

ORIGINAL ARTICLE

Awareness of Oral Hygiene Practices and Periodontal Health in the Rural Area of Peshawar, Khyber Pakhtunkhwa

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ABSTRACT

Aim: To evaluate the oral hygiene-related knowledge, oral hygiene practices, self-efficacy and motivation towards periodontal Health of the rural population of Peshawar, Khyber-Pakhtunkhwa

Methodology: Comprehensive structural questionnaire was distributed among 138 people. The questionnaire was based on their oral hygiene related knowledge, practices, and behavior pattern.

Results: The results of this study show an acute lack of oral hygiene awareness and limited knowledge of oral hygiene practices in Peshawar

Conclusion: There is an immediate need for comprehensive educational programme and health activity to promote oral health.

Key words: Oral health, Behavior pattern, motivation

INTRODUCTION

Oral cleanliness measures are a key to keep a solid dentition and periodontal Health. Receiving great oral cleanliness systems emphatically affects the person's overall prosperity and personal satisfaction. Oral and general wellbeing status relies upon a powerful interaction of the few components including the person's very own insight, quality conduct and discernments. Oral health information is viewed as a significant requisite for wellbeing related conduct and as age increment information increases. Further help for this reason can be found in the writing with a few papers showing the advantages of improving oral cleanliness as far as fundamental wellbeing, one illustration of this type 2 diabetes where a bidirectional relationship is proposed⁹.

Prevention of oral infections can be accomplished by upgrading the oral health facilities as legitimate tooth brushing, utilization of dental floss and mouth washes, ordinary dental visits and appropriate dietary practices. Oral consideration includes a wide range of exercises going from care, counteraction and conclusion of looking for proficient consideration. The pertinence of oral health lies in the connection between the powerful oral health information and the conduct.

The objective of the study was to evaluate the oral hygiene-related knowledge, oral hygiene practices, self-efficacy and motivation towards periodontal Health of the rural population of Peshawar, Khyber-Pakhtunkhwa.

METHODOLOGY

This study was conducted after permission from IRB in five

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Basic Health Units and one category-D Hospital at Warsak road, Peshawar, which are situated around 25km from Peshawar city. A total of 138 adult patients within the age of 20-50 years were selected initially. All the patients were explained and informed about the study procedures. A closed ended questionnaire (160) was distributed among the respondents, and then collected with a response rate of 86.3% which is valid for conduction of research. For the analysis of the data the SPSS 20 was used.

RESULTS

The detail of results is given in tables 1,2

Table 1: Demographic Information

Age (yrs)	Male	Female	Total
20-30	19	07	26(18.8%)
31-40	30	22	52(37.8%)
41-50	23	15	38(27.5%)
51-60	06	16	22(15.9%)
Total	78(56.5%)	60(43.5%)	138 (100%)

Table 2: General Information

Information	Yes)	No)	Don't Know	Total
Cleaning your tongue	12(8.7%)	93(67.4%)	33(23.9%)	138
Mouth smell feeling	48(34.8%)	58(42.0%)	32(23.2%)	138
Bleeding gums	79(57.3%)	30(21.7%)	29(21.0%)	138
Tartar buildup	57(41.3%)	49(35.5%)	32(23.2%)	138
Pain in gums	80(57.9%)	46(33.3%)	12(8.8%)	138
Recession in gums	11(7.9%)	21(15.2%)	106(76.9%)	138
Decayed teeth	93(67.4%)	38(27.5%)	07(5.1%)	138
Interdental cleaning	15(10.9)	94(68.1%)	29(21.0%)	138
Cause of bleeding	41(29.7%)	61(44.2%)	36(26.1%)	138

DISCUSSION

Information, disposition and practice overview is a fundamental apparatus in general wellbeing and strategy research throughout the previous forty years. It has been widely utilized in oral wellbeing strategy and program arranging in numerous nations. Previously, various KAP overviews on oral wellbeing have been led in various urban areas of Pakistan^{1,4}.

Our investigation is the first of its sort in Khyber Pakhtunkhwa that action KAP of overall public including kids and grown-ups of the two sexes. This cross sectional investigation was directed to evaluate oral cleanliness information, demeanor and practices of families dwelling in locality of Peshawar. The region chose for the investigation has a decent blend of both metropolitan and provincial networks, family structure and financial foundation. We have tracked down that the members by and large have a decent comprehension of oral wellbeing and cleanliness yet need information about explicit dental issue like periodontitis (gum dying). These discoveries are in agreement with another examination from Peshawar³.

The current investigation likewise uncovers that disposition toward looking for dental consideration lingers a long ways behind information and lion's share of the members feared visiting dental specialist. Dental dread and nervousness is a significant restricting variable in looking for dental consideration, prompting helpless oral wellbeing. Dental dread is an inescapable issue in numerous nations of the world including Pakistan^{5,6,7}.

The issue is mostly because of horrendous past experience with dental specialist and requires intensive mental Counseling of the patient prior to starting any dental therapy. Dental agony is the sole justification visiting dental specialist in 65% of the members requiring focused on oral wellbeing messages to make mind about the part of dental specialists in avoidance and oral consideration. Truly 98% members announced brushing their teeth routinely. Tooth glue and brush was the most widely recognized item utilized for purging teeth.⁸

Curiously, 10% of the members announced utilizing Dandasa as teeth purifying material. Dandasa is a strip item from pecan tree that has been utilized customarily as teeth brightening material in Pashtun of Pakistan

particularly Khyber Pakhtunkhwa. With presentation of tooth glue and brush, the utilization of Dandasa has been declined radically. It is yet been utilized in provincial territories and its utilization has been accounted for in our investigation as well.

CONCLUSION

It was noted that more than 67% people did not clean their tongue during brushing the teeth, >67% people decayed teeth and >57% people feel pain in gums. The people having bleeding gums were noted >57%. According to this study, the attitude varied in age groups whereas there was variation in practices of oral hygiene. Moreover, boys needed more education regarding this topic and there is need for dental services in rural areas.

Conflict of interest: Nil

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