

Awareness of Oral Health in Educated Community of Khyber PakhtoonKhwa

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Abstract:

Oral health may be defined as a standard of health of the oral and related tissues which enables an individual to eat, speak & socialize without active disease, discomfort or embarrassment and which contributes to general well being. Students play an important role in health promotion and to impart preventive information among the family and the society. Hence the purpose of this study was to investigate oral health knowledge, attitude and practice among the educated population. **Objectives:** To assess Knowledge, Attitude and Practice towards oral health among educated population. **Methods and Materials:** The study group comprised of 240 people, data on oral health Knowledge, Attitude and Practice (KAP) were collected by means of self administered questionnaire .The data was analyzed using the SPSS version 16.0 software. The individual scores were summed up to yield a total score and given in subtitles for each question. Frequency, distribution, number and percentage were calculated. The study design was cross-sectional survey. **Result:** The results showed that among 240 respondents 200 (83.3%) agreed that smoking causes oral cancer, 24 (10%) disagreed while 16 (6.7%) did not know .160 (67%) brush their teeth in correct method , 23 (9%) do not brush their teeth in a correct method while 57 (24%) don't know proper tooth brushing technique . 72 (30%) consumed soft drinks at least once a day ,34(14%) at least once a week and 86 (36%) consumed it occasionally. **Conclusion:** Result of this study suggest that oral health Knowledge, Attitude and Practice (KAP) of the respondents were quiet satisfying regarding the knowledge about dental care but has to be improved in the other two aspects (*i.e.* attitude and practice) through oral health promotion programmes. These programmes are needed to improve KAP of educated community.

INTRODUCTION

Oral health is essential to general health and quality of life. It is a state of being free from mouth and facial pain, oral and throat cancer, oral infection and sores, periodontal (gum) disease, tooth decay, tooth loss, and other diseases and disorders that limit an individual's capacity in biting, chewing, smiling, speaking, and psychosocial wellbeing¹. This definition shows that oral hygiene is important not only to prevent oral diseases but also to promote self-esteem of an individual. Oral health is seen from a health perspective as a balance between destructive factors such as sugar-rich diet, tobacco use, and poor oral hygiene versus protective factors including good oral hygiene². Poor oral health increases the progression of life threatening

systemic disease for individuals³.

It is the major responsibility of oral health educators to disseminate a positive oral health knowledge and behavior in the society. This knowledge mostly evolves from information and the information, when believed converts into an action. When that action is maintained, the ultimate outcome is "Behavior". Although, only a weak association exists between knowledge and behavior^{4,5}. However, there are reports showing that a correlation do exists between increased knowledge and better oral health^{6,7}.

Students play an important role in health promotion and to impart preventive information among the family and the society. It is therefore inevitable that their own oral health knowledge is good and their oral health behaviors set an example

for the population. Hence the purpose of this study was to investigate oral health knowledge, attitude and practice among the educated population.

Objectives

To assess Knowledge, Attitude and Practice towards oral health among educated population.

MATERIALS AND METHODS

A questionnaire was designed for this cross sectional survey. The questionnaire was designed by reading different studies done on the same topic. Questionnaire included 28 items. Questionnaire covered the perceived oral health status, knowledge of oral health and attitude, oral health practices, dietary habits and behavior towards dental programme to evaluate the oral health knowledge, attitude and practice of the educated population. The questionnaire was tested by a pilot survey in ten students.

The study group comprised of 240 participants. These were selected randomly from different Universities. The respondents received a full explanation of how to fill the questionnaire. An investigator was sent to each university with the questionnaires. Each investigator was trained on the procedure of how to fill the questionnaire and all the questions were explained.

Data Analysis

The data was analyzed using the SPSS version 16.0 software. The individual scores were summed up to yield a total score and given in subtitles for each question.

Frequency distribution, number and percentage were calculated.

RESULT

This study was conducted to assess oral health KAP among educated population. The questionnaire results were split up into five sections as perceived oral health status), knowledge of oral health and attitude, oral health practices, dietary habits and behavior towards dental problems as given in Tables 1-4 respectively.

DISCUSSION

This survey found that 42.1% brushed their teeth once a day but in a study done in Multan⁸, 46.2% brushed their teeth once a day. Thirty percent of this study participants consumed soft drinks on regular bases whereas in the study done in Multan⁸, 57.9% used soft drinks regularly. In our study, 34.20% of the participants visit dentist after 6 months. In survey done in Multan⁸ it was found that 42.5% of study participants had visited the dentist during the last 6 months.

This survey found that 54.6% of the study participants need to consult their dentist while in a study done by Arun Kumar Prasad et al⁹ in India showed that only 21.2% need to consult their dentist. In our study 97.5% of the participants think that oral hygiene must be maintained to achieve better oral health, while in that study 86.3% agreed that maintaining oral hygiene is necessary. In our study 22.5% of the participants think that regular brushing does not prevent tooth problems, while the percentage of the participants in the study of Arun Kumar Prasad et al⁹ for the same question was 24.5%. In our survey 83.3% agrees that smoking cause oral cancer but Arun Kumar Prasad et al⁹ showed 69.9% agree for the same question. In our study 25.40% of participants used to regularly visit dentist whereas in the Indian study⁹ 26.1% regularly visited dentist.

This study results revealed twice-a-day tooth brushing practiced by majority of the participants. Whereas results obtained in other studies revealed once-a-day tooth brushing practiced by majority of the participants¹⁰⁻¹³.

In this study 48% of the participants brushed twice-a-day, which is almost similar to another study conducted in china where 44.4% of the respondents brushed their teeth at least twice a day¹⁴.

Tooth brushes were commonly used for brushing among the study population, which is in agreement with the findings of other studies¹⁵⁻¹⁷.

CONCLUSION

Result of this study suggest that oral health KAP of the respondents were quiet satisfying.

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Table 1: Perceived oral health status.

1. Opinion about your oral hygiene	Good (55.80%)	Has to improve (39.60%)	Very poor (4.60%)	
2. Do you need to consult a dentist	Yes (54.60%)	No (37.90%)	Don't know (6.20%)	
3. What other feel about your oral hygiene	Excellent (20.40%)	Good (58%)	Not bad (20%)	Poor (1.70%)
4. Dentist advice	To brush teeth better (44.60%)	Scaling (12.10%)	Filling (8.30%)	Extraction (6.70%)
5. Satisfaction about your teeth appearance	Quiet satisfied (48.30%)	Not bad (24.40%)	Has to improve (22.50%)	Poor (3.80%)

Table 2 Knowledge of oral health and attitude.

	Yes	No	Don't know
1. Is it necessary to maintain oral hygiene ?	97.50%	2.10%	0.40%
2. Does regular dental visit maintain hygiene ?	73.30%	17.50%	9.20%
3. Is it necessary to clean your teeth after each meal ?	74.60%	22.50%	2.90%
4. Does regular brushing prevent all tooth problems ?	65%	30%	5%
5. Is the appearance and color of teeth permanent ?	29.30%	56.70%	14.20%
6. Smoking causes oral cancer ?	83.30%	10%	6.70%

Table 3: Oral Health Practices.

1. How often do you brush your teeth ?	Once a day (42.10%)	Twice a day (48%)	Trice a day (7%)	Never (3%)
2. How do you brush your teeth ?	Tooth brush (86.7%)	Fingers (2.10%)	Miswak (5.80%)	Others (5.40%)
3. Do you use any other material than tooth brush ?	Yes (26%)	No (73.5%)	-	-
4. Do you brush your teeth in correct method ?	Yes (66.70%)	No (9.60%)	Don't known (23.80%)	
5. When do you change your tooth brush ?	Within 1-3 months (58.80%)	Within 3-6 months (27.90%)	After 1 year (9.60%)	Never (3.70%)

Table 4: Dietary Habits.

1. How many times do you snack per day ?	Once a day (48.30%)	Thrice a day (26.70%)	4-5 times (6.70%)	Many times (13.70%)
2. How often do you eat sweets ?	Once a day (10.40%)	Once a week (37.90%)	Occasionally (8.30%)	Never (43.30%)
3. Do you have a habit of eating snacks between meals ?	Yes (26.70%)	No (51.70%)	Occasionally (21.70%)	

regarding the knowledge about dental care but has to be improved in the other two aspects (*i.e.* attitude and practice) through oral health promotion

programs. These programs are needed to improve KAP of educated community

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