

HEALTHY GUMS PROJECT



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BACKGROUND

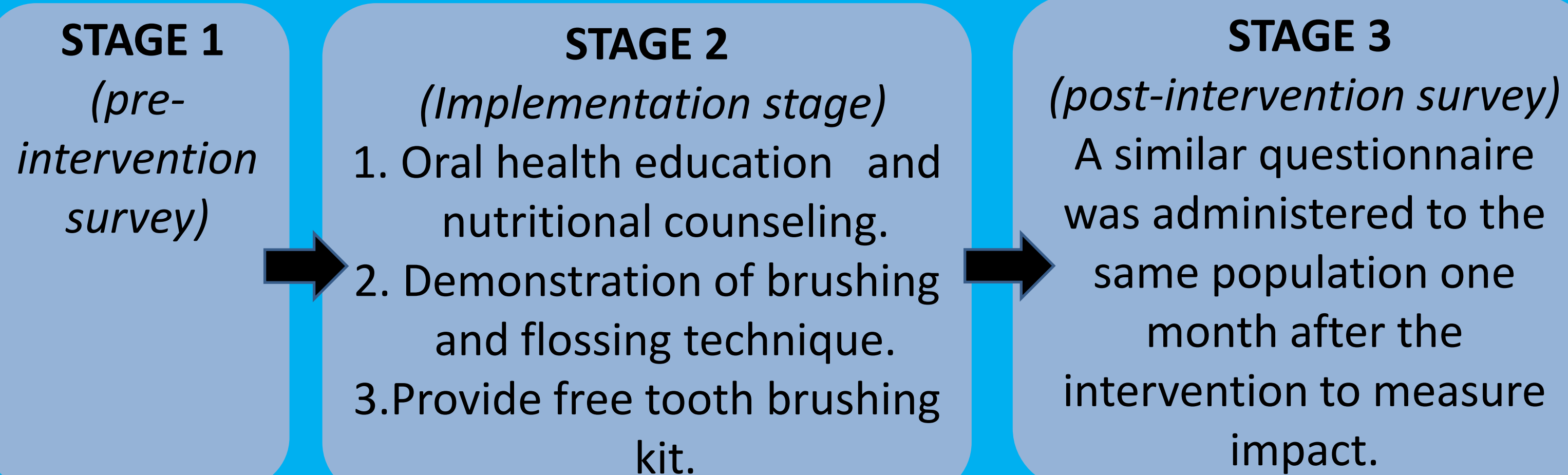
Globally, gingivitis is prevalent among all ages of dentate individuals (1–4), and over 90% of the world population has chronic gingivitis to some degree (5), which could progress to tooth loss and impact on the systemic health. Several Nigerian studies have recorded a high prevalence of gum disease among young Nigerians (2,6–8). Popoola et al. reported a 99.5% prevalence of gum disease among 1522 adolescents in Ibadan, Southwest Nigerians (8). Likewise, studies have shown that the prevalence of gingivitis increases markedly during puberty (9–12). It is widely believed that the high prevalence findings could be due to poor knowledge and awareness of gingivitis as well as suboptimal oral hygiene practices that exist among Nigerian school students and their teachers (13–19). The aim of this project is to raise awareness about gingival diseases and promote preventive oral health measures among secondary school adolescents and teachers in a Nigerian informal settlement.

OBJECTIVES

- To assess the knowledge of gingivitis among school adolescents and teachers in Ibadan.
- To determine oral hygiene practices among school adolescents and teachers.
- To raise awareness of gingivitis among adolescents and teachers in Ibadan.
- To promote positive oral health attitudes, good oral hygiene skills and habits among school adolescents and teachers.
- To assess the impact of oral health education intervention on their knowledge of gingivitis and oral hygiene practices.

METHOD

Cross sectional study using a closed ended self administered questionnaire to elicit responses from a convenience sample of 120 public secondary school adolescents and 14 teachers. The following stages were involved:



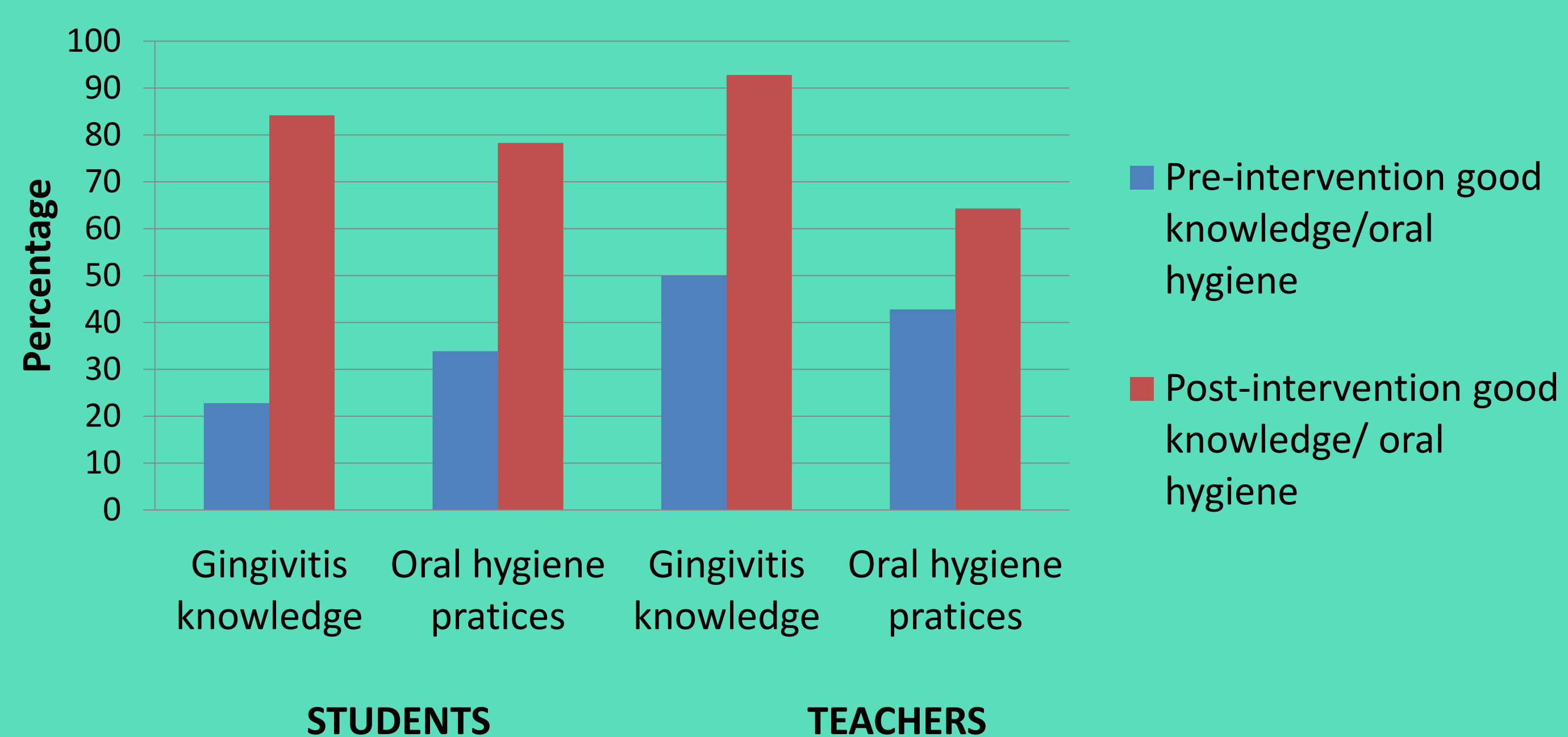
ANALYSIS

- Data obtained were analyzed using the Statistical Package for Social Sciences (SPSS) Version 26.
- Each responses was recorded into “1” for correct answer and “0” for wrong answer.
- The stratification of knowledge and oral hygiene practices into good and poor was done using the average of the highest and lowest achievable scores.
- Descriptive statistics was used to summarize the variables in the data set.
- Chi-square test and student t-test were used to explore associations between variables of interest.
- Paired t-test was used to compare the means of pre and post intervention results.
- Level of significance was set at $p < 0.05$.

RESULTS

- A total of 134 participants with a student: teacher ratio of 9:1 were recruited.
- Mean age of the students was 15.8 years and 54.2% of them were males.
- The mean age of the teachers was 47.7 years and were mostly females (85.7%).
- The pre-intervention survey disclosed poor knowledge of gingivitis among participants. Most of participants clean their teeth with toothbrush and toothpaste. 51.3% of students and 42.9% of teachers brushes twice daily. Very few of participants use dental floss.
- There is a significant difference between the knowledge of gingivitis and oral hygiene practices among the teachers and students pre-intervention and post-intervention ($p < 0.01$).

KNOWLEDGE OF GINGIVITIS AND ORAL HYGIENE PRACTICES



CONCLUSION

- This study showed a statistically significant increase in the knowledge about gingivitis and an improvement in oral hygiene practices among participants following school oral health education intervention programs.
- Therefore, there is a need for sustainable oral health outreach projects to improve oral health awareness and encourage good oral hygiene practices among children, teachers, and mothers through Oral health education.

REFERENCES



Fig. 1 Student participants with their free tooth brushing kits.



Fig. 2 School teachers and some members of healthy gums project team.