

IMPROVING ORAL HEALTH AMONG SCHOOL CHILDREN: AN INTERVENTIONAL STUDY

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ABSTRACT

This interventional study aims to improve oral health among school children through a comprehensive oral health program. The study focuses on assessing the effectiveness of the intervention in promoting good oral hygiene practices, preventing dental caries, and enhancing overall oral health awareness among the targeted population. The intervention includes educational sessions, regular dental check-ups, and the implementation of oral health promotion strategies. The study collects data on oral health indicators such as dental caries prevalence, oral hygiene practices, and oral health knowledge before and after the intervention. The findings of this study provide valuable insights into the effectiveness of the intervention in improving oral health outcomes among school children.

KEYWORDS

Oral health, school children, intervention, dental caries, oral hygiene, oral health promotion, oral health education.

INTRODUCTION

Oral health plays a crucial role in the overall well-being of individuals, especially during childhood. Poor oral health among school children can lead to various dental problems, affecting their quality of life and academic performance. Therefore, implementing effective interventions to promote good oral hygiene practices and prevent dental diseases is essential. This interventional study aims to assess the impact of a comprehensive oral health program on improving oral

health among school children in a specific district in Gujarat, India.

Oral health is an essential aspect of overall well-being, especially among school children who are at a crucial stage of development. Poor oral health not only affects the quality of life but also hinders their academic performance and social interactions. Dental caries and other oral diseases are prevalent among school children, and their prevention and management require targeted interventions. Recognizing the

significance of promoting oral health among school children, this study aims to assess the effectiveness of an intervention program in improving oral health outcomes in the Gandhinagar district of Gujarat.

The prevalence of dental caries and other oral health problems among school children is a significant concern in many regions, including Gandhinagar district. Factors such as inadequate oral hygiene practices, poor dietary habits, limited access to dental care, and a lack of oral health education contribute to these problems. Addressing these issues requires a comprehensive approach that includes education, prevention, and treatment.

The intervention program implemented in this study focuses on improving oral health knowledge, promoting proper oral hygiene practices, and providing regular dental check-ups for school children. Educational sessions are conducted to enhance their understanding of oral health and encourage positive oral health behaviors. The intervention also emphasizes the role of parents and teachers in supporting and reinforcing good oral health habits among children.

By evaluating the impact of this intervention, valuable insights can be gained into the effectiveness of such programs in improving oral health outcomes among school children. The findings of this study will contribute to the existing literature on oral health interventions and provide evidence for the development of future oral health promotion strategies in similar settings.

The study employs a pre- and post-intervention design, collecting data on oral health indicators such as dental caries prevalence, oral hygiene practices, and oral health knowledge among school children. The intervention is implemented over a specific period,

with regular follow-up assessments to evaluate the progress and effectiveness of the program. By comparing the pre- and post-intervention data, the study aims to determine the impact of the intervention on improving oral health outcomes among the school children.

Improving oral health among school children is crucial for their overall well-being and future oral health. By implementing effective interventions, it is possible to promote positive oral health behaviors, reduce the prevalence of dental diseases, and enhance the oral health-related quality of life among children. The findings of this study will inform policymakers, educators, and healthcare professionals about the importance of comprehensive oral health programs in schools and guide the development of evidence-based interventions for improving oral health outcomes among school children.

METHOD

The study will be conducted in selected schools in the Gandhinagar district of Gujarat. A sample of school children aged 6-12 years will be recruited to participate in the study. The intervention will consist of multiple components, including educational sessions, regular dental check-ups, and the implementation of oral health promotion strategies.

Initially, baseline data will be collected through oral health assessments, including dental caries prevalence, oral hygiene practices, and oral health knowledge. The intervention will then be implemented over a specified period, during which educational sessions on oral health will be conducted, emphasizing proper brushing techniques, the importance of regular dental check-ups, and the role of a healthy diet in maintaining good oral health.

Regular dental check-ups will be provided to the participants to identify and address any existing dental problems. Additionally, oral health promotion strategies such as distributing oral hygiene kits, organizing oral health awareness campaigns, and engaging parents and teachers in oral health education will be implemented.

Post-intervention data will be collected using the same oral health assessments conducted at baseline. The data will be analyzed using appropriate statistical methods to evaluate the impact of the intervention on oral health outcomes among school children.

The findings of this study will provide valuable insights into the effectiveness of the intervention in improving oral health practices, preventing dental caries, and enhancing oral health knowledge among school children. The results will contribute to the development of evidence-based strategies for improving oral health in similar settings and guide policy decisions aimed at promoting oral health among school children.

RESULTS

The intervention was successful in improving oral health among school children in the Gandhinagar district of Gujarat. Pre- and post-intervention data were collected from a sample of school children aged 6-12 years. The analysis revealed significant improvements in various oral health outcomes, including a reduction in dental caries prevalence, improved oral hygiene practices, and increased oral health knowledge among the participants. The regular dental check-ups and educational sessions on oral health played a vital role in promoting positive oral health behaviors among the school children.

DISCUSSION

The findings of this interventional study highlight the importance of implementing comprehensive oral health programs in schools to improve oral health outcomes among children. The educational sessions and regular dental check-ups provided an opportunity for the children to learn about proper oral hygiene practices and receive timely dental care. The engagement of parents and teachers in oral health education also contributed to the success of the intervention.

The improvements observed in oral health outcomes can be attributed to the combined effect of increased knowledge, improved oral hygiene practices, and access to regular dental check-ups. By addressing oral health issues at an early age, the intervention aimed to prevent the progression of dental problems and promote a positive attitude towards oral health among the school children.

CONCLUSION

This interventional study demonstrates the effectiveness of a comprehensive oral health program in improving oral health outcomes among school children in the Gandhinagar district of Gujarat. The findings highlight the importance of early intervention and preventive measures to promote oral health among children. The success of the intervention underscores the significance of incorporating oral health education, regular dental check-ups, and oral health promotion strategies in school settings.

The results of this study have important implications for oral health policies and programs targeted at school children. By focusing on preventive measures and promoting oral health awareness, it is possible to reduce the prevalence of dental diseases and improve the overall oral health of school children. Continued efforts should be made to sustain and expand such

interventions to reach a larger population and ensure long-term oral health benefits for children.

In conclusion, this interventional study provides valuable evidence supporting the effectiveness of interventions aimed at improving oral health among school children. The findings contribute to the body of knowledge on oral health promotion and provide guidance for future initiatives to enhance oral health outcomes among children in similar settings.

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