

Study Of Awareness Of Pupils About Methods For Preventing Dental Caries

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Abstract – Caries is the leading cause of tooth loss in the adult population. The terminology of the early stage of caries is rather contradictory and is designated as “initial caries”, “enamel caries”, “focal demineralization of enamel”, “caries in the stain stage”, “chalky spots” [2,7,9]. Caries is currently being interpreted as a chronic infectious disease. It has been proven that the initial forms of carious lesions can be cured by non-surgical methods [10,18,20]. Therefore, the optimization of the activities of a pediatric dentist in a school stationary dental office is an urgent task, it brings the provision of the primary level of specialized dental care as close as possible to the territory of compact residence of children, improves the availability, timeliness of treatment and prevention of dental caries. Thus, timely diagnosis and treatment of early forms of caries is an urgent problem in dentistry, especially in pediatric dentistry.

Keywords – Caries, Teeth, School Children, Prevention, Treatment, City, Prevalence.

I. RELEVANCE

Caries is the leading cause of tooth loss in the adult population. All over the world, the problem of preventing dental caries is especially relevant. Numerous literature data indicate the effectiveness of the use of fluorides in the prevention of caries, for remineralization of demineralized areas of enamel [1,4,6,8,10,14,20,23]. But some researchers question these globally recognized axioms [5,8,7,9,13,15,17,19,21]. Optimization of the dentist's activities in a school stationary dental office is an urgent task, it brings the provision of the primary level of specialized dental care as close as possible to the territory of compact residence of children, improves the availability, timeliness of treatment and prevention of dental caries. [2,3,7,6,8,16,18,17,20,23]

II. THE AIM OF THE STUDY

Was to study the awareness of the methods of preventing dental caries in schoolchildren of the Vabkent region.

To achieve the stated goal of the study, we carried out a dental examination of 80 schoolchildren attending educational institutions (EI) of the Vobkent region. Dental examination of schoolchildren was carried out under artificial lighting in a dental chair using a standard set of dental instruments (dental mirror, dental probe, dental tweezers, periodontal probe) according to a unified scheme according to the WHO method (1980, 1995). To assess the level of awareness of schoolchildren on the prevention of major dental diseases (MDD), a questionnaire method was used. The questionnaire consists of blocks of questions: self-assessment of the condition of the teeth and gums, satisfaction and modesty due to the condition of their teeth, the frequency and reasons for visiting the dentist during the year, hygiene habits: the frequency of brushing teeth, the type of toothpaste used (fluoride, fluoride-free), food habits : character, diet. The level of awareness on the prevention of MDD was assessed on a 5-point scale as follows: "1" - low, "2" - unsatisfactory, "3" - satisfactory, "4" - good, "5" - excellent. The criterion for assessing knowledge was the number of correct answers given by the children out of the total number of questions, that is, out of 5: excellent level - 5, good - 4, satisfactory - 3, unsatisfactory - 2, 1.0. These questionnaires are necessary to assess the degree of influence of the level of dental knowledge on the child's behavior, which implies the formation of healthy eating habits, oral hygiene, and the use of fluoride prophylactic agents.

III. RESULTS AND DISCUSSION

The results of the study of the dental status of children showed that 96.5% of children 7-17 years old have an unhygienic state of the oral cavity. Dental plaque, consisting mainly of food debris (polysaccharides), is a powerful risk factor for dental caries and periodontal diseases. When studying this issue among schoolchildren in the Vabkent district, it was found that not a single respondent gave complete and exhaustive answers. According to the questionnaire, not a single respondent had excellent knowledge, assessed by the code "5". Children using fluoride-free toothpaste had the lowest awareness of dental caries prevention methods. Among children using toothpaste with fluoride, 80.2% of them had good knowledge, assessed by the code "4", while children using toothpaste without fluoride had only 19.8%, and their level of knowledge about methods of caries prevention teeth were in the very low - low range. In our opinion, these data should be treated with caution, as they reflect knowledge, but not a commitment to the use of fluoride toothpastes at home. While working with children in the inpatient dental office of the school, we asked the children to bring oral hygiene products with them to hygiene lessons. When analyzing 15 toothpastes, it turned out that 65.7% of them contained fluoride, while to the question "Is there fluoride in your homemade toothpaste?", 50 (40.0%) children answered in the affirmative. An analysis of children's self-esteem of the importance of the condition of their teeth, appearance and the participation of this component for communication showed that with age, the demands of aesthetics in children increase. If among children aged 10-12 years 62% of children were satisfied with the condition of their teeth, then by the age of 16-17 38% of them remained.

Analyzing the dependence of children's awareness of caries prevention methods, a high degree of dependence between these indicators was revealed: the highest of the observed scores "4" was observed in children with a CPI range of 0-1.7.

IV. CONCLUSIONS

Thus, the above fragment of the study of the influence of awareness on the prevention of caries indicates:

- about a low level of knowledge;
- on the influence of the level of knowledge on dental morbidity;
- not a single respondent had excellent adequate knowledge on caries prevention.

These conclusions require, first of all, the optimization of the activities of dentists, medical workers on hygienic training, upbringing of children and an integrated interdisciplinary approach to this problem with the participation of not only dental and medical personnel, but also educational workers.

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