



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
Plot No. 1 & 2 Sector-01 (Old 18 & 19),  
Kamothe, Navi Mumbai- 410209  
E-Mail ID: [mgmdch@mgmmumbai.ac.in](mailto:mgmdch@mgmmumbai.ac.in)



### **AWARENESS ABOUT IMPORTANCE OF BRUSHING TECHNIQUES AT SHRI NARAYAN BABA CHARITABLE TRUST, PANVEL**

**Date:** 05<sup>TH</sup> September 2024

**Venue:** Shri Narayan Baba Charitable Trust, Panvel

**Faculty:** Dr. Kashmira Kadam, Dr. Neeraj Kolge.

**Organizing Agency:** Department Of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH Shri Narayan Baba Charitable Trust, Panvel.

**Number of Students attended:** 02

Oral hygiene is the process of cleaning the hard and soft tissue of the oral cavity (teeth, gums, and tongue), fixed and removable prosthodontic restorations, and dental appliances. Irregular or poor oral hygiene results in an increased number and variety of bacteria in plaque. Dental plaque plays a significant role in the development of the two most common oral diseases, dental caries and periodontal disease. Brushing and flossing are practices to maintain good dental health. MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to patients at Shri Narayan Baba Charitable Trust, Panvel with the intention of creating awareness about maintaining proper oral hygiene and its advances along with providing oral health care to the patients.

#### **Aim and objective:**

1. To clean teeth and interdental spaces of food remnant, debris and stains.
2. To prevent plaque formation.
3. To clean tongue.
4. To educate them and create awareness about importance of brushing techniques for maintaining a good oral hygiene.

#### **Method:**

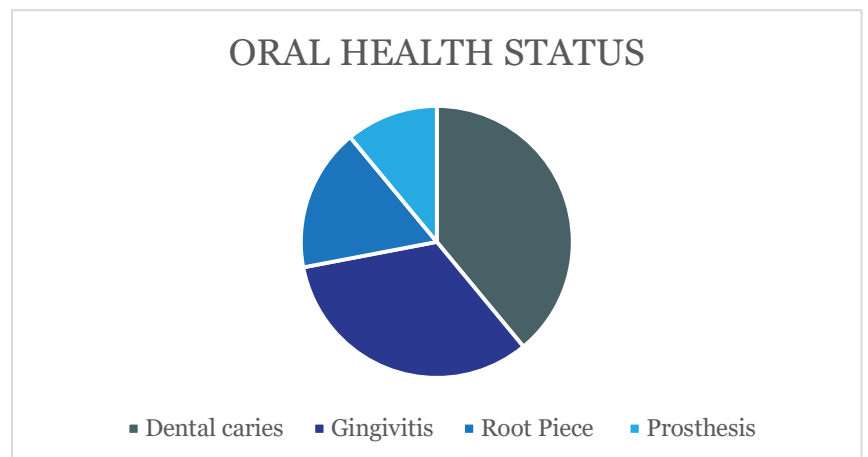
Students were explained about the importance of good oral hygiene. Tooth brushing is one of the effective tools in removal of dental plaque, numerous factors like frequency of brushing, technique, type of tooth brush, selection of dentifrices all are very important in this regard. Patients were explained about the Modified Bass Brushing Technique. All this was explained using pictorial banner during the program.

A type III examination was carried out with the use of Mouth mirror and probe in day light. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and how to maintain good oral hygiene to lead a healthy lifestyle.

**Observations:** A total 18 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

**Oral health status:**

| Condition     | No. of individuals | Percentage % |
|---------------|--------------------|--------------|
| Dental caries | 7                  | 39           |
| Gingivitis    | 6                  | 33           |
| Root piece    | 3                  | 17           |
| Prosthesis    | 2                  | 11           |



**Interpretation and conclusion:**

1. Dental caries and gingivitis are the most common problem among the patients which can be reduced by utilizing proper diet and nutrition.
2. Majority of patients use hard bristles tooth brush and the way of brushing was different for every individual. Mostly, horizontal motion was used by patients. Patients were unaware of interdental aids.
3. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients. Majority of the oral diseases are due to lack of proper health education of the patient and insufficient dietary intake.

4. The various etiology of gingival swelling was explained to the patient and they were encouraged to report to a dentist in case of any oral disease.



**DENTAL CHECK UP AND SCALING BEING DONE BY  
THE TEAM MEMBERS**

**List of Attendees**

| Name of Staff             |                   |
|---------------------------|-------------------|
| 1.                        | Dr. KashmiraKadam |
| 2.                        | Dr. NeerajKolge   |
| Name of Interns& Students |                   |
| 3.                        | ShrutiShinde      |
| 4.                        | AshkarJuwari      |