



Research Article

BRUSHING HABITS OF CHILDREN 6 AND BELOW IN RURAL AREAS- KANCHIPURAM

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ARTICLE INFO

Article History:

Received 14th November, 2016

Received in revised form 13th December, 2016

Accepted 24th January, 2017

Published online 28th February, 2017

ABSTRACT

Aim: To evaluate the knowledge about the brushing habits of children below 6 years in rural area- kanchipuram

Background: Brushing teeth is an important part of dental care routine. Improper brushing habits results in the formation of plaque which eventually leads to the formation of cavities. Proper brushing habits should be taught to children for maintaining their oral hygiene and to prevent cavities. This study was done to explore the amount of exposure about the benefits of proper brushing among parents and children belonging to rural area

Materials and method: This study was carried among randomly selected 60 students in a rural area (kanchipuram district) whose age is below six years. The questionnaire was given to the parents as the children would not be able to understand or respond to it. This survey was done with the parents consent and the questionnaire included 10 questions.

Result: It is observed that 15% use hard brushes, 48% use a medium brush and 39% use soft brush. Similarly horizontal type of pattern are followed by 12%, vertical by 20%, circular 10% and random 58%. 24% of the children visit the dentists whereas 17% don't. Children who visit the dentist sometimes are 11% and 48% of them never visit the dentist.

Conclusion: From this study ,it is found that the brushing habits of the children who were surveyed is not adequate which makes the need of creating the awareness for the parents on training their children on how to brush properly and reduce the ill effects of poor oral hygiene.

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INTRODUCTION

India, a developing country, faces many challenges in rendering oral health needs. Tooth brushing habits which is learnt during early years of life, is deeply ingrained in the child's mind and it is expected that this leads to an adaptation of good oral hygiene in their later life(8). The majority of Indian population resides in rural areas of which more than 40% constitute children. The purpose of this study was to assess the oral health status of children 6 years and below. The study population consisted of 60 children of both the sexes, which had been selected randomly. Evaluation of the oral health status of these children revealed, dental caries is the most prevalent disease affecting theirteeth, thereby, correlating with the socioeconomic status. It may be concluded that the greatest need of dental health education is at an early age including proper instruction of oral hygiene practices and school based preventive programs, which would help in improving preventive dental behaviour and attitude which is beneficial for life time.

Dental Caries is the most prevalent dental affliction of childhood. Despite credible scientific advances and the fact that caries is preventable, the disease continues to be a major public health problem. Maintaining good oral health is

important among pre-school children as prevalence of dental caries is found to be high in children(2). Primary teeth start to erupt in children from the age of six months. Primary teeth play a vital role in proper alignment and spacing of permanent teeth; it is therefore imperative that they are well cared for and preserved until normal exfoliation takes place(1).

This study was undertaken with the following aims and objectives:

To assess the dental caries, oral hygiene of children in rural area kanchipuram.

To assess treatment needs and suggest any possible remedial measures for planning of oral health programs. [4]

MATERIALS AND METHOD

The study was carried out to asses the brushing habits of children 6 years and below. Study population consisted of 60 students which had been selected randomly in a rural are kanchipuram. Out of those 60 children, 15 were 3 years old, 15 were 4 years old and 15 were 5 years old and the rest was 6 years old.

The survey was conducted with the consent of the parents and the total of 10 questions were asked about the child's brushing habits. The survey was carried out in the month of December

2016.

RESULTS

Chart 1 shows the different types of brushes used it is seen that 15% used hard brushes, 48% use a medium brush and 39% use a soft brush.

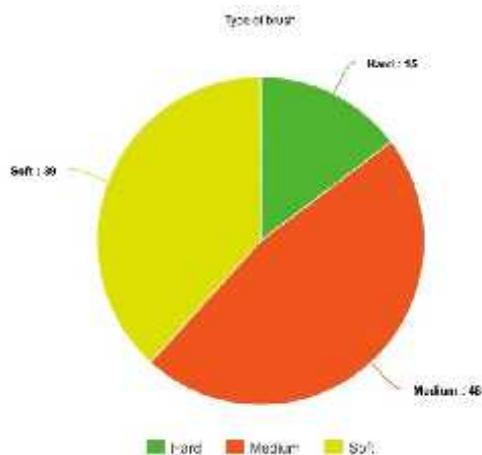


Chart 2 shows the different brushing patterns the children follow. Horizontal type of brushing pattern was followed by 12%, vertical by 20%, circular 10% and random 58%

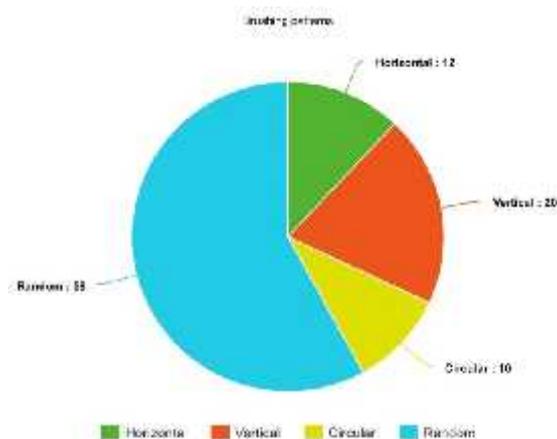
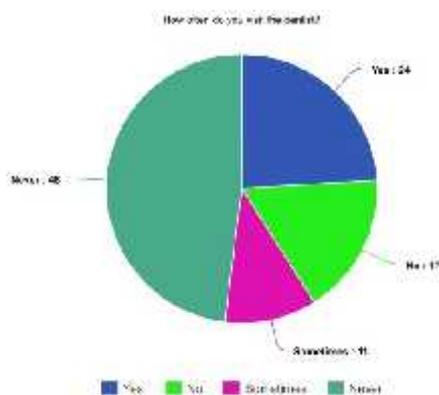


Chart 3 shows how often the children visit the dentist. 24% of the children visit the dentist whereas 17% don't. Children who visit the dentist sometimes are 11% and 48% of them never visit the dentist.



DISCUSSION

When most people think about brushing and flossing they think about keeping a healthy smile, preventing dental caries

and gum disease, and keeping fresh and minty. Proper oral hygiene is about more than clean teeth and fresh breath- it is one of the best ways to help maintain good overall health.

Dental caries is a most common form of oral disease found in children below 6 years. The process of getting caries is called tooth decay. Tooth decay is nothing but the destruction of the top most layer of the teeth. Dental caries is considered major public health problem globally due to its high prevalence and significant social impact (11).

There are different types of brushing techniques that are used by different people- horizontal, vertical, circular and random motions. The proper brushing takes about 120 seconds which two minutes(5). To properly brush, use short gentle strokes paying extra attention to the gum line, places where it's hard to reach, on the crowns and tongue. The right way to brush is to tilt the brush at an angle of 45 degrees against the gum line and sweep or roll the brush away from the gum line. Secondly, gently brush the outside and the inside and the chewing surface of each tooth using short back and forth strokes. And lastly gently brush your tongue to remove bacteria and freshen breath. From the age of 2 years teeth should be brushed twice daily with smaller than a pea size amount of toothpaste because the children tend to swallow some amount of the toothpaste, so there is risk of developing dental fluorosis. The children needed to be supervised on the application of the amount of toothpaste that is used. The toothpaste for children are required to have a less amount of fluoride content and it can be increased as the child grows which ensures the best caries protection for their new permanent teeth. Dentist play an important in the primary prevention of dental problems in young children through preventive treatments, risk assessment and anticipatory Guidance for parents regarding oral development carries prevention and overall oral health (10).

According to the survey, around 58% of the children followed a random motion, Horizontal 12%, vertical 20%, and circular 10%. They do not brush twice a day specially before bed which causes the bacteria to grow and eventually lead to decay. Majority of the children which is around 48% preferred to use a medium brush followed by the use of soft brushes which is 39% and the rest 15% used hard brushes.

From chart 3 it is also seen that 48% of them never visited a dentist and only 24% have visited a dentist. A very few of them which is around 11% have visited the dentist rarely and the rest 17% of them have not visited the dentist. Visiting a dentist plays a very vital role in the child life as the dentist can help in many ways in taking care of the oral health of child. Not visiting dentist can result in loss of teeth and periodontal diseases.

The parents also play an important role next to the dentist. There are many ways the parents can help. Parents are required to assist the child's brushing habits for first 12 years until the child is able to perform a proper tooth brushing technique alone. Not only teaching but also the parents have to make sure that they motivate the child to brush their own teeth from about 3 years onwards- the time when children want to brush their teeth alone. Even after the children are done brushing their teeth, the parents should make sure that they brush their teeth again in the places that are hard to reach. By the age of 6 the children are able to brush their teeth using proper brushing techniques.

CONCLUSION

From this study it is found that the brushing habits of the children who were surveyed is not adequate which makes the need of creating the awareness for parents on training their children on how to brush properly and reduce the ill effects of poor oral hygiene. Parents must look at their children's behaviours, including how often they eat and the kinds of food and beverages they consume (9).

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