

Awareness of Oral Hygiene Aids among General Population

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Abstract

Background: The objective of this study was to assess the knowledge of oral hygiene aids among general population.

Method: The study was conducted on general population in and around Chennai. A total of 100 members were selected and self-assessed questionnaire was formulated to assess the awareness on oral hygiene aids

Result: About 72% of the population are aware of the commonly available oral hygiene aids; 42% population used tooth paste and brush as a method of cleaning their teeth; 50% brushed once daily; 51% used soft brushes to brush; 54% of the population change their bushes only after 6 months; 44% followed circular motion to brush their teeth; 43% don't use mouthwash; 49% of population media is the source of information; to about 83% of population know the importance of oral hygiene.

Conclusion: The present study shows better knowledge and awareness of oral hygiene aids but the oral hygiene practice seemed to be non-satisfactory. The awareness regarding the usage of oral hygiene aids, indicates that a mass educative programme should be conducted among the general population.

Keywords : *Prevention, Health care, Medical care, Interdental aids, Oral hygiene*

Introduction

Oral diseases including dental caries, and periodontal diseases which can be prevented through a professional self-care activity which plays an important role in prevention of oral diseases⁽¹⁾. Oral health care practices have been proved to be an effective preventive measure for maintaining good oral health as part of general health. The use of oral hygiene aids may improve tooth cleaning effectiveness provided that cleaning is sufficiently thorough and performed at appropriate intervals.⁽²⁾ Patients comply better with oral health care regimens when informed and positively reinforced. Lack of information is among the reasons for non-adherence to oral hygiene practices.⁽³⁾

Prevention of oral disease can be achieved by optimizing the oral health practices in the form of

proper tooth brushing, use of dental floss, dental visits at regular intervals, & proper dietary practices.⁽⁴⁾ The understanding of actual practices in keeping the oral health at standard based on patients' perceptions of oral health care is vital.⁽⁵⁾

Although many studies have been carried out from time to time to assess the knowledge and behaviour of people about oral health, there is still a dearth of education regarding the same especially for rural people, who make up for more than 70% of the population in India. Furthermore, even the people living in cities, in spite of having easy access to dental care, fall prey to dental diseases due to their negligence in dietary habits and unhealthy life-style⁽⁶⁾

Hence this survey was aimed at assess knowledge, awareness on oral hygiene aids among general population.

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Materials and Method

The study was conducted on general population in and around Chennai. A total of 100 members were

selected and self-assessed questionnaire was formulated to assess the awareness on oral hygiene aids. The structured questionnaire consisting of 10 question (Table 1), each having four option were administered to the participants. The data collected was analysed by statistical package for social science(spss inc.,)

Simple descriptive statistics was used to describe the distribution of data. Chi square test were used to analyse the statistical significance.

Result

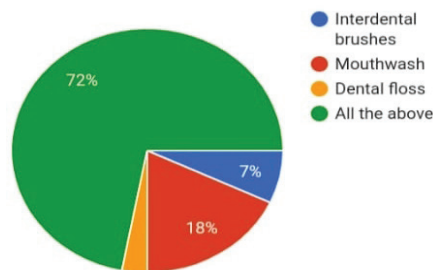
The results are summarizing responses to each 10 questions in the survey. Table 1 shows the questionnaire prepared for the study.

Table 1 : Questionnaire
<ol style="list-style-type: none"> 1. What are the Oral Hygiene Aids You were aware of? 2. What do you commonly use for oral hygiene practise? 3. How many times do you brush your teeth? 4. What type of brush do you use? 5. How much do you spend on brushing your teeth? 6. How often do you replace your tooth brush? 7. What technique do you use for brushing? 8. How frequently do you use mouthwash? 9. What are the important means of information about the available oral hygiene aids? 10. Are you aware about the importance of maintaining oral hygiene?

On evaluating the dental awareness, it revealed that

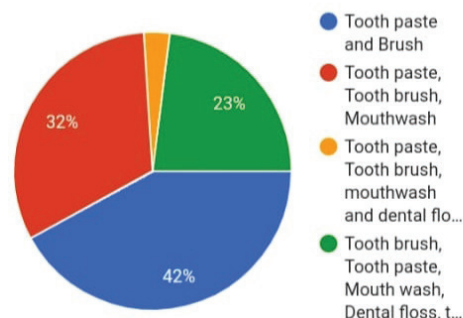
1. What are the most common oral hygiene aids you are aware of?

Among 100 participants, Majority of the participants (72%) have knowledge about commonly used oral hygiene aids like mouth wash, dental floss, and interdental brushes. 18% of participants are aware of mouth wash , 7% of participants are aware of interdental brushes, 3% of participants on dental floss..



2. What do you commonly use for oral hygiene practice?

Among 100 participants, most of them (42%) of participants use Tooth Brush and tooth paste, 32% of participants use Tooth brush tooth paste and mouthwash, 23% of participants use Tooth brush, Tooth paste, Mouthwash, Dental floss & 1% of participants use Tooth paste, Tooth brush, Mouth wash, Dental floss.

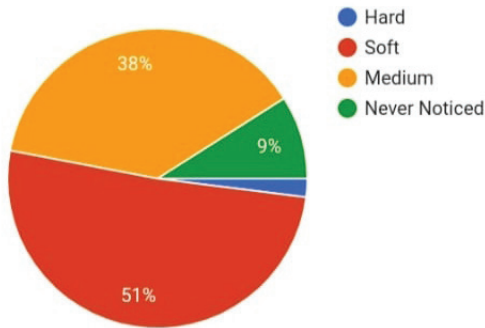


3. How many times you brush your teeth?

Among 100 participants, 50% of participants brush their teeth once daily, 49% of participants brush their teeth twice daily, 1% of participants brush their teeth randomly.

4. What type of brushes do you use?

Among 100 participants, a higher proportion 51% of participants preferred to use soft brush, 38% of participant’s preferred medium brush, 9% of participants never noticed, 2% of participants used hard brush.

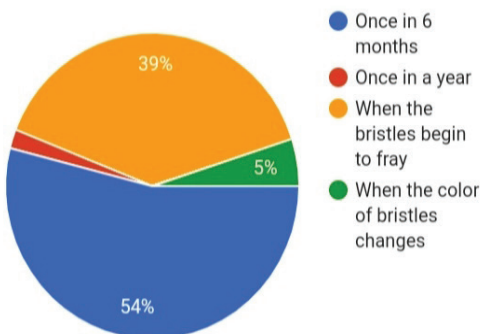


5. How much time do you spend on brushing your teeth?

Among 100 participants, 59% of participants brush their teeth more than 1 min, 19% of participants brush their teeth less than 5 mins, 18% of participants brush their teeth less than 1 min, 4% of participants brush more than 5 mins.

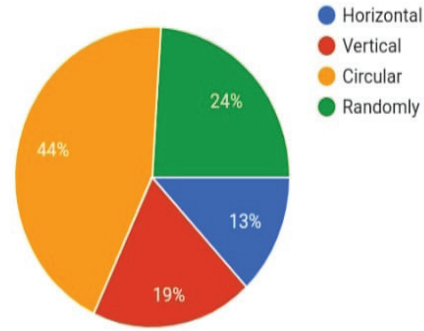
6. How often do you replace your tooth brush?

Among 100 participants, 54% of participants replace their tooth brush once in 6 months, 39% of participants replace their tooth brush once when the bristles begin to fray, 5% of participants replace their tooth brush once when the color of bristles changes, 2% of participants replace their tooth brush once in a year.



7. What technique do you use for brushing?

Regarding brushing technique among 100 participants, 44% of participants use circular motion for brushing, 24% of participants use random motion for brushing, 19% of participants use vertical motion for brushing, and 13% of participants use horizontal brushing.



8. How frequently do you use mouthwash?

Among 100 participants, 43% of participants never used mouthwash in their lifetime, 38% used mouthwash once daily, 14% of participants used mouthwash twice daily, 5% of participants use after every meal.

9. What are the important means of information about the available oral hygiene aids?

Among 100 participants, 49% of participants get information through media, 30% of participants get information through dental camps, 19% of participants through family members, 2% of participants through newspapers.

10. Are you aware about the importance of oral hygiene?

Among 100 participants, 83% of participants answered yes, regarding the awareness on oral hygiene, & 17 % answered may be, regarding they might know about the importance of oral hygiene.

Discussion

Oral Diseases are a major public health concern owing to their higher prevalence and their effects on the individual’s quality of life. According to the World Health Organization (WHO), “Promotion of oral health is a cost-effective strategy to reduce the burden of oral disease and maintain oral health and quality of life.”⁽⁷⁾

For general awareness of Oral Hygiene Aids among general population, The survey was conducted among 100 participants in a general population. On comparison with previous survey articles, People who brush their teeth twice daily, 50% reported positive, which is higher than study conducted by Al-Johani.⁽⁸⁾ In the frequency of changing tooth brush, 54% of participants reported

of changing brush every 6 months, where American Dental Association ADA recommends changing of tooth brush every 3-4 months.⁽⁹⁾ In our study, for source of information, the common information means is through media, which is most consistent with the study of Sharda et al.⁽¹⁰⁾ Participants relatively about 56% use improper brushing technique which is noted as a risky factor of developing gingival inflammation, but the result is identically lesser than previous study conducted by Zhu et al.⁽¹¹⁾ The participants use oral mouthwash daily at a rate of 57% which is comparatively high related to the study of which is about 44%. Most of the people have a improper brushing pattern, where circular motion is commonly done at a rate of 44%, The most recommended among brushing technique.⁽¹²⁾

Conclusion

Within the general categories of toothbrush, interdental aids and mouthwash, the choices can be over-whelming, because of the vast number of products available, it is important for the dentist to advice patients about what type of products to purchase, based on individual needs. There is need to educate people about the importance and usage of oral hygiene aids.⁽¹⁴⁾

Our present study shows better knowledge and awareness of oral hygiene aids but the oral hygiene practice seemed to be non-satisfactory. The awareness regarding the usage of oral hygiene aids indicates that a mass educative programme⁽¹⁵⁾ should be conducted among the general population.

Conflict of Interest: There is no conflict of interest.

Source of Funding: Self financing source of funding is utilized in our article.

Ethical Clearance: Ethical committee approval was obtained from Dr. MGR Education and Research Institute (Deemed to be University), Maduravayol, Tamilnadu, India.

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