental health	Yes	671	61.00
	No	200	18.18
	Don't know	229	20.81
Dental decay occurs due to sugary diet	Yes	719	65.36
	No	189	17.18
	Don't know	192	17.45
Gum bleeding indicates	Illness	201	18.27
	Gum disease	665	60.45
	Don't know	234	21.27
Dental and mouth health effect the body health	Yes	912	
	No	85	
	Don't know	103	
Brushing teeth prevent dental decay	Yes	987	89.72
	No	97	8.81
	Don't know	16	1.45

Table 3: Attitude of the studied population toward Professional Dental Care

Attitude	Response	Number of participants	Percentage (%)
Visit to dentist for professional care	During pain	900	81.81
	Once a year	50	4.54
	Twice a year	60	5.45
	Never	90	8.18
Reasons for visiting the dentist	Dental pain/Toothache	600	54.54
	Friend advice	142	12.90
	General checkup	88	8.00
	Dentist advice	160	14.54
Reasons for not visiting the dentist	Parents advice	110	10.00
	Fear of high cost	297	27.00
	Fear of needle	500	45.45
	Fear of drill	123	11.18
	Shortage of time	67	6.09
Necessity to visit dental clinic regularly	No clinical facility	113	10.27
	Yes	200	18.18
	No	773	70.27
	Don't know	127	11.54

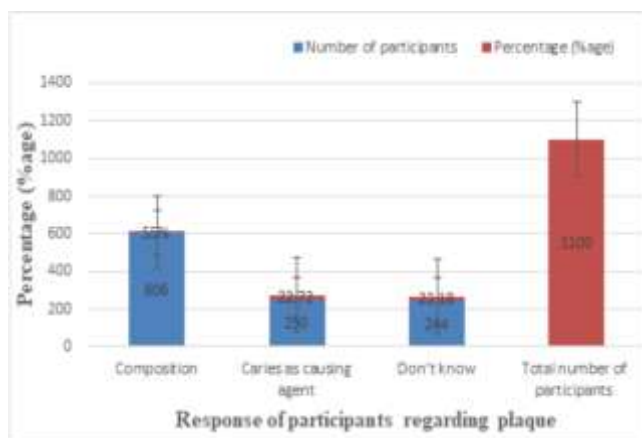


Figure 1: Response of participants regarding plaque

Response of participants regarding plaque and calculus is shown in figure 1. Maximum brushing and flossing methods were tested by participants to prevent the gum diseases while soft food minimum as shown in figure 2.

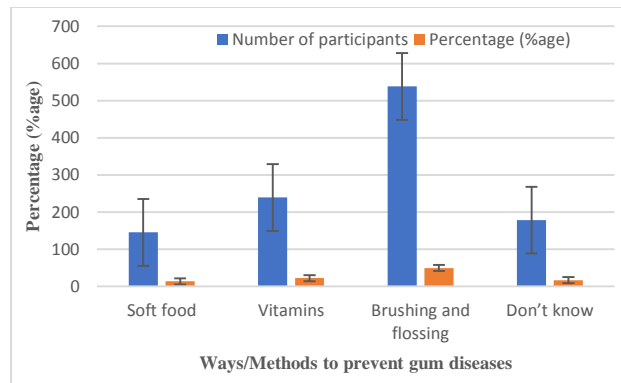


Figure 2: Ways/Methods to prevent gum diseases

DISCUSSION

Dental caries is the most prevalent chronic dental illness, affecting a large number of children and adolescents globally. The similar results have been reported by many other researchers in the world (Kassebaum et al., 2017). It was observed that mostly studies population visited dentists during dental pain and dental advice while many other scientists investigated the similar findings. Pain is the primary motivator for people to attend the dentist. Al-Omiri et al., (2006) had reported the similar findings about toothache in patients. It has also reported that 57.14% studied population were highly aware about gum diseases. They responded that persons can remain safe and sound while keeping oral hygiene practices. The participants were not visited dentists on regular basis and they visit only when they feel pain in their teeth.

A study was conducted by Togoo et al., (2012) in Saudi Arabia 2012. They had reported the similar findings about gum diseases in school children. In the current study, it was observed that more than 60% participants aware about gum diseases while 21% people don't know about gum diseases. In terms of manner of cleaning teeth, tooth brushing was the most prevalent method employed by the research population, followed by miswak and dental floss. Dental floss was recorded the most least popular approach or way to clean the teeth. Ronis and Lang (1993) had given the similar findings. In the study area, majority participants rely on miswak. It is possible to recommend the best way to use miswak as a cleaning procedure in order to get the most benefits. However, the advantages of utilizing a tooth brush and paste must be emphasized. It was recorded that 39% participants cleaned their teeth three times per day while many others researchers investigated once in a day.

In developing countries people cleaned their teeth more than three times in their homes, offices or hotels. Our findings are identical to the findings of previous researchers (Kleemola-Kujala and Rasanen, 1979; Al Tamimi and Peterson, 1998). Furthermore, only 81.09% of Saudi children were monitored by their parents while brushing. This contradicts to prior research on Saudi parents' attitudes about their children's oral health, which found that teeth brushing was regarded as an essential technique for minimizing dental caries. According to the study of Doshi et al (2007) 28% of the participants brushed their teeth once daily in morning. The morning become feasible for respondents to brush teeth to become fresh while Al-Omiri et al (2006) suggested that 52% of the respondents cleaned their teeth before going to bed.

CONCLUSION

The majority of participants had good understanding of oral health but lack of oral health behaviours. The findings of this study may be useful in assessing the success of public education initiatives in the future. The findings of this study also indicate that parents in rural areas are less concerned about their children's oral health. As a result, parents' education must be incorporated in any programme that promotes preventative oral care in schools, as

well as other oral health educational initiatives aimed at the general public. Pain is the primary motivator for people to attend the dentist. As a result, more extensive research exploring in depth on oral health knowledge, attitude, and practice may always be studied further.

Conflict of interest: Authors declare no conflict of interest.

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