



## MAHATMA GANDHI MISSION'S DENTAL COLLEGE & HOSPITAL

Accredited by NAAC with "A++" Grade  
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### **AWARENESS ABOUT CHILDREN ORAL HEALTH AT ST. XAVIER'S SCHOOL, AIROLI**

**Date: 09<sup>TH</sup> OCT 2024**

**Venue: St. Xavier's School, Airoli**

**Faculty: Dr. Rafeeq Nalband, Dr. Prachiti Terani**

**Organizing Agency: Department Of Public Health Dentistry, MGMDCH, NSS Unit of MGMDCH**

**Number of Students attended:06**

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 St.XAVIER's SCHOOL AIROLI with the intention of creating awareness about maintaining proper oral hygiene and its advances along with providing oral health care to the students.

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

1. To educate the students about oral health. 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:

Oral health has always been a key indicator of overall health, well-being, and quality of life. It encompasses a range of diseases and conditions that include dental caries and periodontal disease. Despite much advancement in preventive and interventional approaches a range of oral diseases remain prevalent in children. To combat these oral health diseases, basic oral health practices are to be installed from early childhood as this is an important period of life that needs to be monitored closely.

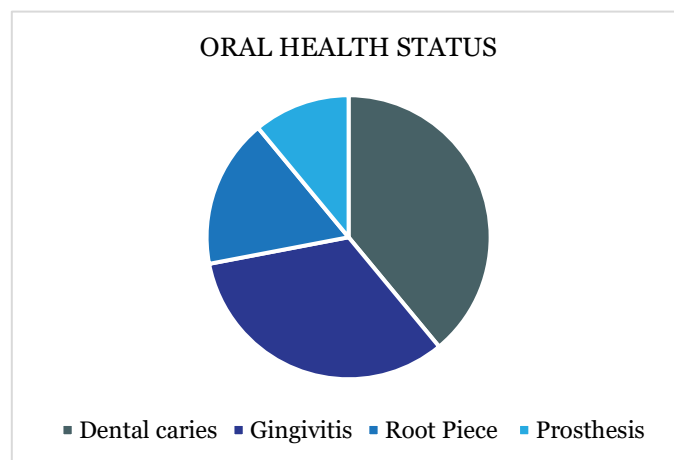
Students were explained about the importance of good oral hygiene. Tooth brushing is one of the effective tools in removal of dental plaque, numerous factors like frequency of brushing, technique, type of tooth brush, selection of dentifrices all are very important in this regard. Patients were explained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

A type IV examination was carried out with the use of Tongue depressor 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 255 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

## Oral health status:

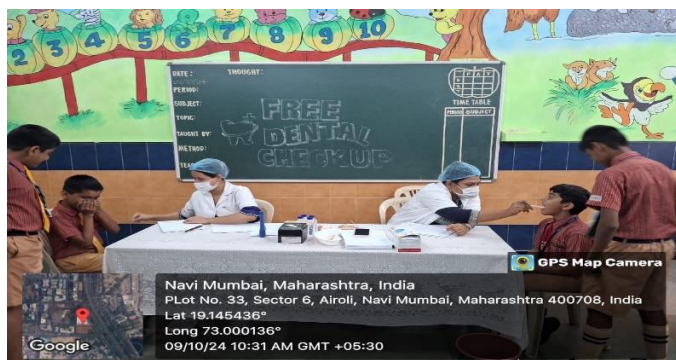
| Condition     | No. of individuals | Percentage % |
|---------------|--------------------|--------------|
| Dental caries | 99                 | 39           |
| Gingivitis    | 85                 | 33           |
| Root piece    | 43                 | 17           |
| Prosthesis    | 28                 | 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 uses 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 DONE BY THE TEAM MEMBERS AT THE CAMP SITE

### List of Attendees

| Name of Staff             |                     |
|---------------------------|---------------------|
| 1.                        | Dr. Rafeeq Nalband  |
| 2.                        | Dr. Prachiti Terani |
| Name of Interns& Students |                     |
| 3.                        | Mandar Bandgar      |
| 4.                        | Mrunmai Patil       |
| 5.                        | Eram Choudhary      |
| 6.                        | Janhavi Khandare    |
| 7.                        | Tanvi Nakka         |
| 8.                        | Rituja Neroorkar    |