

ATTITUDE TO AND KNOWLEDGE OF ORAL HYGIENE OF SECONDARY SCHOOL STUDENTS

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***Abstract:** Oral hygiene is a concern of every individual and consists, first of all, in the home care of dentition and of the oral cavity. This care is an integral part of the personal hygiene of a civilised man and its importance is the same in both primary and secondary, or tertiary, prevention of teeth diseases of parodontium. To find out the knowledge of and the attitude of the youth to the oral hygiene investigation has been performed among secondary school students in East Bohemia.*

Interrogated were students of three school types: of a grammar school, medical college, and of an integrated business school.

***Keywords:** oral health, oral hygiene, utilities for dental hygiene, prevention*

Theoretic background

Every man is obliged to take care of his/her oral health. Two forms of dental care may positively influence the oral health status: The medical care and the preventive care. It is only the efficient preventive measures in the field of the primary prevention that may prevent the occurrence of diseases in the oral cavity. Among the basic measures, by which the oral health may be reached, is first of all the reaching of a convenient oral hygiene level, which is possible only by means of establishing suitable and well-tried habits that are trained from the very early man's age and have been professionally checked. It is first of all necessary to instruct parents on the danger of tooth decay origin and on the methods how to prevent it. The parents also have to know they are responsible for the hygiene and dentition status of their children. It is, however, also the school that may participate in the education towards the oral hygiene. There are kindergartens that actively participate in the education towards the oral health, both due to their own initiative and within preventive projects as is, for example, the "Zdravý zoubek / Healthy Tooth" scheme in the Liberec Region. In basic and secondary schools the National Health Institute's "Dětský úsměv / Childrens Smile" scheme may feature a positive contribution. This scheme is particularly focused to the selection of suitable utilities for the dental hygiene, methods of cleaning teeth, and to the practical training of such methods. Students are also acquainted with the main reasons for the tooth decay origin

and with preventive measures that prevent its origination. The oral hygiene is defined as the personal maintaining of cleanness and hygiene of teeth and oral structures, including prosthetic replacements and orthodontic apparatus by cleaning of teeth and stimulation of tissues, gingival massages through hydrotherapy and also through other procedures as recommended by a doctor or by a hygienist to maintain dental and oral health.

The oral hygiene is a concern of every individual and consists in particular in the home care of the dentition and oral cavity. This care is the integral part of individual hygiene of a civilised man and its importance is the same in both primary and secondary, or tertiary, prevention of diseases, in particular of teeth and parodontium.

The objective of the oral hygiene is to:

- 1) Prevent the damage of hard dental tissues by tooth decay,
- 2) Prevent origin of inflammation in the parodontium tissues, i.e. of parodontitis,
- 3) Maintain the sanative result after the healing of soft and hard tissues.

The main objective of the oral hygiene is to contribute to the maintaining of oral health, which may be characterised as the status of full normality and functional power of the teeth and their supporting structures as well as of the surrounding parts of the oral cavity, but also of structures related to mastication and with the maxillofacial complex.

The oral hygiene may be divided to the:

- Individual oral hygiene, which is performed by every man him/herself;
- Professional oral hygiene, which is performed by a stomatologist or dental hygienist in their surgeries/offices.

To reach an unobjectionable level of the oral hygiene is possible only by means of obtaining suitable and well-learned habits that are trained, by a man, from his/her childhood and are professionally checked.

Objectives of the research

The objective of the work was to assess the level of the oral hygiene with the young people in the fields of oral cavity care, cleaning of teeth, and knowledge in the field of dental hygiene. The dental hygiene level has been assessed on the basis of comparison of students either as per schools or gender, as compared to the latest views of stomatologists and dental hygienists.

Hypotheses

- The knowledge of the oral cavity care is better with the medical college students than with the grammar school students.
- The teeth cleaning accessory utilities are used more often by girls than by boys.
- The horizontal teeth cleaning method is used more often by boys than by girls.

- The knowledge of the dentition somatology is better with the medical college students than those of grammar schools and secondary business schools.
- Preventive medical examinations are more often followed by girls than by boys.

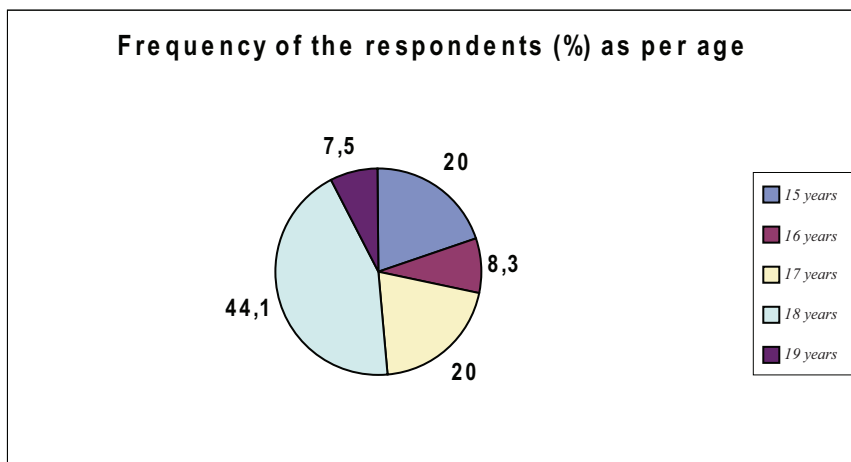
Methodology, procedure

In the research part I tried to perform a qualitative probe into the dental hygiene field. To acquire data to work with I used the questionnaire method. The questionnaire is divided into three sections. The first one contains questions related to the dental cavity care as a whole; the second one contains questions focused to the teeth cleaning, and the third one then questions focused to the knowledge in the field of the dentition somatology. In total 240 questionnaires were handed out. All of them returned to me duly filled. The acquired data have been recorded in diagrams, in which relative values (%) have also been recorded of the followed phenomena for individual schools and per gender.

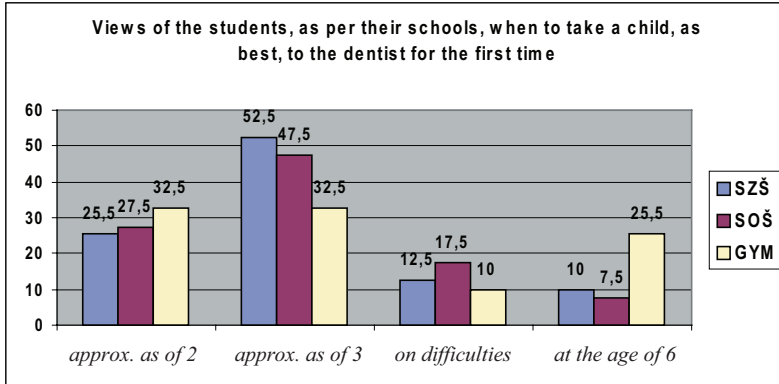
Though differences have been distinguished between the schools and between genders, they seem to be insignificant from the statistical point of view.

In the tables and diagrams the following abbreviations have been used: SZŠ – Medical College; SOŠ – Secondary Business School; GYM – Grammar School.

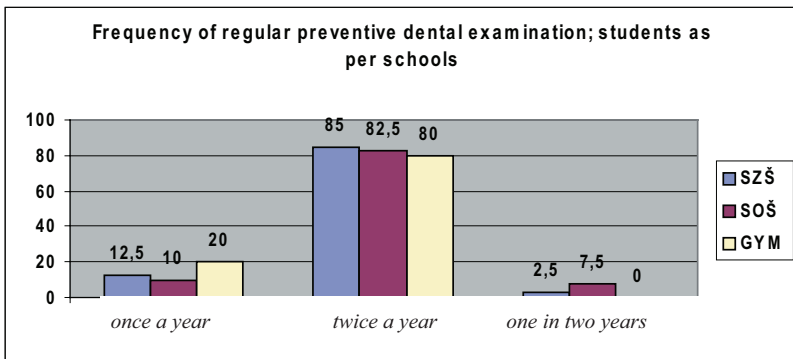
Characteristics of the investigated sample: In the research investigation took part 240 respondents from three schools - grammar school, medical college (branch: general nurse; dental laboratory technician), integrated secondary business school (branch: sports management). From every school a random selection of 80 students was made, out of which were 40 girls and 40 boys aged 15 to 19. Having handed out the questionnaire I acquainted the students with the purpose of my work and provided them with basic instructions for filling. The students were provided 25 minutes for the filling of the questionnaire.



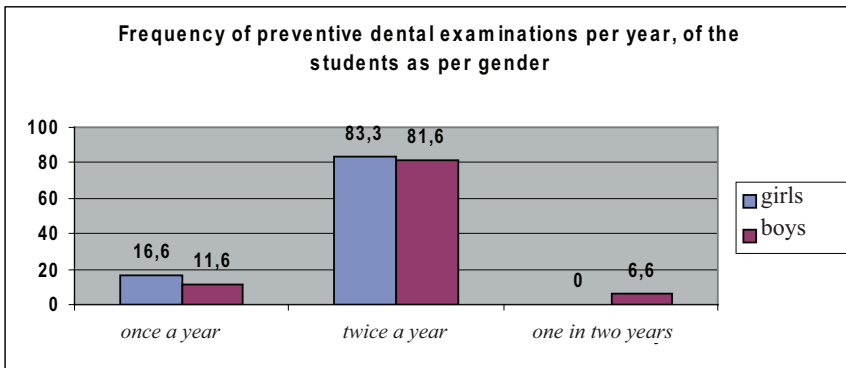
Interpretation of results



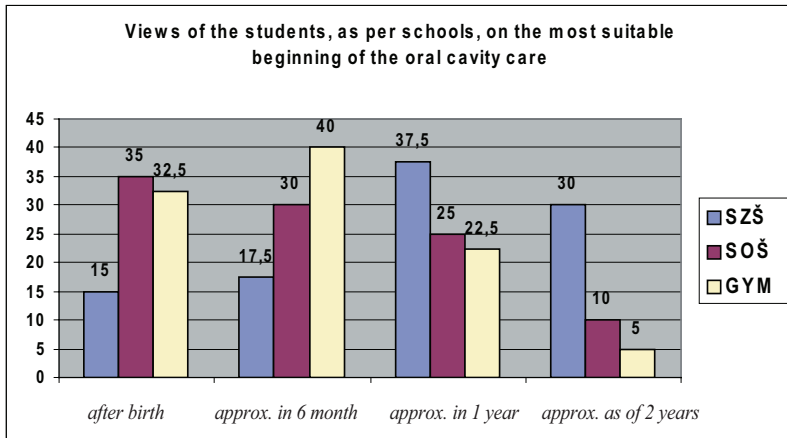
The stomatologists recommend to perform the first visit at the dentist's approximately at the age of 2. This variant was selected by 32.5 % of the grammar school students, 27.5 % of the business school, and by 25.5 % of the medical college students.



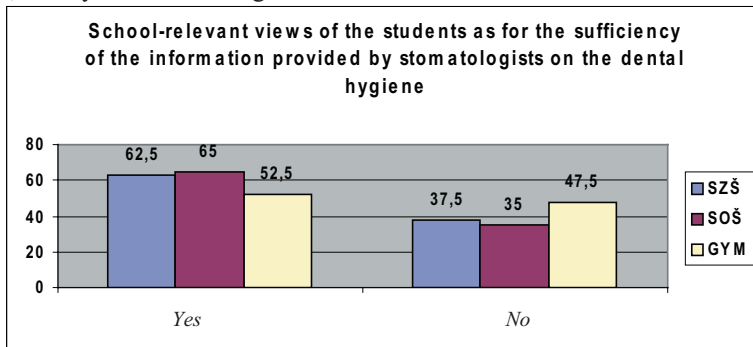
Regular dental examination twice per year undergo 85 % of the medical college students, 82.5 % of the business school students, and 80 % of the grammar school students.



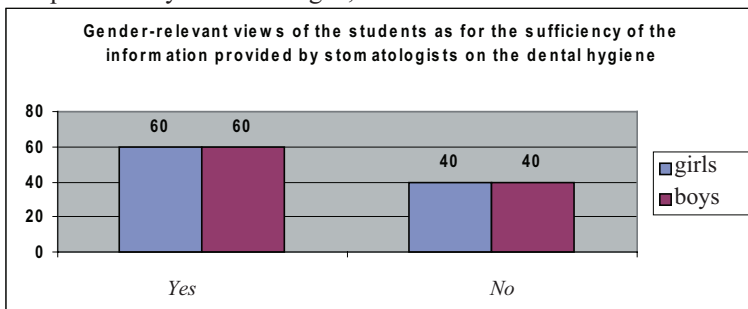
From the interrogated, the regular dental examinations twice a year are followed by 83.3 % of girls and by 81.6 % of boys.



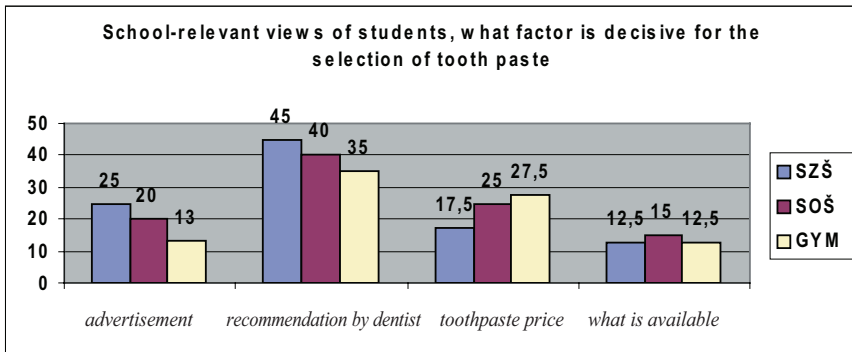
It is recommended to start the oral cavity care immediately after birth. This variant was selected by 15 % of the medical college students, 35 % of the business school students, and by 32.5 % of the grammar school students.



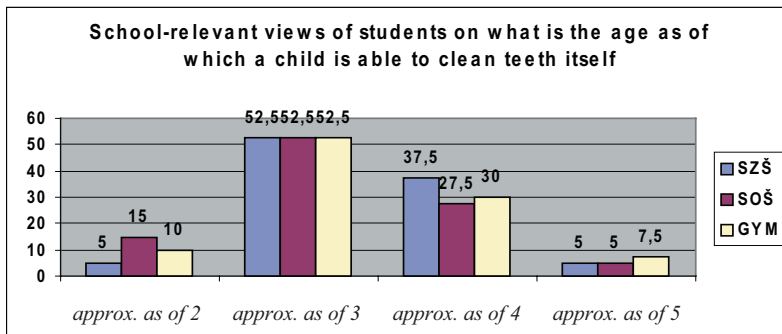
The knowledgeability in the field of the dental hygiene seems to be sufficient: 62.5 % of the medical college students, 65 % of the business school students, and 52.5 % of the grammar school students. 60 % of all the interrogated students replied that the information provided by a stomatologist, is sufficient.



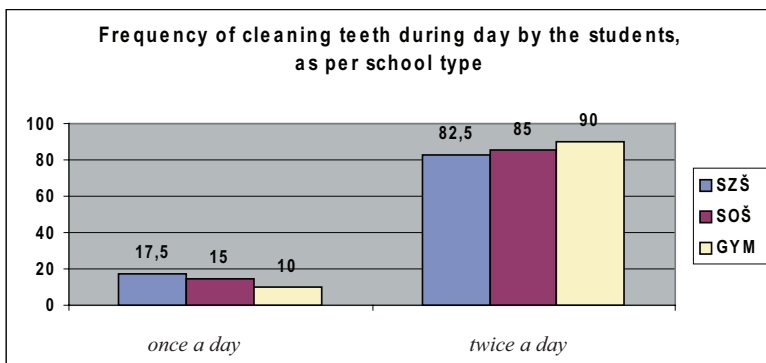
60 % of the boys and girls equally replied that the information provided by dentists, about the dental hygiene, seems to them sufficient.



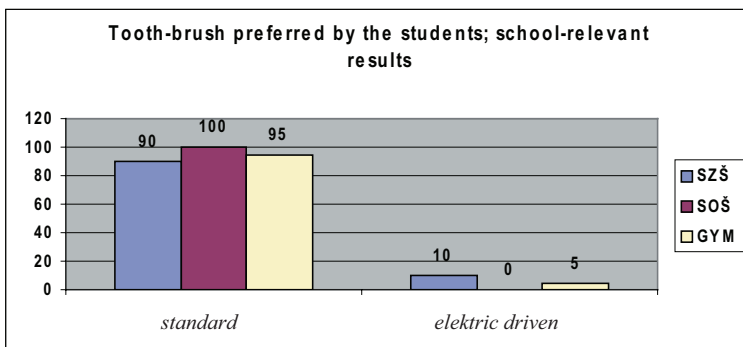
For the most of the interrogated, the decisive criterion is the recommendation by a dentist. This variant was selected by 45 % of the medical college students, 40 % of the business school students, and by 35 % of the grammar school students.



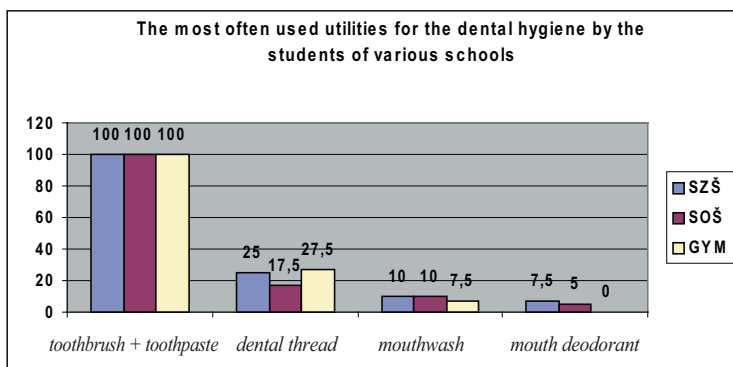
The dentists agree that a child should clean its teeth approximately as of the age of three. Agreeable with this view are 52.5 % of students of all the three schools. The variant approximately as of four was selected by 37.5 % of the medical college students, 27.5 % of the business school students, and by 30 % of the grammar school students.



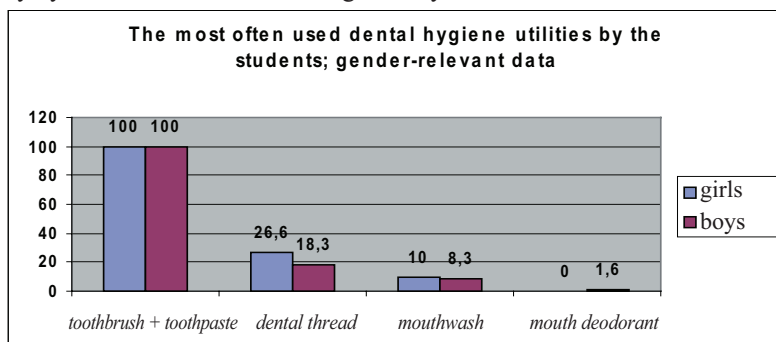
Though the most optimum variant would be to clean teeth after every meal, due to practical reasons it is nearly impossible, so the stomatologists recommend to clean teeth at least twice a day. Most of the students (82.5 % of the medical college students, 85 % of the business school students, 90 % of the grammar school students) replied they cleaned their teeth twice a day.



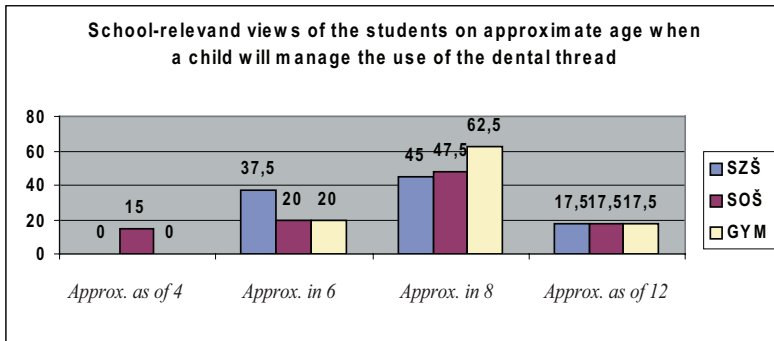
Most of the interrogated students (90 % of the medical college students, 100 % of the business school students, and 95 % of the grammar school students) replied they used standard toothbrushes for the cleaning of teeth.



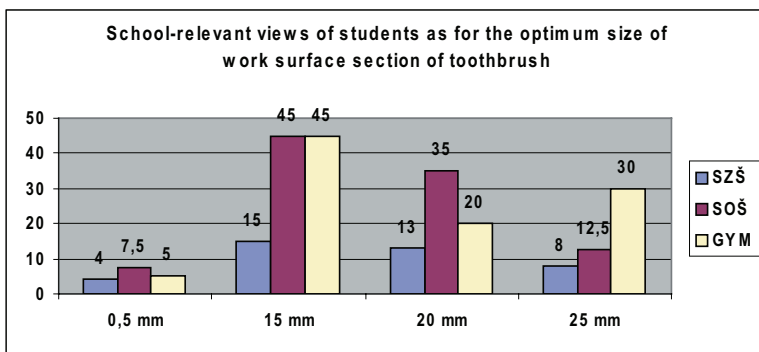
Toothbrush and toothpaste are used by all the interrogated. Dental thread is used by 25 % of the medical college students, 17.5 % of the business school students, and by 27.5 % of grammar school students. Mouth deodorant is used by 10 % of the medical college and business school students, and by 7.5 % of the grammar school students. Mouthwash is used only by 7.5 % of the medical college and by 5 % of the business school.



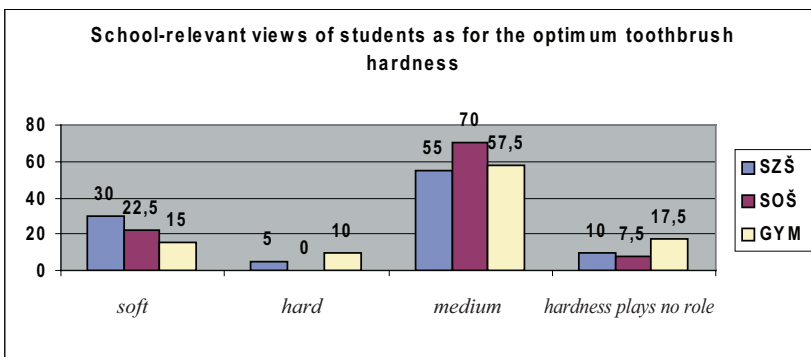
The toothbrush and toothpaste are used by all the boys and girls. The dental thread is used by 26.6 % of the girls and 18.3 % of the boys, the mouthwash is used by 10 % of the girls and by 8.3 % of the boys, and the mouth deodorant only by 1.6 % of the boys.



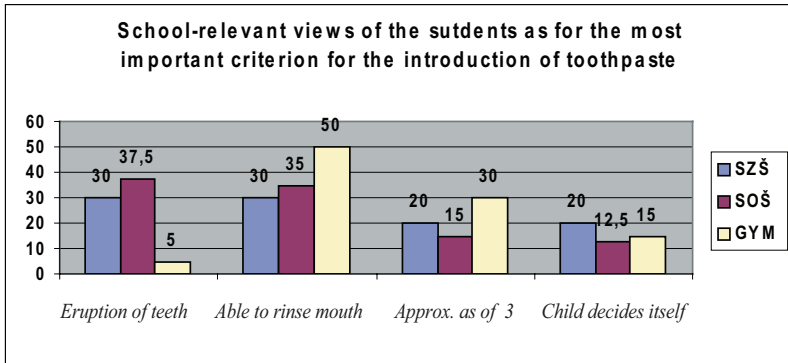
The stomatologists declare that the approximate age in which a child is able to use the dental thread without any problems is 12. This variant was selected by 17.5 % of the students, being in accord in all the school types.



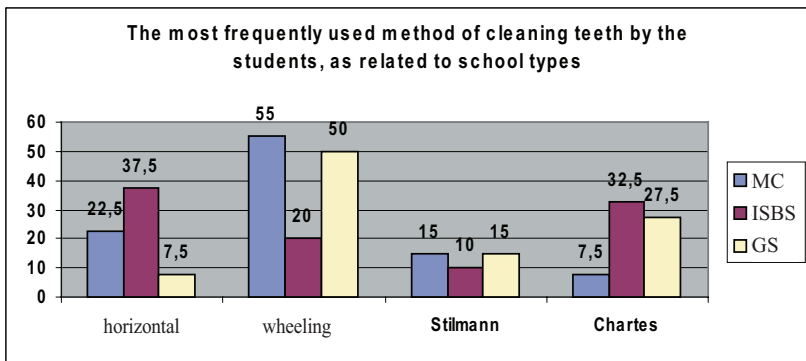
The optimum size of the toothbrush work surface should be 25 mm for adults. This variant was selected by 8 % of the medical college students, 12.5 % of the business school students, and 30 % of the grammar school students.



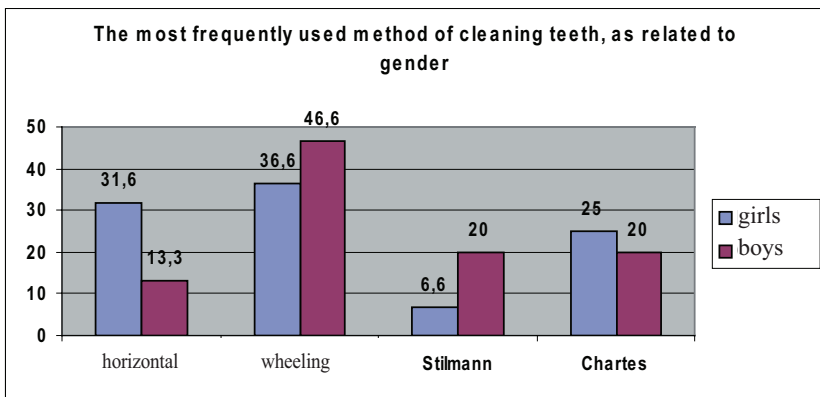
For adults, the stomatologists recommend to use medium hard toothbrushes. With this variant were agreeable 55 % of the medical college students, 70 % of the business school students, and 57.5 % of the grammar school students.



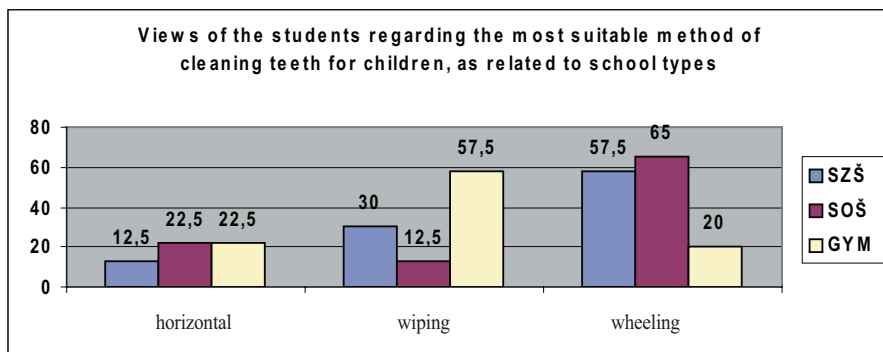
The most important criterion of the introduction of toothpaste is the ability of a child to rinse mouth. This variant was selected by 30 % of the medical college students, 35 % of the business school students, and 50 % of the grammar school students.



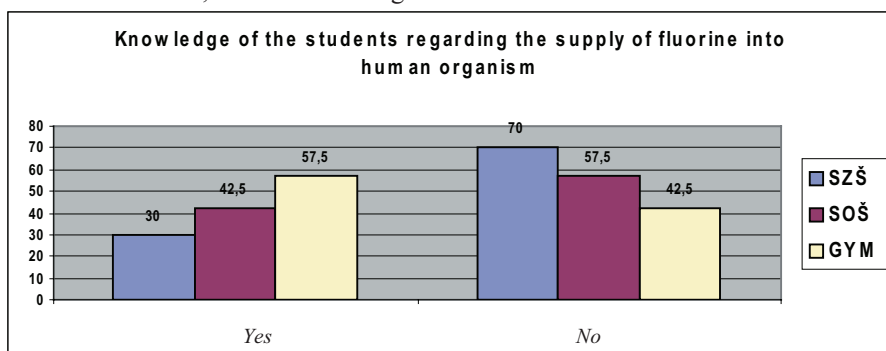
The wheeling method is most often used by the medical college students (55 %) and by the grammar school students (50 %). The business school students (37.5 %) most often use the horizontal method.



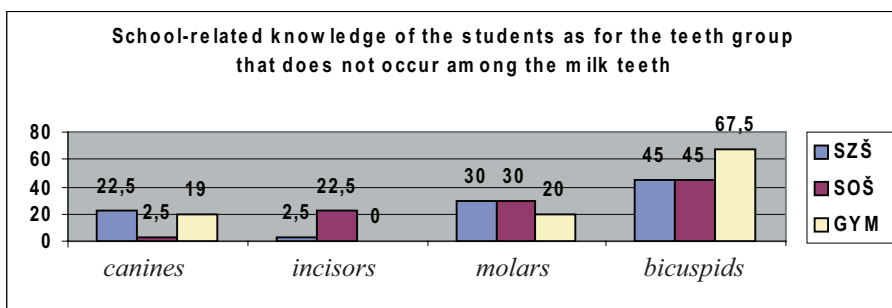
The wheeling method is used by 36.6 % of girls and 46.6 % of boys. While the horizontal method ranks second for the girls (31.6 %), for the boys the Stilmann and Chartes methods are equal (20 %).



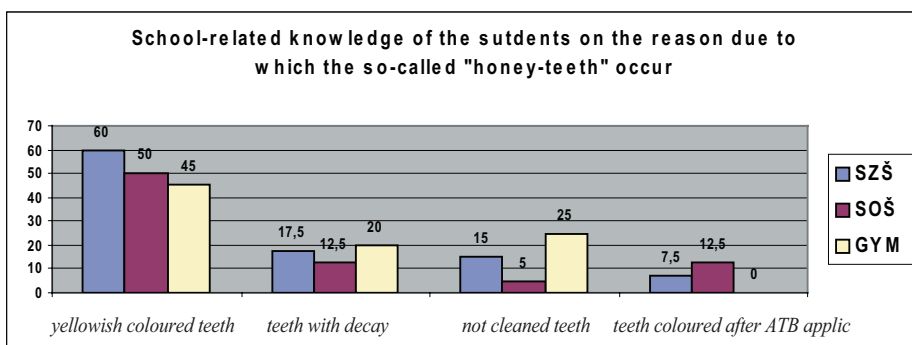
For the children the stomatologists recommend the use of the wheeling method. This variant was selected by 57.5 % of the medical college students, 65 % of the business school students, and 20 % of the grammar school students.



The knowledge on the supply of fluorine into human organism have only 30 % of the medical college students, 42.5 % of the business school students, and 57.5 % of the grammar school students.



Among the milk teeth do not occur the bicuspid. This reply was selected by 45 % of the medical college and business school students, and 67.5 % of the grammar school students.



The so-called “honey-teeth” are those afflicted with the tooth decay. This variant was correctly selected by 17.5 % of the medical college students, 12.5 % of the business school students, and 20 % of the grammar school students.

Discussion

The performed examination has proven the fact the knowledge of student in respect of the oral hygiene have not been fully sufficient and the need has been identified of their higher awareness. Differences between individual types of schools are evident. The knowledge of the medical college and grammar school students has been comparable. The secondary business school students showed more adverse results than the students of the former two schools. Should the situation improve, it is important that the stomatologists or dental hygienists improve the information provision in their surgeries or offices. Parents should more carefully check the oral hygiene status of their children and, at the same time, they should actively search for information on new oral hygiene trends. Also teachers should play an important role in the oral health education. Unfortunately, it has followed from the practise that this topic has been neglected. That is to say, the teachers are convinced they have got no space for such topic in their lessons and that only parents and stomatologists should perform the oral health education. However, most teachers have admitted that this problem could at least partly be removed by the introduction of the “health education” subject in the curriculum. At present hand-outs focused to the dental hygiene of second-grade pupils have been provided to schools that teachers may use in the subject “natural/social science primer”. In this direction education should be vectored even in higher grades.

Conclusion

At the conclusion I would like to note that it is the perfect oral hygiene, together with the fluoridation and sound subsistence, that results in retaining sound and complete dentition. This should be the objective of every student as nice and sound teeth are the visit-card of every individual. Where the care of teeth is insufficient, there is a high risk of a dental disease, which may result even in the total dentition damage. In view of the increase of dental service charges a significant financial load is also in question.

Literature:

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PŘÍSTUP A VĚDOMOSTI STUDENTŮ STŘEDNÍCH ŠKOL K ÚSTNÍ HYGIENĚ

Souhrn: Ústní hygiena je záležitostí každého jednotlivce a spočívá především v domácí péči o chrup a dutinu ústní. Tato péče je integrální součástí osobní hygieny civilizovaného člověka a její význam je stejný jak v primární, tak sekundární i terciální prevenci onemocnění zubů a parodontu. Pro zjištění znalostí a přístupu mládeže k ústní hygieně bylo provedeno šetření u studentů středních škol ve Východních Čechách. Dotazování byli studenti tří typů škol – gymnázia, střední zdravotnické školy a střední integrované školy obchodní.

Klíčová slova: ústní zdraví, ústní hygiena, pomůcky k dentální hygieně, prevence