

To Access the Knowledge and Practice of Brushing Technique of Parents/Caretaker on Their Children

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Abstract

Aim: To access the knowledge and practice of brushing technique of parents /caretaker on their children.

Objective: The purpose of the study was to access the knowledge and practice of brushing technique of parents/ caretaker on their children ranging 12years and below. The survey was done on a number of 110parents who were seeking care within dental service provided by Saveetha Dental college, Chennai .

Background: Parents are generally the primary decision makers on matters affecting their child's health including oral health. Tooth brushing twice daily is recommended component of oral health care soon after eruption of primary dentition.

Keywords: Tooth brushing, oral health, oral hygiene

I. Introduction

Oral health is an integral part of general health. A good oral health is necessary to achieve good oral hygiene(1,2). The earlier concept of maintaining oral hygiene is just by clearing debris by removal of plaque and other infectious agent(3). Tooth brushing twice daily is a part of recommended oral health care soon after eruption of primary dentition(4). Different technique of tooth brushing have been evolved. Each technique has its pros and cons(5,6). Standard technique suggested is Bass method or Modified Bass method. As young children lack the ability to clean their own teeth , parents are recommended to clean their children teeth because parents play a key role in transferring oral health habits to their children. This study was aiming to know to knowledge and practice of brushing technique of parents on their kids.

II. Methods And Material

The study was a cross sectional survey carried on number of 110 parents who visited to Saveetha Dental College to seek dental care for their kids. A questionnaire was designed and given to parents/caretakers to access the awareness and their knowledge on brushing technique. Questions were asked ' How often do u clean your child's tooth?' With three response categorized as 'once a day/twice a day/after every meal'. Information about the adults role in oral care of children was elicited by asking questions like "How much time do they spend brushing their child's tooth ? and which technique do they follow to brush their child's tooth?" Most of the response were given on 3 point scale: Strongly agree/Disagree/uncertain.

III. Result

The present study population included 110 individuals. Of these 63(57.27%) were females and 47(42.72%) were males. Approximately 52.7 percent of parents agreed that effective cleaning of teeth can be achieved by child himself/herself , 37.3 percent disagreed and 10 percent were uncertain. Approximately 61.8 percent of parents agreed that it is necessary to clean their child tooth after every meal, however 26.4 percent disagreed and 11.8percent were unsure. Only 56.4 percent agreed that swallowing of tooth paste can be harmful to child's health, 24.5percent disagreed and 19.1% were uncertain. Only 36.4percent of parents agreed that it is important for their child to visit for a dental routine check-up before 2years ,whereas 31.8percent disagreed and 31.8percent were unsure. Only 52.7percent agreed that prolonged use of pacifier can affect the normal development of a child, whereas 20percent disagreed and 27.3 percent were uncertain. 75.5percent of parents/caretaker agreed to the statement that 'healthy teeth is important and teeth brushing can avoid cavities' ,whereas 10.9percent disagreed . Only 58.2 percent of parents were aware that their toothpaste contain fluoride, 6percent said no and 36.4percent of individual did not know . Approximately 43.6 percent agreed that it is necessary to floss their child's tooth , 20.9percent disagreed and 35.5 percent were not sure. Only 22.7percent agreed to prefer electrical tooth brush ,whereas 41.8percent disagreed and 35.5 were unaware. Only 31.8percent agreed that their child floss's his/her tooth ,however 68.2percent disagreed. Approximately only 16.4percent of parents claimed that their kids has received fluoride treatment .Only 43.6percent parents agreed that they took constant effort to improve their knowledge on dental health, whereas 29.1percent agreed that they took frequently efforts and 1.8percent never took any effort .Approximately 11.8percent parents initiated

brushing their child teeth soon after milk tooth erupted,39.1percent started after 4-6milk tooth erupted,19.1percent initiated brushing only after all milk tooth erupted and 30percent dint remember. 92.7percent uses toothbrush to clean their child's tooth and 7.3percent used their fingers. Approximately 47.3percent agreed to brush their child teeth once daily,47.3 agreed to brush twice daily and 5.5percent agreed to brush their child teeth after every meal. Only4.5percent changed their child tooth brush every15days ,43.6percent changed every month and 40.9percent changed every2-3months. 91.8percent used toothpaste to clean teeth. Only 53.6percent spend 2mins brushing their child's tooth, 32.7percent spend 1min and13.6percent spent 30 secs. Approx 44.4 percent used side to side stroke while brushing teeth, 30percent used up and down motion and 25.5percent used random motion. Only 15percent used electronic toothbrush whereas 86.4percent used conventional toothbrush.

IV. Discussion

The study presented a comprehensive overview on knowledge and practice of oral health and brushing technique of parents/caretaker. Result of the study show that maximum did not have enough knowledge and practice of oral health and brushing technique(5,6). However it is revealed that we have to think and plan in systemic way to provide oral health knowledge to people of this country(3,7,8). It is also revealed that the patients felt they would have been careful about oral hygiene if they had been informed earlier by their dentist(8-13).Individual who were educated and had previous history of dental problem and treatment ,were briefed by their dentist about brushing technique showed good response(9-12).

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APA Tables

Items	Agree Frequency (%)	Disagree Frequency (%)	Uncertain Frequency (%)
Cleaning your child tooth should be done by parents/caretaker?	105 (95.5)	2 (1.8)	3 (2.7)
It is necessary to clean your child's teeth after every meal?	68(61.8)	29(26.4)	13(11.8)
Effective cleaning by teeth brushing can be achieved by the child himself/herself?	58(52.7)	41(37.3)	11(10.0)
Swallowing a tooth paste can be harmful to a child's health?	62(56.4)	27(24.5)	21(19.1)
Is it important for your child's visit the dentist before 2years?	40(36.4)	35(31.8)	35(31.8)
Prolonged used of pacifier can affect the normal development of your child's teeth	58(52.7)	22(20.0)	30(27.3)
Healthy teeth is important; brushing can help avoid cavities	83(75.5)	12(10.9)	15(13.6)
	Strongly Agree Frequency (%)	Agree Frequency (%)	Disagree Frequency (%)
I don't know how to clean/brush my child's teeth?	37(33.6)	30(27.3)	43(39.1)
	Yes Frequency (%)	No Frequency (%)	Do Not Know Frequency (%)
Does your toothpaste contain fluoride?	64(58.2)	6(5.5)	40(36.4)
Is it necessary to floss your child's teeth?	48(43.6)	23(20.9)	39(35.5)
	Yes Frequency (%)	No Frequency (%)	
Do you prefer electric tooth brush?	25(22.7)	46(41.8)	
	Yes Frequency (%)	No	

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		Frequency (%)	
Does your child floss his/her tooth?			
Has your child received fluoride treatment at a dental office?	35(31.8) 18(16.4)	75(68.2) 92(83.6)	
	Always Frequency (%)	Frequent Frequency (%)	Sometimes Frequency (%)
Do you take effort to improve your dental health knowledge?	48(43.6)	32(29.1)	28(25.5)

	Frequency (%)	
When did you commence the cleaning of your child's teeth?	Soon after first milk tooth erupted	13 (11.8)
	after 4-6 milk tooth erupted	43 (39.1)
	after all milk tooth erupted	21(19.1)
	Don't remember	33 (30.0)
Which of the following aid are used to clean your child's tooth	Toothbrush	102(92.7)
	Finger	8(7.3)
How many times you brush your child's tooth	Once in a day	52(47.3)
	twice in a day	52(47.3)
	after every meal	6(5.5)
When do you change your child's toothbrush?	Once in 15days	5(4.5)
	Once in a month	48(43.6)
	every 2-3 months	45(40.9)
	Not particular	12(10.9)
What material do you use to clean your child's tooth?	Tooth paste	101(91.8)
	Tooth Powder	6(5.5)
	Any Other	3(2.7)
How much time do you spend brushing your child's tooth?	2 Min	59(53.6)
	1 Min	36(32.7)
	30 Secs	15(13.6)
Which technique do you follow to brush your Child's teeth?	Side to side stroke	49(44.5)
	Up and down motion	33(30.0)
	Random motion	28(25.5)
What is the Oral hygiene methods you use for your child	Tooth brush and tooth paste	102(92.7)
	tooth paste and finger	5(4.5)
	Mouthwash	3(2.7)
What type of tooth brush do you prefer for your kid?	Conventional	95(86.4)
	Electronic	15(13.6)