Knowledge, Attitude and Practices about Dental Hygiene among Parents of children class 1-5 from a Rural School of Haryana .

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Abstract

Aim The aim of this study was to assess the existing knowledge, attitude, and practices about dental health care amongst parents of children class 1-5 from a rural school of Haryana.**Material and methods:** The study was conducted in a rural school of Haryana district kurukshetra.The students of class 1 to 5 were the subjects. It was an online questionnaire based study which included 10 questions to access knowledge and practices amongst parents about dental care. The questions were sent via google forms to the parents .consent was obtained from the Principal and all the parents .125 responses were obtained. The duration of study was from July 2022 to august 2022 .All responses were recorded and diagrammatically represented . Statistical analysis: The results were statistically analysed and percentage was calculated .**Results**:66.9 % parents say their child brushes teeth two times a day. 62.9% children received treatment from dentists for tooth problems,13.7 % parents report that they have never visited dentist till 5y. 59.7% of parents say they regularly used bottles for feeding their child, 15.3 % used sometimes and 12.1 % used rarely. 29.8% parents report their child smell foul from mouth some times. 40.3% parents say they have seen some cavities or black stains on their child's teeth .4. 6 % use the right peanut size of toothpaste. 83 . 9% think sweetened & junk foods can affect the child teeth even if temporary .51.6% parents use any commercial toothpasteavailable in the market. **Conclusions**: The knowledge, awareness and practices about the dental issues in rural areas was found to be quite satisfactory. Oral health education programs should be conducted in all the schools and even parents should also be a part of educational programme. Teachers should also be given education so that they can impart knowledge

and importance on oral health in parent teacher meeting. Oral. Oral preventive care should be included in school curriculum.

Keywords : dental, caries,bottle feeding,brush,tooth paste

Introduction

Dental caries is the most common chronic disease of childhood globally[1]. Caries levels have been declining the world over, the problem of early childhood caries (ECC)has remained unchanged in many areas of the world, especially the socially deprived.[2,3] Dental caries affecting the primary dentition of preschool children is referred to as Early childhood caries. [4] With changing lifestyles, a trend of having a single child and increased the cost of living, most of the parents are working with very less time left for performing day-to-day oral health care practices in their child's early years.

Material and methods

The study was conducted in a rural school of Haryana, district Kurukshetra.The students of class 1 to 5 were the subjects. it was an online questionnaire based study which included 10 questions to access knowledge and practices about dental care .The questions were sent via google forms to the Parents. Consent was obtained from Principal and all the parents. 125 responses were obtained. The duration of study was from July 2022 to august 2022

Results

Practices of tooth paste use (fig 1) . 51.6 % parents use any commercial toothpastes available in the market 48.4% use medicated toothpaste only as prescribed by dentist.(fig 1).

Frequency of dental visits (fig 2).50.8 % children visit to the dentist only if any problem however 35.5% visit the dentist regularly .

Preference of dentist/paediatrician (fig 3)84.7% parents prefer to visit only dentists for any tooth problem while15.3% prefer their paediatrician.

Frequency of tooth brushing(fig 4).66.9 % parents say their child brushes teeth two times a day however 32% parents say their child brushes teeth one time a day.

Awareness about dental issues(fig 5).40.3% parents report their children have some cavities or black stains on their tooth

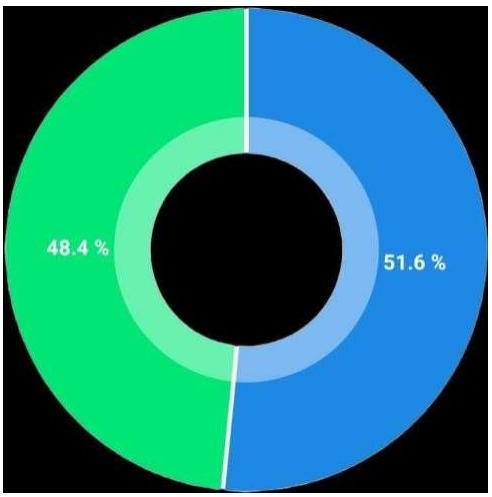
Knowledge about junk and sugar rich foods (**fig6**).Most of the parents 83.9 %think sugary and junk foods affect the child teeth even if temporary .

Knowledge about tooth pastes (fig7).31.6% justify that whole brush should be covered with toothpaste 6.8% parents have no idea about the amount of toothpaste to be used 34.6% use the right peanut size of toothpaste.

Awareness about oral hygiene and care(fig)829.8 % report their child has foul smell from mouth some times.

Knowledge about bottle feeds during child hood (Fig9) .Since bottle feeding has been found to be associated as a cause of dental caries 59.7% of parents say they regularly used bottles for feeding their child ,15.3 % used sometimes and 12.1 % used rarely.

Frequency of dental problems.62.9% parents say they had received treatment from dentist for a tooth problems for their children up to the age of 5 year.31.7% parents say their child has never required any treatment from dentist till now.



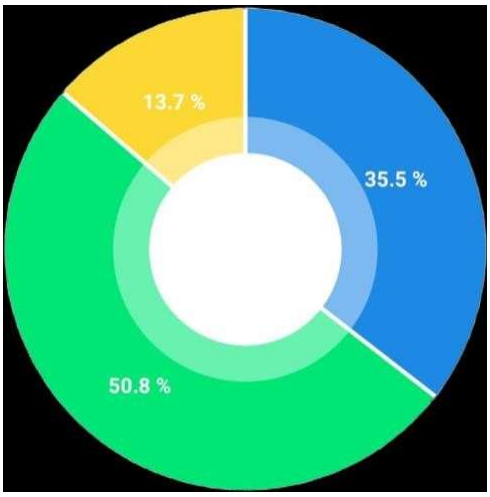
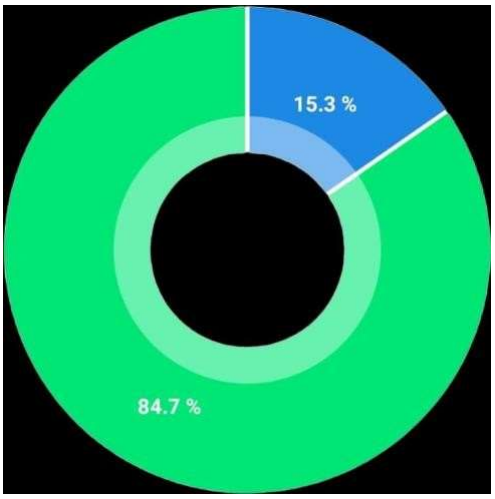


Fig1 Practices of tooth paste

Fig 2 Frequency of dental visits



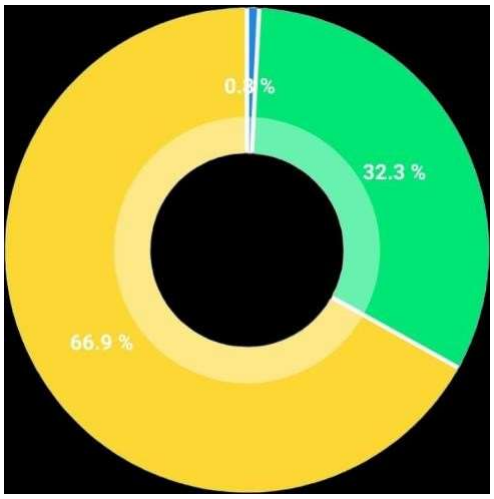
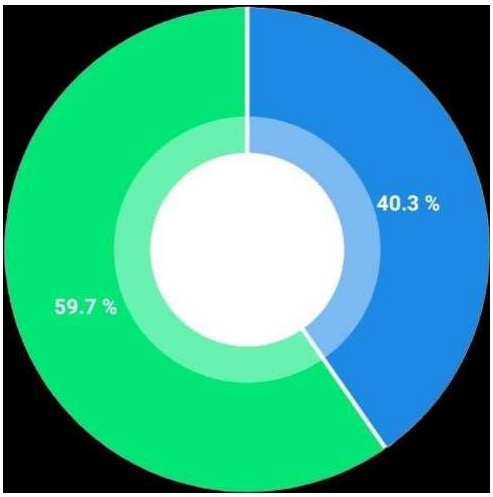


Fig 3 Preference of dentist/ paediatrician for oral care

Fig 4 Frequency of tooth brushing



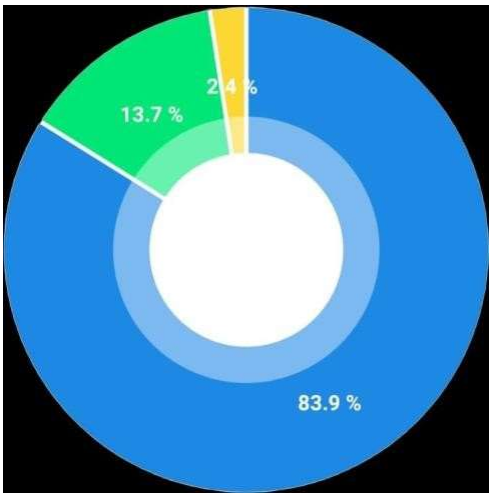


Fig5 Awareness about dental issues

Fig 6 Knowledge about sugar and junk foods

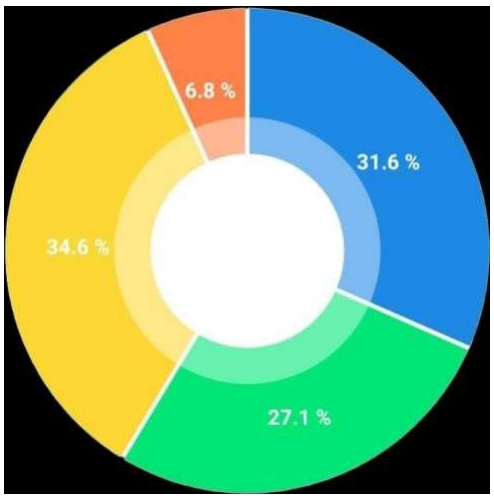


Fig 7 Knowledge about tooth pastes.

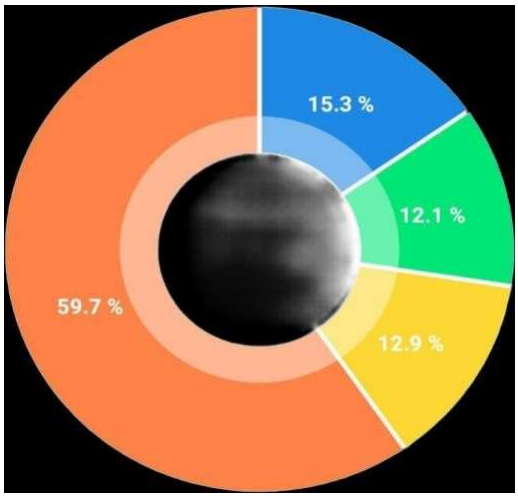


Fig 9 Knowledge about bottle feeds during child hood

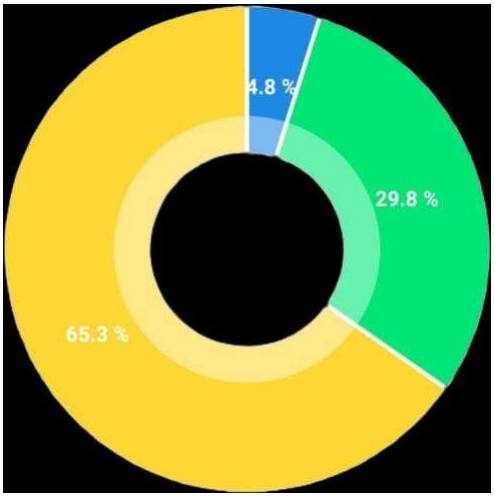


Fig 8.Awareness about oral hygiene and care

Discussion

This study was conducted in rural area to access Knowledge and practice about dental care amongst parents of rural school children class 1-5. Babu, M.S Minor found that oral hygiene was poor among rural school children than urban school children (8)There is low level of dental awareness and initiation for dental visits in parents of preschool children in Indian Society as reported by Bhavneet etal.(3).The role of a paediatric dentist is of the utmost importance in creating awareness among patients and their parents about oral health and the importance of primary teeth(11).In the present study 66.9 %children brush twice daily this is similar to other studies in 6-9 years age group where majority of children i.e. 68.1% brushed twice daily whereas in 10-13 years age group 58.7% brushed twice daily showing good oral hygiene practices in children (15),similar results were reported by patil AN(1)where 81.7% parents said that children brush their teeth twice a day. These results also collaborate with findings wherein 70.5%, 71%, 78.5%, and 80.5% of parents felt that children brush their teeth twice a day.(4,5,6)) The caries prevalence was 49.13% (1 415/2 880) among the 880 cases of 3- year-old to 5-year-oldpreschool children in Jiangxi province(8).Twenty seven percent did not know if their child's toothpaste contained fluoride and 82.6% did not know how much fluoride it should contain(12). In our study also 51.6 %parents use any commercial tooth paste available in market while only 48.6% use dentist prescribed tooth paste. In our study 59.7 percent parents regularly used bottles for feeding child ,15.3 % used sometimes and 12.1 % rarely from birth to 5 years. Almost one-third parents (32.6%) claimed to have given their child a sweetened baby bottle or comforter at night (12).Children with uneducated parents have often experienced toothache, brushes once a daily and frequently visits the dentist for toothache compared to children of educated parents, and this association was observed to be statistically significant (<0.001)(10)

Most participants (65%) considered the position of supervised brushing of children teeth from in front' to be the most effective method while 4.5% choose 'from behind(12).In our study 83.9% parents attribute sugar based foods for cause of tooth problems this is similar to 70.4% parents offer sweets, soft drinks, chocolates, and chips to their children in a study which may be responsible for early tooth decay.(1). Peterson et al report incidence of 74%(18) and Neupaul P et all report 88.9%(15) parents knew that dental caries was Caused by sweets and candies(6).Eighty seven percent 79%, 78% and 52% of participants chose sweets, chocolates, table sugar and soft drinks respectively, as the food items most likely to cause tooth decay. Forty two percent felt sugary snacks should be given only at mealtimes. Parents may be encouraged to give nutritious snacks to their children instead of sugary snacks and candies. In our study 50.8% parents visit dentist only if any problem ,35% prefer regular visits. In other studies Fifty four percent felt a child's first dental visit should be when all baby teeth were present(12). 35.7% parents took their children for regular dental check-up this is similar to study done by Al- Omari MK et al,33%(17)and in contrast to Rajab LD et al. [11%] (18)and Dikshit P et al.[11.9%](15). Regular dental visits are important as oral diseases can be diagnosed and managed at an early stage, and prevented from progressing further. 51.8% parents made first visit to the dentist only after toothache. A majority of parents visited dentist only when need arises as per Shetty RM et al. [59.3%](6)Mehta N et al. [60.2%],(19) Gokhale N et al. [77.5%](14).The role of a paediatric dentist is of the utmost importance in creating awareness among patients(11) however in our study from rural population 84.7% parents prefer visiting child specialist for tooth issues rather than dentist or pedodentist. This is contrast to patil(1)where.84.1% parents answered that they will take a suggestion from pedodentist if their child's teeth are decayed while in a study done by Nagaveni NB et al.(16) only 1.4% parents said so. . This may be due to lack of specialist like

pedodentist in rural area or more faith in the child specialist. 31.6% parents in present study justify that whole brush should be covered with toothpaste 6.8% parents have no idea about the amount of toothpaste to be used 34.6% use the right peanut size of toothpaste, this is similar to study where one-third of the participants felt that the correct amount of toothpaste should be enough to cover the entire brush head while 29% chose a pea-sized amount. (13)There is requirement of improved education for parents, particularly in tooth brushing behaviour and use of toothpaste. In India the parental awareness about these first set of teeth is very less(10). 42.1% parents felt that children should be assisted when they brush their teeth. Majority of parents ,57% assisted their children while brushing their teeth according to Kaur B et al(12) and Dikshit P et al. [77%](15) Gokhale N et al. reported that significantly less number of carious teeth were found in children whose parents guided them while they cleaned their teeth(14). Suma G etal reported that those children whose parents did not give importance to milk teeth had 1.67 times higher chances of having dental caries compared to others(20). 75.6% of parents did not know about the treatment of primary teeth although 52.2% parent's had knowledge about dental caries(1).

Conclusion

The knowledge, awareness about the dental issues in rural areas was found to be quite satisfactory and comparable to results of studies done in urban areas. .However further studies on greater sample size can be conducted in future to support our findings especially in rural areas. Parents should be advised to help brush their children teeth at least once at night before going to bed and after every meal. Professional preventive practices such as (a) topical fluoride application and pit and fissure sealants should be done at earliest along with vaccinations after complete eruption of all deciduous teeth. For this purpose, more dentists should be recruited in PH Cs or else nurses/child specialists should be trained in carrying out these preventive therapies on regular opd basis. Children with primary dentition affected by Early child hood caries are prone to the develop caries of permanent dentition. Hence, It is important to start oral health education in their regular curriculum at school level and even parents should also be a part of such educational program.

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