

Knowledge, Attitude, and Practical Behaviour of Parents Regarding Their Child's Oral Health in Guntur City of Andhra Pradesh

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ABSTRACT

Background: Oral health is an important aspect of overall health in infants and kids and effects the quality of life and health results. The aim of the investigation was to evaluate the child oral health awareness, attitude and practices in Guntur city of Andhra Pradesh, India.

Materials and method: A cross-sectional examination was led in Guntur city of Andhra Pradesh. A self-administered questionnaire was designed for parents/ guardians having children are aged below 10 yrs of age.

Results: The knowledge of parents / guardians with respect to oral health of kid was observed to be great however the learning about oral hygiene was not translated with regards to practicing oral health methods in day by day life of the kid by their parents/ guardians.

Conclusion: It is exceptionally important to advance regular oral health promotion instruction programs, with weight on dietary practices and other preventive measures among parents/ guardians.

Keywords: Child oral health, oral health promotion, practice, parents.

INTRODUCTION

An imperative part of general wellbeing is oral health. In infants and kids it affects the personal satisfaction and health outcomes. It is a basic segment of preschool well being and health.¹ Maintenance of youngster's oral cleanliness practice basically influences guardians' mindfulness about oral cleanliness measures.² A typical confusion that milk teeth of kids will shed and there is a less need to look for expert dental counsel may prompt different dental problems.³ Parents learning influences there conduct towards keeping up oral hygiene practice. However just a powerless

connection exists among information and conduct. There are reports that there is a relationship between expanded knowledge and better oral health.⁴ It is the essential concern of oral health instructors to grant a constructive oral health learning and conduct among people.⁵ There is a requirement to know the dental knowledge of parent's about their children's oral health. Hence, the present study was conducted.

MATERIALS AND METHODS

A cross-sectional examination was led in Guntur, Andhra Pradesh. A self-administered questionnaire

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was designed for parents/ guardians having children are aged below 10 yrs of age. A total of 100 adults were interviewed. The questionnaire of 20 questions was developed using existing questions from validated survey tools (Oge and Douglas (2018)⁶, Gold and Tomar (2016)⁷ and Kowash and Pinfield (2000).⁸ The questionnaire consisted of

questions related to knowledge of oral health and attitude and oral health practices. The parents got a full description of how to fill in the questionnaire. The questionnaire was in two languages in Hindi and English for parents/ guardians to understand it clearly.

Table 1: Questionnaire.

	Question	Frequency of responses		
		Yes	No	Don't know
1	Is dental caries caused by sugar containing food products?	79%	18%	3%
2	Is brushing of babies teeth important for oral health?	86%	13%	1%
3	Is there a need of cleaning baby's teeth every time after feeding?	24%	48%	28%
4	Does fluoride tooth paste important for prevention of dental caries?	60%	40	
5	Is it necessary to fill the decayed baby's teeth?	25%	65%	10
6	Tooth decay is caused by bacteria that are transmitted by sharing feeding utensils	10%	72%	18%
7	A balance diet is essential for the healthy growth of baby teeth?	90%	7%	3%
8	Frequency and prolonged breast / bottle feeding can cause tooth decay?	25%	69%	6%
9	Swallowing of toothpaste can be harmful to a child's health?	16%	76%	8%
questions		Frequency of responses		
How often do you give sweet food to the children in a day?	1 to 2	3 to 4	More than 4	Doesn't give
	70%	17%	0%	13%
How often do you clean a child's teeth?	Once	Two	Every time	Never
	60%	38%	2%	0
How much tooth paste do you use to brush child's teeth?	Smear layer	Pea size	Full length of brush	
	54%	40%	6%	
How often did you do mouth examination of the child?	Less	More	Occasionally	Never
	50%	36 %	8%	5%
Do you take the effort to improve your dental health knowledge?	Yes	No		
	84%	16%		

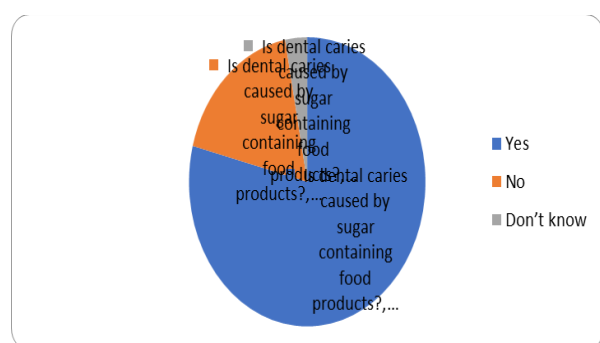


Fig 1: Is dental caries caused by sugar containing food products?

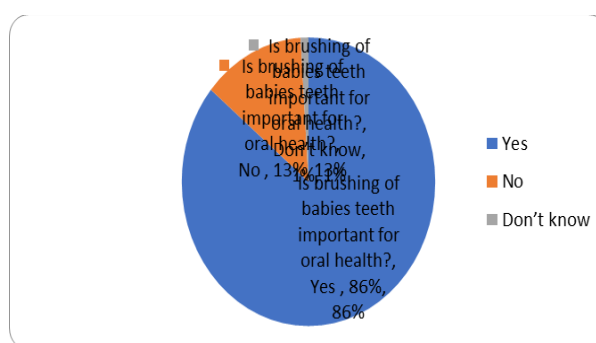


Fig 2: Is brushing of babies teeth important for oral health?

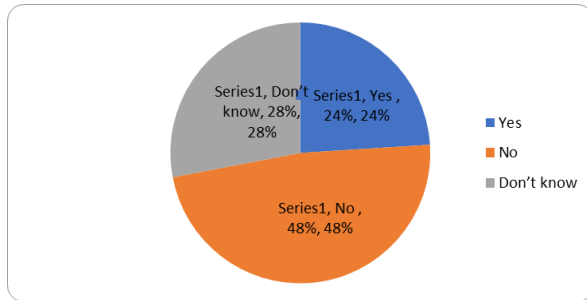


Fig 3: Is there a need of cleaning baby's teeth every time after feeding?

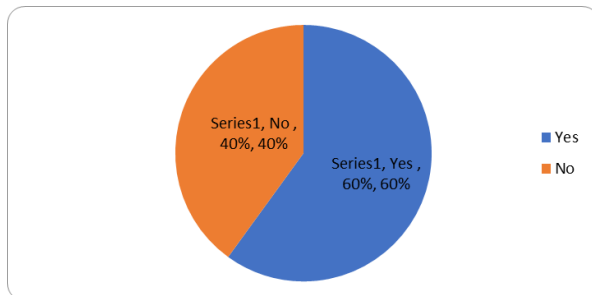


Fig 4: Does fluoride tooth paste important for prevention of dental caries?

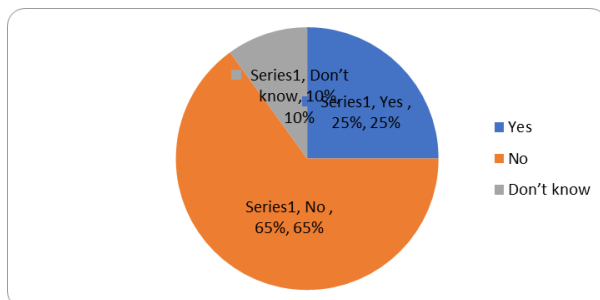


Fig 5: Is it necessary to fill the decayed baby's teeth?

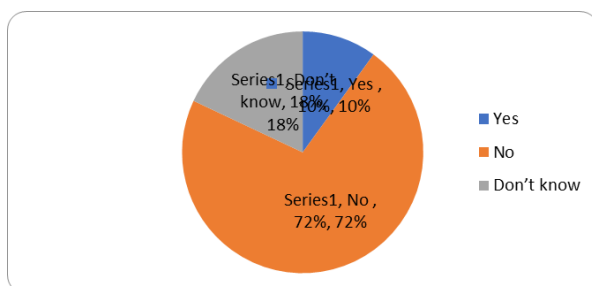


Fig 6: Tooth decay is caused by bacteria that are transmitted by sharing feeding utensils.

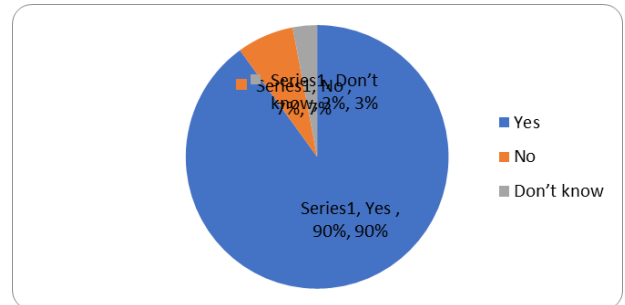


Fig 7: A balance diet is essential for the healthy growth of baby teeth?

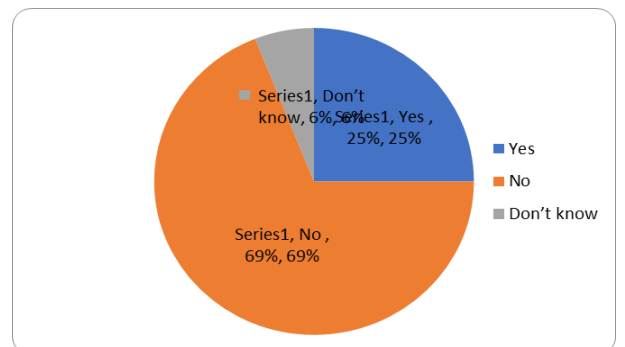


Fig 8: Frequency and prolonged breast / bottle feeding can cause tooth decay?

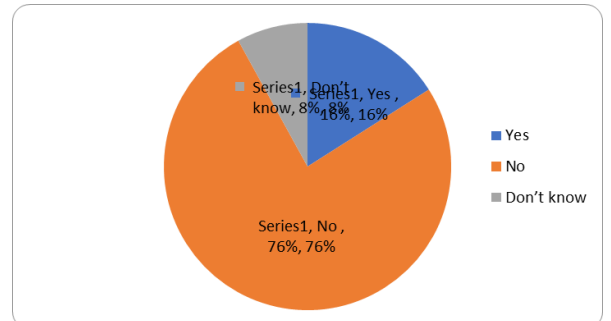


Fig 9: Swallowing of toothpaste can be harmful to a child's health?

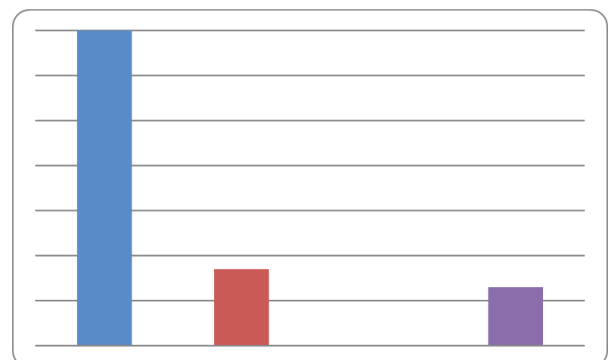


Fig 10: How often do you give sweet food to the children in a day?

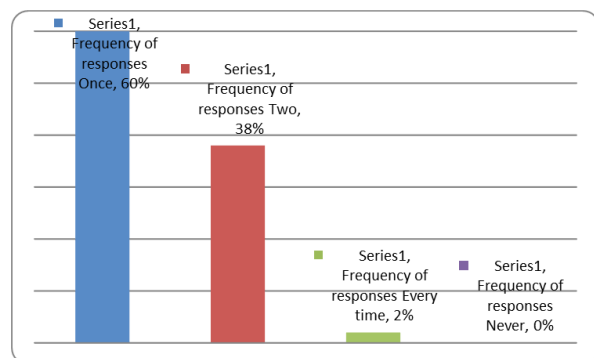


Fig 11: How often do you clean a child's teeth?

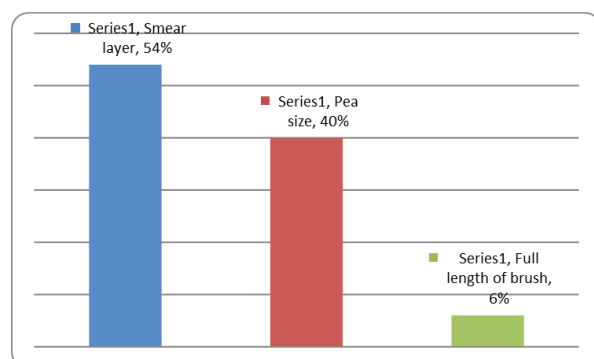


Fig 12: How much tooth paste do you use to brush child's teeth?

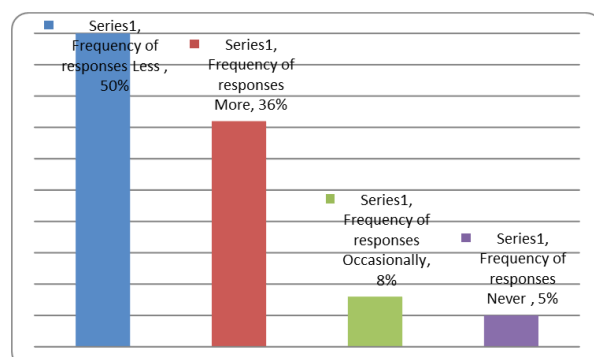


Fig 13: How often did you do mouth examination of the child?

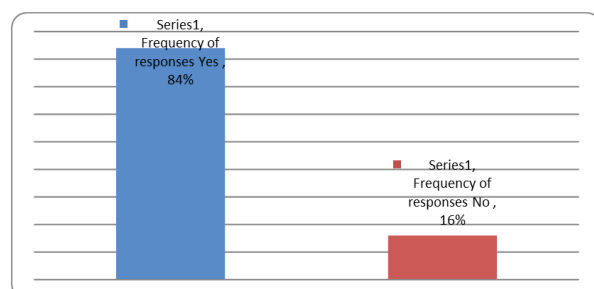


Fig 14: Do you take the effort to improve your dental health knowledge?

DISCUSSION

The present investigation was gone for assessing the present oral health learning and frames of mind of parents of children at Guntur. Over reporting is to be accepted in every one of the focuses in light of the fact that respondents regularly give socially alluring answers.

In this study it was shown that there were 79% subjects believed that caries are caused by sugar containing food products where as 18 % did not agree with this fact & 3% did not knew about it [Fig 1]. A similar study conducted by Mani SA et al⁹ showed results that 97% of the guardians knew that sugary food can cause tooth decay. When parents/ guardians were asked that is cleaning baby's teeth important for oral health 86% responded as yes, 13% as no and 1% did not knew whereas in a similar study done by Vinay S et al¹⁰ only 78% of the subjects believed so whereas study carried study carried out by Reddy P et al¹¹ showed that the knowledge regarding role of fluoride was poor. When the subjects were asked that is it necessary to fill the decayed baby's teeth 25% responded yes, 65% no and 10% did not knew [Fig 5]. These results were in agreement with the study carried out by Mani SA et al⁹ in which about 62% of the caretakers in this study agreed that it was not necessary to do fillings in deciduous teeth. To evaluate the Attitude of the parents / guardians about child oral health they were asked that is tooth decay caused by bacteria that are transmitted by sharing feeding utensils 10% answered yes , 72% as no and 18% did not knew [Fig 6]. This was in accordance with the study conducted by Mani SA et al⁹ in which only 15% agreed that tooth decay was caused by bacteria that were transmitted by sharing feeding utensils (e.g., spoon). Hence, this implicates that oral health education should address concepts of transmissibility of oral bacteria. 90% subjects agreed that a balance diet is essential for the healthy growth of baby teeth where as 7% said no and 3% did not knew that balance diet affects growth of baby teeth or not [Fig 7]. 69% of parents/ guardians disagreed that the frequency and prolonged breast / bottle feeding can cause tooth decay where as 25% responded as yes and 6% did not knew [Fig 8]. In a study carried out by Mani SA et al⁹ 56% subjects disagreed that dental caries is caused by frequent/prolonged feeding and

nighttime feeding. This might be because they were not aware of the hidden sugars in the milk, or that giving the children bottle or breast feed immediately prior to bedtime and when the child woke up in the night was a common cultural practice of the region. 16 % subjects believed that swallowing of toothpaste can be harmful to a child's health where as 76% did not and 18% did not know [Fig 9]. When the adults were asked that how often do you give sweet food to the children in a day 70% answered 1 to 2 times a day, 17% 3-4 times nobody gave more than 4 times and 13% doesn't give sweet food to their children's [Fig 10]. When the subjects were asked that how often they clean their child's teeth 60% said once, 38% 2 times, 2% every time after feeding and 0% never [Fig 11]. When they were asked how much tooth paste do you use to brush child's teeth 54% reported smear layer, 40% pea sized and 6% full brush length [Fig 12]. When they were interviewed that how often do they do mouth examination of the child 50% agreed that very less often they examine child's teeth 36% answered more often 8% occasionally and 5% never examined their child's mouth [Fig 13]. When they were questioned that do you take the effort to improve your dental health knowledge 84% answered yes and 16% no [Fig 14].

CONCLUSION

Many parents/ guardians had sufficient knowledge about children's oral hygiene, although the same knowledge did not seem to replicate in their attitude and practice. It is exceptionally important to advance regular oral health promotion instruction programs, with weight on dietary practices and other preventive measures among parents/ guardians.

CONFLICTS OF INTEREST

The authors declare they have no potential conflict of interests regarding this article.

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