

Oral Hygiene Practices in Patients Attending Psychiatric Outpatient Department of a Tertiary Care Hospital

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Abstract

Background and objectives: To determine the current oral hygiene awareness and practices among the general patients and to highlight the importance of oral health education and promotion in Fatima Memorial Hospital Lahore.

Methods: An observational descriptive cross sectional study was conducted on general patients attending the outpatient department of Fatima Memorial Medical and Dental Hospital. After an informed consent, the validated WHO form I9 were distributed among the patients followed by oral health education and promotion. Data was collected, summarized and analyzed using SPSS version 23.

Results: In the present survey, 21% of the individuals visited the dentist in the past 12 months among them the main reason i.e. 78% was pain or other dental issue. Whereas only 22% went for routine dental check-up out of the 21% who went to a dentist. Whereas 55% of the individuals were inclined to regular brushing; however their diet included diet rich in refined carbohydrates and sugars.

Conclusion: Oral health promotion is an integral aspect of Dental Public Health. There is immense need for its advocacy. The cycle doesn't complete with the treatment only. It should be a regular part of every appointment when we have the opportunity to communicate. It increases the understanding and develops interest of the patient for oral health. This shall pertain to FMH environment as well, including the students and all other working faculty.

Key Words: Oral hygiene practices, Outpatient department, Tertiary care hospital,

Introduction:

Oral hygiene is an integral part of the general hygiene and plays a vital role in the maintaining good health. Good oral health plays crucial role in maintaining a healthy lifestyle.¹ Oral health promotion plays a major role, it is cost-effective in reduce the burden of disease.² Major burden of oral diseases can be prevented by oral health education and diagnosing the disease at an early level by modification of oral hygiene practices in general population.³ Oral diseases influence the interpersonal relationship and productivity between the general and oral health, therefore the prevention of oral diseases is important, so as to maintain the general health of an individual. Prevention of oral diseases can be optimized by adopting good oral hygiene practices that includes; daily tooth brushing, using dental floss and adopting healthy dietary habits.⁴

Dental professional face numerous paradoxes when it comes to suggesting the most effective plaque control regimen. Oral

care as a part of general care, compromises of wide spectrum of activities including prevention, diagnosis and professional care.⁵ The understanding of the concept of standard oral hygiene practices as a part of daily routine plays a vital role in maintaining good oral health and preventing the commonly prevalent oral diseases.⁶ In a study conducted by Ali et al, it was reported that 81% of individuals believed that oral hygiene plays a significant role in overall health of the body.⁷ Furthermore, it was reported that 88.0% of patients preferred practices of using toothpaste followed by tooth powder (5.76%) and Miswak (2.64%). Hind Al-Johani concluded that almost all the patients (i.e. 95.4%) used tooth brush for cleaning their teeth. Tooth brushing was more common practice amongst females as compared to the males.⁸ It was reported that dental caries, periodontal diseases and oral cancer is responsible for public health problem in majority of countries across the globe.⁹

A study suggested that perception of not needing dental care turns out to be the most common reason for avoiding routine dental visits. Dental professionals should advise prevention with the same status as clinical care so that the plan is well-structured and carefully evaluated.¹⁰ Current oral hygiene measures in addition to the regular professional care are important factors to maintain good oral health and prevent common dental diseases. Tooth brushing and dental floss are the typical dental aids in maintaining periodontal health and affecting the overall oral health status.¹¹ Another study concluded oral hygiene practices are better in females as

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compared to males, they show a positive attitude towards adopting and practicing it as a part of daily routine.¹²

Considering the literature review, the present study was conducted with an objective of assessing the awareness and practices with regard to oral hygiene among patients attending General Outpatient Department (OPD) of tertiary care hospital of Lahore and to highlight the importance of oral health promotion and oral health education. Considering the literature review, the present study was conducted with an objective of assessing the awareness and practices with regard to oral hygiene among patients attending General Outpatient Department (OPD) of tertiary care hospital of Lahore and to highlight the importance of oral health promotion and oral health education.

Methodology:

An observational descriptive cross sectional study conducted on general patients attending the Psychiatric outpatient department of FMH. Ethical approval was taken prior conducting study from the ethical committee of FMH. After an informed consent, the validated WHO forms 19 were distributed among the patients followed by oral health education and promotion. Data was collected, summarized and descriptive statistical analysis was performed. Frequency and p-value was calculated (p-value>.05) was considered significant.

Results:

The data was summarized, analyzed and interpreted using SPSS, the results are tabulated below:

Table 1: Association of brushing frequency with high sugar intake

	Categories	Frequency of intake			Total	P-value
		Biscuits, cakes, Sweetpie	Cola Drinks	Tea with sugar		
1. How often do you clean the teeth.	Never	8	5	5	18	0.04
	Daily brushing	29	14	12	55	

Table 1: represents the association of tooth brushing frequency with diet intake rich in sugar. 55% of the individuals were inclined to regular brushing; however, their diet included diet rich in refined carbohydrates and sugars. Those who practice regular brushing also have a high sugar intake but they lack oral health education.

Table 2: Gender wise awareness oral hygiene and the routine practice

	Categories	Gender		Total	P-value
		Male	Female		
1. How often do you clean the teeth.	Never	6	8	14	.01
	Once a day	17	10	27	
	Twice a day	19	13	32	
2. How often did you go to the dentist in the past 12 months?	Once	8	13	21	.002
	Never	22	30	52	

3. What was the main reason for your last Visit? (21)	Pain or other dental issue			78%	
	Routine Checkup			22%	

In the present survey, 21% of the individuals visited the dentist in the past 12 months among them the main reason, 78% was pain or other dental issue. Whereas only 22% went for routine dental check-up out of the 21% who went to a dentist.

Table 3: commonly used cleaning aid in individuals having diet rich in sugar.

	Categories	Gender		Total	P-value
		Male	Female		
1. How often do you eat or drink?	Biscuits, cakes, cream cakes, sweet pie	65	8		.09
	Cola drink	65	8		
	Tea with sugar	65	8		
2. Do you experience sensitivity in your teeth?	Yes	51	5		.006
	No	22	38		

Table 3 represents the commonly used cleaning aids among individuals having diet rich in sugars and refined carbohydrates. Majority of individuals used tooth brush as cleaning aid with high sugar diet. Almost 51% of the individuals experienced sensitivity in spite of regular tooth brushing.

Discussion:

Global Burden of Disease estimated half of the world's population (3.58 billion people) suffer from oral health problems showing dental caries (tooth decay) to be the most prevalent.¹³ This present study was conducted to determine the current oral hygiene practices among the general patients attending the psychiatric outpatient department. Although oral health care has been declared to be part of the primary health care system, oral health disparities between different socioeconomic classes and emerging problems of access to oral health is a concern.

Use of appropriate care has never been addressed, reflecting a lack of awareness among both patients and health system decision-makers. In the present study it was concluded that 21% of the individual's visited their dentist in the past 12 months, the main reason of the visit was the pain i.e. (78%) whereas only 21% of the individuals visited as a routine dental treatment. Which was in agreement with the literature reported by Parveen et al.¹⁴ It was further investigated that the most commonly used dental aid was tooth brush (i.e. 55%) were inclined to brushing regularly, which is similar as reported by Paul et al.¹⁵

In the present study the data was from mixed-socio-economic classes, the responses show that those who went for dental checkups were from a better socio-economic status and those who only visited for pain or any other dental issue were from lower socio-economic status. This highlights that oral health is not a priority in the lower socio-economic class. Literate and

higher socioeconomic status individual were found to have significantly good oral hygiene practices as similarly was reported by Chandra Sekhar BR et al., I-Wahadni AM et al., and Barrieshi-Nusair K et al.,^{16,18}

Conclusion:

Oral health promotion is an integral aspect of Dental Public Health. There is immense need for its advocacy. The cycle

doesn't complete with the treatment only. It should be a regular part of every appointment when we have the opportunity to communicate. It increases the understanding and develops interest of the patient for oral health. This shall pertain to FMH environment as well, including the students and all other working faculty.

CONFLICT OF INTEREST: None

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Author Contributions

- Maha Tanvir – Conceptualization and critical analysis
- Faisal Izhar – Paper Writing and experimentation
- Shafia Hassan – Content Reviewing
- Imran Khan Jadoon – Statistical Analysis