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Compliance In Students Of The Dentistry Department And Its Correlation With Periodontal Diseases.

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ABSTRACT

The paper considers the issue of patient's compliance as the guarantee of dental treatment efficacy. The absence of patient's adherence to the administered treatment leads to negative medical and social consequences. Special attention is paid to positive compliance in periodontal practice. Dental compliance of 100 the 2nd and 3rd years students has been assessed through a questionnaire and an objective appraisal. The students' health screening revealed the presence of a number of somatic diseases such as pathology of the gastrointestinal tract, bronchial asthma, arterial hypertension. Negative influence of tobacco smoking on periodontal tissue is emphasized. Students without depression performed hygienic measures more often than students in a subdepressive state or with a mild depression. Students' dental care programs should be aimed at reducing the incidence of hard tissues diseases of the oral cavity. Compliance of patients depends on motivation to maintain a healthy lifestyle and oral hygiene.

Keywords: oral hygiene, compliance, periodontal diseases, treatment efficacy, health status

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INTRODUCTION

Preventive and curative dental measures have proven to be ineffective without making patient to realize the importance of personal oral hygiene. This is the reason why the role of patient's compliance increases as periodontal diseases require long-term treatment and its cessation leads to acute exacerbation and severity of the diseases.

According to WHO about 45-50% of patients with chronic periodontal diseases do not follow medical recommendation which is associated with negative medical and social consequences. Patient's adherence, accuracy of non-medical procedure management, diet maintenance, bad health habits limitation and a healthy lifestyle development are involved in the term compliance which literally means flexibility, complaisance, consent and approval. The compliance problem has increased due to the fact that dentists focus on not only symptoms elimination but prevention of dental diseases exacerbations. Great importance is attached to patient's adherence to dentist's recommendations.

International studies highlight positive compliance in periodontal practice. Treatment efficacy depends on several factors where patient's compliance takes the first place. There is an association between patient's compliance and teeth loss, teeth extraction caused by periodontal disease, and remission of dental diseases. Patient's psychological and individual status influences patient compliance development.

MATERIALS AND METHODS

Despite the fact that health status of students has recently attracted serious public attention it remains definitely poor. An increased incidence of digestive system diseases, a decrease in number of healthy students, an increase in students with two or more chronic diseases are usually observed during their study at university. Students are one of the least protected segments of the population. At present, the prevalence of dental diseases is high among students. The health of oral cavity is affected by the risk factors related to the economic and social aspects, bad habits, and the state of somatic health. Being a university student requires good health. It has been established that the absence of bad habits and healthy diet are not students' healthy lifestyle components. The significance of socio-hygienic risk factors of a behavioral nature, namely tobacco smoking, the level of oral hygiene measures, adherence to treatment are not sufficiently studied.

At the Propaedeutic Dentistry Department of Voronezh N. N. Burdenko State Medical University dental compliance of 100 the 2nd and 3rd years students has been assessed through a questionnaire and an objective appraisal.

RESULTS AND DISCUSSION

The examination of the students revealed caries and its complications in 83.5%, the carious process intensity (CPI) was 4.21 ± 0.3 of a tooth per one examined person. On average, every student requires 1.12 of tooth treatment.

Periodontal diseases were diagnosed in 79%, bleeding of the gums - in 25.2%, tartar - in 54.1%, periodontal pockets less than 5 mm were found in 12.3% of students.

The students' health screening revealed the presence of a number of somatic diseases such as pathology of the gastrointestinal tract, bronchial asthma, arterial hypertension. The students with the gastrointestinal tract diseases tend to suffer from diseases of oral cavity hard tissues more often. The negative influence of tobacco smoking on periodontal tissue was confirmed. Students-smokers have higher caries and hygiene level index. They also have tartar as well as periodontal pockets.

The study of students' attitudes toward dental care and the prevention of oral health problems has shown that only 5% of students visited their dentist regularly before entering the university.

The number of students who visit the dentist for the prevention of dental diseases on a regular basis has increased to 35.1% on the 3rd year of their studies. Defining the scope of hygienic oral care measures performed by the students according to their psycho-emotional state (the level of personal anxiety, depression),

showed that the total number of those who followed at least one recommendation for hygienic oral care was higher among the students with an average level of anxiety compared to the students with a high and low anxiety level. Students without depression performed hygienic measures more often than students in a subdepressive state or with a mild depression.

CONCLUSIONS

The obtained data on the risk factors, prevalence, and structure of oral diseases among young people should be taken into the account when developing university students' dental care programs aimed at reducing the incidence of hard tissues diseases of the oral cavity. Thus, the compliant behavior of young patients depends on motivation to maintain a healthy lifestyle and oral hygiene.

It should be born in mind that the main factors determining the compliance to dental treatment are age, gender, education level, social status, and psychological factors. Complete and accessible information about the dental treatment is the basis for adherence to dentist's administrations and recommendations. Patient's responsible attitude to their health and their adherence to treatment of various maxillofacial area pathologies are associated not only with social factors but also with the nature of the nosology, its clinical course and prognostic data.

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