



## **Knowledge & practice on oral hygiene among school going children a review based on available literature**

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### **Abstract**

**Background:** Good health is a worldwide need for all the cultural groups. General health cannot be gain or maintained without oral health. The mouth is viewed as the reflection of the body. Good oral hygiene is sustained by developing habitude of cleaning the oral cavity which includes teeth and tongue and to prevent dental problems as well as dental diseases. Schools can provide a supportive environment for promoting oral health. School policies and education on health-related matters are imperative for the attainment of good oral health and control of related risk behaviors.

**Objectives:** To find out the knowledge and practice level of school going children on oral hygiene.

**Methods:** An database search of articles published in various journals has been done. The database search concluded by Pub-Med, EBSCO and article containing following key search terms were retrieved.

**Results:** The accessible literature refines to get 8 quantitative studies. In this narrative review, 1 study states that participants have adequate knowledge and practice. 3 studies are showing that participants have adequate level of knowledge but low level of practice and 4 studies are showing that there is poor knowledge and practice.

**Conclusion:** School is a place of learning for the children. Schools are the ideal setting for integrating oral health instruction in their curriculum. Health education to school children in their developing age is the most competent method for protection and advancement of their health. School protocols and information on health phenomena are essential for achievement of positive oral hygiene and government of associated hazardous nature. Children in schools and family need to be considered as partners in spreading health messages which are beneficial for them. There is a great need to focus attention on the Child as well as parents knowledge and practice regarding oral hygiene as parents are the main source for the development of the child.

**Keywords:** assess, knowledge, practice, school going children

### **Introduction**

Oral hygiene is the habit of caring the mouth & teeth clean to avoid dental caries, periodontal disease, tooth loss and oral mucosal lesions. Oral disease issued primarily because of unhealthy life pattern such as poor nutrition, dietary habits and oral hygiene. Oral health recognition is treated to be an important imperative for health associated attitude. It has been displayed that Indian children have low level of oral health perception and practice as related to their western correspondent .Oral health improvement through academy is endorsed by the World Health Organization (WHO) for advancing knowledge, attitude and habit relevant to oral health and for avoidance and control of oral diseases among school children.

### **Need for the study**

Education of school children on oral health is most important because healthy oral habits are developed early in life. The importance of imparting knowledge on oral hygiene to school going children had been recognized as early as 1878. Children spend considerable amount of time in school, especially during the age when their habits are being formed.

### **Aim of the study**

To find out knowledge & practice on oral hygiene of school children.

### **Objectives**

To assess the knowledge & practice on oral hygiene among school going children.

### **Methodology**

#### **Search strategy methods**

An database search of articles published in various journals has been done. Search was restricted only for English language. The data base search done was Pub-Med, EBSCO and article containing following key search terms were retrieved.

**Types of studies:** Cross- sectional and Descriptive study.

**Type of participants:** School going children.

**Setting:** School

For this narrative review, articles were searched on Pub-Med and EBSCO, using keywords such as Assess, Knowledge, Practice, School going children. During initial search 2565, title was retrieved and number of records screened after description was 1621 out of which record screened was 1371. Full text articles excluded due to content and subscription were 242 and at last 8 studies included in quantitative synthesis. The accessible literature refines to get 8 quantitative studies. In this narrative review, 1 study states that participants have adequate knowledge and practice. 3 studies are showing that participants have adequate level of knowledge but low level of practice and 4

studies are showing that there is poor knowledge and practice.

**Outcome:** The outcomes from these studies are clearly focused on need for educational intervention among school going children.

### Discussion

- According to Harikiran AG *et al.* (2018) <sup>[5]</sup> Results of this study suggest that oral health KAP of study participants are poor and needs to be improved. Systematic community-oriented oral health promotion programs are needed to improve oral health KAP of school children.
- According to Kisha patel *et al.* (2017) 60 samples were collected from selected schools of Waghodia. The findings shows that school age children are having adequate mean knowledge score was 13.78 & mean practice score was 12 regarding oral hygiene.
- According to Devina pradhan *et al.* (2016) From the study, we conclude that the awareness regarding knowledge and behaviors amongst dental and medical students was found to be satisfactory. Hence, there is a need for implementation of more preventive programs immediately on oral health promotion which can further help in increasing the knowledge, attitude and practices of the students.
- According to Imran S.S *et al.* (2015) The knowledge and oral health practice of higher secondary school students seems to be unsatisfactory and calls for an immediate expansion of health education programs to include dental health education also.
- According to Kabir sofia *et al.* (2013) The underlying knowledge of oral hygiene in both gender was lacking where as girls were found to practice brushing of teeth twice a day with a majority choices for circular motions of the brush. Use of tooth paste & tooth brushes with soft bristles were the favorite tool in maintaining the oral hygiene meanwhile use of dental floss was disappointingly low in both genders.
- According to Abhishek Mehta *et al.* (2012) The knowledge, attitude and practices of the surveyed children with regard to oral health is poor. Hence, there is a need for regular oral health education of the children as well as their parents and school teachers.
- According to Zarkirulla meer *et al.* (2012) The majority of students had adequate level of knowledge on oral hygiene meanwhile they are having low level of practices. Comprehensive oral health educational programs are needed to improve oral hygiene practices among school children.
- According to Farhan vakani (2011) <sup>[3]</sup> There were 160 males and 140 females in the target group. The children had satisfactory knowledge of oral health's effect on general health and the problems associated with poor dental hygiene. However, 50.3% children did not have positive attitude towards importance of a dentist's role in maintaining their dental health. Only a few students (11.3%) had familiarity with dental floss. The results & analysis of the survey have showed that there must have been some poor practices.

### Ethical consideration

This manuscript is ethically considered by the panel of Teerthanker Mahaveer College of Nursing, Teerthanker Mahaveer University after discussing with each and every point of this manuscript.

**Summary of findings:** Research studies depicts that majority of the children had poor level of knowledge and practice. Hence, there is need for implementation of oral health education program.

**Importance in education:** Good oral health is not only important for appearance and sense of well-being but is also essential for overall health. Good oral and dental hygiene can prevent bad breath, tooth decay and gum disease. Oral health constitutes an important part of overall well-being and it is well known that diseases of the mouth can have adverse effects on the rest of the body. Good oral hygiene should be taught to the children at the starting first year of life so that further it can come into their habits. Poor habits such as improper diet and underdeveloped brushing skills are the largest causes of tooth decay in children. Importance of oral health will resonate with a child for a lifetime.

### Future significance

Promote good knowledge & practice on oral hygiene among school going children in order to prevent oral diseases

### Limitations

- Was limited to only one database .i.e. Pub-Med and EBSCO.
- Limited to only school going children.
- Was limited to last 10 years.
- Study was confined to get the articles only in English language.

### Strength

- Article search was carried out on a significant problem.
- Review could find out the knowledge and practice level of school going children.

### Weakness

- Articles mainly focus on oral hygiene among school going children.
- Only 8 studies were included for data synthesis due to limited articles.

**Source of finding:** Self

**Conflict of interest:** Nil

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