



Awareness of Dental Floss among Dental Students of First Year

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ABSTRACT

Objective: To assess awareness of dental floss use among first year students of dental college.

Study design and duration: This is a cross sectional study completed in duration of 4 months from January 2019 to May 2019.

Setting: Study was conducted at CMH Lahore medical college and institute of dentistry.

Patients and methods: There were total 130 students included in this study. Their age range was 18-26 years. A questioner was designed containing questions in English language like what is dental floss, what is its use and how it is beneficial etc. Each student was given one questioner to fill. Each question was having 2 or 3 options like “yes”, “No” or “don’t know”. Data collected was analyzed using Microsoft office and SPSS softwares and frequencies, percentages and P-value were calculated. Results were presented in tabular form. Proper permission was taken from ethical committee of the study institution before conducting study.

Results: There were total 130 students including 60() male and 70() female students in this study. Their age was ranging from 18-26 years with mean age of 22.5 years. Out of 130 students, 107() students replied yes and 23 replied no in answer to the question “ do you know what is dental floss?” In the reply of question “Does dental floss removes plaque in interdental areas?” 98() replied ‘yes’ and 32() ‘No.’ There were 98() students who were using dental floss and 32() were not using it. Overall 45() students were having poor, 60() having moderate, 12() high and 23 were having no knowledge about dental floss at all.

Conclusion: Proper awareness about dental floss use and its benefits is very necessary among dental students as they have to give awareness to others in the community.

Key Words: Dental students, dental floss, interdental debris, toothbrushes

INTRODUCTION

Oral hygiene is very important for everyone. It is a part of our general health. If don’t care of our oral hygiene then we may acquire many health problems.¹ Dental doctors play a very important role in giving awareness to the community about oral hygiene. It is necessary that our dental doctors should be fully aware of various methods to clean teeth and use of dental floss is very important

method. Its use enhances oral hygiene and removes interdental plaques and debris effectively. Use of tooth brush alone is not sufficient for proper dental hygiene so we need some additional method to clean it.² Tooth brushes don’t clean teeth from interdental areas. Dental plaques are major cause of periodontal problems. These problems are increasing in community which may lead to tooth loss. It starts in interstitial space. Other aids used for interdental cleanliness include dental floss, tufted dental floss, interdental brushes, tooth picks, interdental brushes, interdental tips and wooden dental cleaners etc. Out of these aids dental floss is very effective in maintaining oral hygiene.³ Different studies have shown that only a small portion of community uses dental floss. This study was conducted to assess knowledge of dental students towards dental floss either they know what is this and what are its benefits because if they know it they will be able to educate to the community for its use.

Patients and methods

This is a cross sectional study conducted on the students of first year in dental college. Study was completed in duration of 4 months. Place of study was CMH Lahore medical college and institute of dentistry. There were total 130 students included in this study. Their age range was 18-26 years. A questioner was designed containing questions in English language like what is dental floss, what is its use and how it is beneficial etc. Each student was given one questioner to fill. Each question was having 2 or 3 options like “yes”, “No” or “don’t know”. Data collected was analyzed using Microsoft office and SPSS software and frequencies, percentages and P-value were calculated. Results were presented in tabular form. Proper permission was taken from ethical committee of the study institution before conducting study. Questions asked from students were in simple words and easy to understand. Only those students were included who were agreed for it and those refused were not included in the study. Questiones were closed ended in questioner and no leading question added.



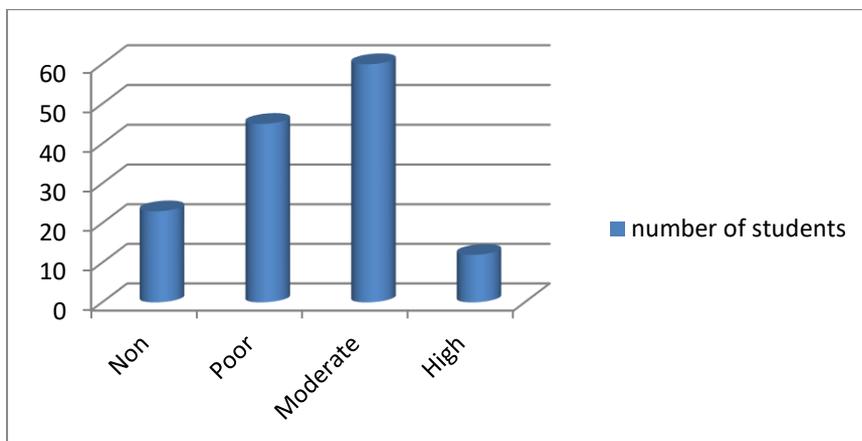
Results

Students in this study were in adult age group. Their age was ranging from 18-26 years with mean age of 22.5 years. There were total 130 students including 60(46.2%) male and 70(53.8%) female students in this study. Out of 130 students, 107(82.3%) students replied yeas and 23(17.7%) replied no in answer to the question “do you know what is dental floss?” In the reply of question “Does dental floss removes plaque in interdental

areas?” 98(75.4%) replied ‘yes’ and 32(24.6%) ‘No.’ There was 25(19.2%) students who were using dental floss and 105(80.8%) were not using it. When they were asked that do modern tooth brushes remove interdental plaques then 39(30%) replied ‘yes’ 46(35.4%) ‘NO’ and 45(34.6%) replied don’t know. Overall 45(34.6%) students were having poor, 60(46.2%) having moderate, 12(9.2%) high and 23(17.7%) were having no knowledge about dental floss at all.

Questions asked from students	Yes		NO	
	N	%	N	%
1- Do you have any knowledge about dental floss?	107	82.3	23	17.7
2- Do you think dental floss cleans interdental areas?	98	75.4	32	24.6
3- Do you use dental floss daily?	25	19.2	105	80.8
4- Do you use any aid like dental floss, wooden dental cleaners, tooth picks or interdental brushes?	36	27.7	94	72.3

Questions asked from students	Yes		NO		Don't Know	
	N	%	N	%	N	%
1- Do you think dental floss should be used in addition to tooth brush daily?	67	51.5	20	15.4	43	33
2- Do you think dental floss can harm your teeth or gums?	48	36.9	62	47.7	20	15.4
3- Do you think modern tooth brushes can maintain oral hygiene sufficiently?	39	30	46	35.4	45	34.6
4- Should you suggest dental floss use to others as well?	75	57.7	25	19.2	30	23.1



(Figure-1) Frequency of students with various levels of knowledge among first year dental students (n=130)



DISCUSSION

Oral hygiene is very necessary for good health. Dental doctors are model in society for giving awareness about oral hygiene so they should have enough knowledge related to their specialty.^{4,5} We conducted this study to assess their knowledge about basic knowledge of oral cleanliness using dental floss in first year dental students. We suppose them to know it in the start of their dental course.⁶⁻⁸ Oral hygiene is very important for everyone. It is a part of our general health. If don't care of our oral hygiene then we may acquire many health problems. Dental doctors play a very important role in giving awareness to the community about oral hygiene.⁹ It is necessary that our dental doctors should be fully aware of various methods to clean teeth and use of dental floss is very important method. Its use enhances oral hygiene and removes inter dental plaques and debris effectively. This is a cross sectional study conducted on the students of first year in dental college. Study was completed in duration of 4 months. Place of study was CMH Lahore medical college and institute of dentistry. There were total 130 students included in this study. Their age range was 18-26 years. A questioner was designed

containing questions in English language like what is dental floss, what is its use and how it is beneficial etc. These problems are increasing in community which may lead to tooth loss. It starts in interstitial space. Other aids used for inter dental cleanliness include dental floss, tufted dental floss, interdental brushes, tooth picks, interdental brushes, interdental tips and wooden dental cleaners etc. Out of these aids dental floss is very effective in maintaining oral hygiene. Different studies have shown that only a small portion of community uses dental floss. In our study 25% students use dental floss that is comparable to 19% according to the study conducted in India. According to another study conducted in Iran this percentage was 36%.^{10,11} Majority of studies concluded that there is less awareness of dental floss among the population of world.

CONCLUSION

Dental cleanliness is very necessary for oral hygiene and for that purpose dental flossing is very effective. There is lack of awareness among Pakistani community about dental flossing and other interdental cleanliness devices.

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