

Original Research

Prevalence of Dental Care to High School Students in Vaishali Districts of Bihar

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ABSTRACT

Background: For most of the high school students, 'dental care' is likely to be difficult to understand. It has been reported that only half of students received treatments among the high school students who were advised to visit dental office for treatment of dental caries and gingivitis. Thus, the oral health education is critical for high school students in order to enhance the understanding of the dental caries and gingivitis. **Materials and methods:** We conducted dental education classes to four high schools (62 students) in the Vaishali district, Bihar. After the classes, we asked the students to submit the descriptions of impressions and evaluated those descriptions. **Results:** We found that most of students have had the feeling that the classes were interesting and useful. The high school students have begun to become interested in the dental care and that their motivation for study was increased. **Conclusion:** We will continue these classes to high school students in the future and would like to contribute to prevalence and enlightenment of dental care.

Key words: Class I, Dental care, high school students.

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INTRODUCTION

Oral health is a critical part of general health. If the knowledge of oral health is lacking, the quality of life decreases even in children¹. For most of junior and senior high school students, 'dental care' seems to be difficult to understand. When the students visit dental office for treatment of their teeth, they cannot easily understand the contents of dental treatment and dental teaching. Indeed, among the high school students who were advised to visit dental office for treatment of dental caries and gingivitis, only half of students received treatments².

Thus, the oral health education is critical for high school students in order to enhance the understanding of the dental caries and gingivitis³.

Recently, many medical universities in India have been trying to give dental care classes in the high school students

in order not only to promote oral healthcare but also to teach contents of dental profession. In contrast, there are very few dental practitioners that have classes to high school students in India. However, we have had chances of giving classes of dental care to high school students who attend the high schools located in the Vaishali district of Bihar since 2016. In the Vaishali district of Bihar where our dental office is located, there is no medical/ dental universities. Therefore, for high school students in our district, not only the evaluation of the current oral hygiene practices but also the dental care classes, which are conducted by dental practitioners, are very important for promotion of dental and oral healthcare. In the present study, we evaluated the impression descriptions written by students.

MATERIALS AND METHODS

Subjects : The subjects of this study were 62 students in four high schools in the district of the Vaishali, Bihar, India.

School	Grade	Number of student	Class time
High	2	10	45
High	2	10	50
High	2	37	50
High	1	5	50

The classes were conducted from September 2016 to November 2016. After the classes, we obtained impression descriptions from 62 students.

RESULTS

Students' Impressions for Classes A total of 62 junior high school students submitted the descriptions of impressions after the classes, and we evaluated these descriptions. The main impressions were listed below. Nearly half of students had the impression that 'I was interested in the class' (28 students, 45.2%). When we asked the students, 'which content was most interesting' after the classes, they appeared to be interested in the topic about dental sports. About 21% of students (13 students) had the impression that 'I need to study hard'. The eight of 62 students (12.9%) had the impression that 'The work for medical profession is hard', and the seven of 62 students (11.3%) felt that 'Teeth are important'. The five of 62 students (8.1%) had the impression that 'I want to work in the medical profession'. These results suggest that their awareness of dental care was increased and that the students had begun to be interested in the medical profession including dentist and dental hygienist. Words appeared more than twice in impression descriptions We summarized the words appeared more than twice in impression descriptions obtained from 62 students. The word 'anatomy' appeared 25 times in their impressions. This was presumably because we pointed out that anatomy is very important for clinical medicine including dental practice. The words 'dentistry/ dentist', 'tooth brush', 'physiology', 'effort' and 'medicine' appeared 17, 9, 8, 6 and 5 times respectively.

DISCUSSION

This study investigated the effectiveness of classes for dental health education conducted by our dental clinic to junior high school students. The purpose of the classes was to increase their health awareness and to change students' behavior. The classes also included contents designed to teach the importance of taking individual responsibility for health. After the classes, we found several findings. First, the students have begun to be interested in brushing their teeth. Also, they began to be interested in taking care of their overall health as well as their oral health. Second, the motivation to learn in students was enhanced after the classes, which was reflected in the impression descriptions. These results suggest that the classes that we conducted

were able to lead to promote health awareness and to positive behavioral changes⁴. Most of the students were interested in the classes, especially in sports dentistry. This is probably because most of students are engaged in sports, such as soccer, baseball, basketball, volleyball and swimming⁵. It has been reported that during sports and exercise, the risk of dental caries and erosion increases in young athletes^{6,7}. Therefore, it is conceivable that teaching the relationship between the risk of dental diseases and sports to not only students but also their parents and teachers is very useful. Moreover, the students have begun to feel the importance of studying hard. Also, the students have begun to be interested in the work concerning medical profession, as reflected in impression descriptions⁸. These results are likely to be correlated with the motivation for future work.

CONCLUSION

In this study, we evaluated the descriptions of students' impressions for classes. Overall, our classes were very useful in terms of enlightenment and diffusion of dental medicine education for high school students. In the future, we will continue these classes to junior school students and would like to contribute to prevalence and enlightenment of dental care.

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