

The foundation project.

Authors

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Introduction

Severe periodontitis was found to be the sixth most common condition studied within the frame of the International Global Burden of Disease Study between 1990 and 2010. It is the most frequent oral disease, second only to dental caries, and a significant cause of tooth mortality among adults, qualifying it as a significant oral health issue in Nigeria. However, there is a knowledge gap in its preventive measure, leading to advanced stages of the disease before they are noticed by the patients. Management approaches oral health have historically focused on curative care for the individual rather than preventive intervention for the population.

This, however, is unaffordable and unsustainable in this region given the lack of human and financial resources. Hence, the need for simple, cost-effective preventive measures to address the burden of this disease. The Foundation project was born out of the interest to reduce the burden of oral diseases (periodontitis in focus), utilizing preventive measures and fostering the integration of general health and oral health at the primary healthcare level.

Objective

1. Integration of oral health into primary health care by promoting community participation in community outreach.
2. Assessing the Knowledge, attitude, and perception of common risk factors associated with diabetes, hypertension, and periodontitis among community members of Surulere Local Government Area.

3. Carrying out health education through social media networks, a health talk and demonstration; a community awareness walk utilizing fliers and banners to over 300 members of the community.

Methodology

Study Area: Akerele Primary Health Care Center, Surulere, LGA, Lagos State, Nigeria.
Date: April 27th, 2023.

- Community entry to visit the stakeholders in the Local Government Area was done to gain approval and support for the planned health walk and community outreach.
- Partnership with organizations was vital in guiding this approach. These organizations include: KB KLUB, College of Medicine, University of Lagos, the Faculty of Dental Sciences, College of Medicine, University of Lagos, the Lagos State Primary Healthcare Board, Smile 360 specialist clinic, Colgate Palm-Olive Nigeria.
- The Community awareness walk across the 9 wards of Surulere LGA, was done with the aid of oral education fliers and banners with volunteer support from partner organizations. This was educative and served as first-hand publicity for the medical and dental community outreach.

- The general medical and dental outreach at Akerele Primary Healthcare Center was a community intervention program emphasizing the relationship between medical and dental conditions in the prevention and management of chronic disease. The outreach comprised the following:

- > A health talk on Periodontitis and its cause-effect relationship with diabetes and hypertension.
- > A digital survey assessing the Knowledge and Perception of risk factors predisposing to periodontitis.
- > Anthropometry and Body Mass Index estimation.
- > Blood pressure and Plasma glucose check.
- > Medical consultation and referral of complex cases.
- > Oral health assessment and referral of complex cases.
- > Scaling and Polishing
- > Distribution of essential drugs and fluoridated toothpastes.

Results

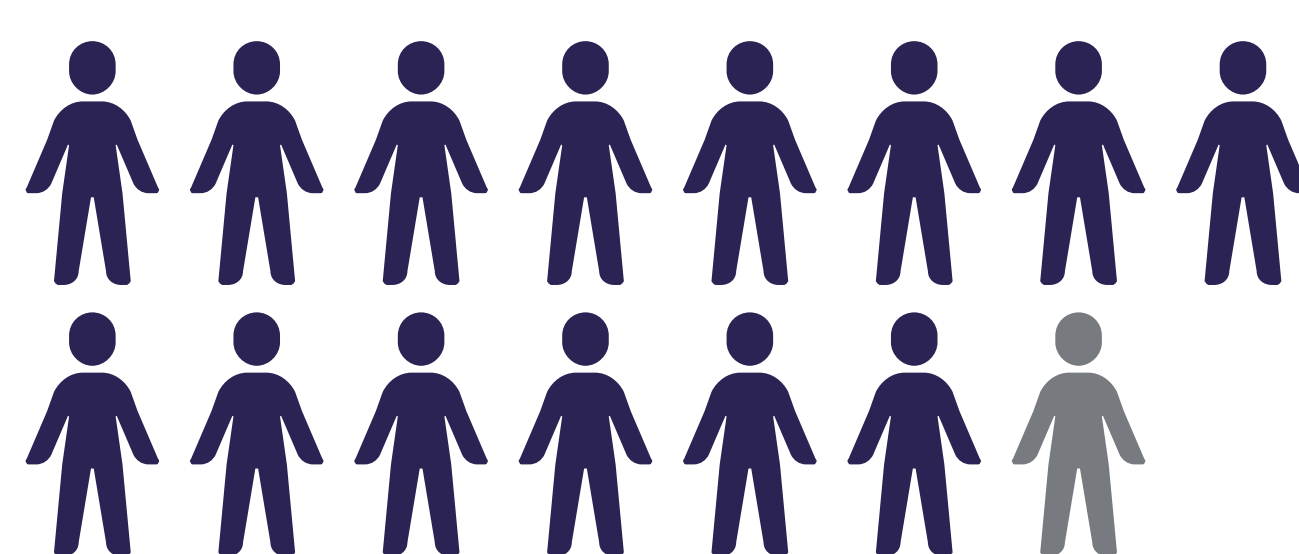
148 respondents took this survey and 26% had good knowledge of the risk factors predisposing to periodontitis. This however, could have been affected by the health talk on similar topic which was done before data collection.

Majority of respondents to this survey 91.8% (136) perceived poor oral hygiene as a risk factor predisposing to periodontitis. Very few however, perceived diabetes and hypertension as a risk factor to periodontitis with 19.6% (29) and 14.9% (22) responses respectively.

At the end of the outreach, we achieved the following:

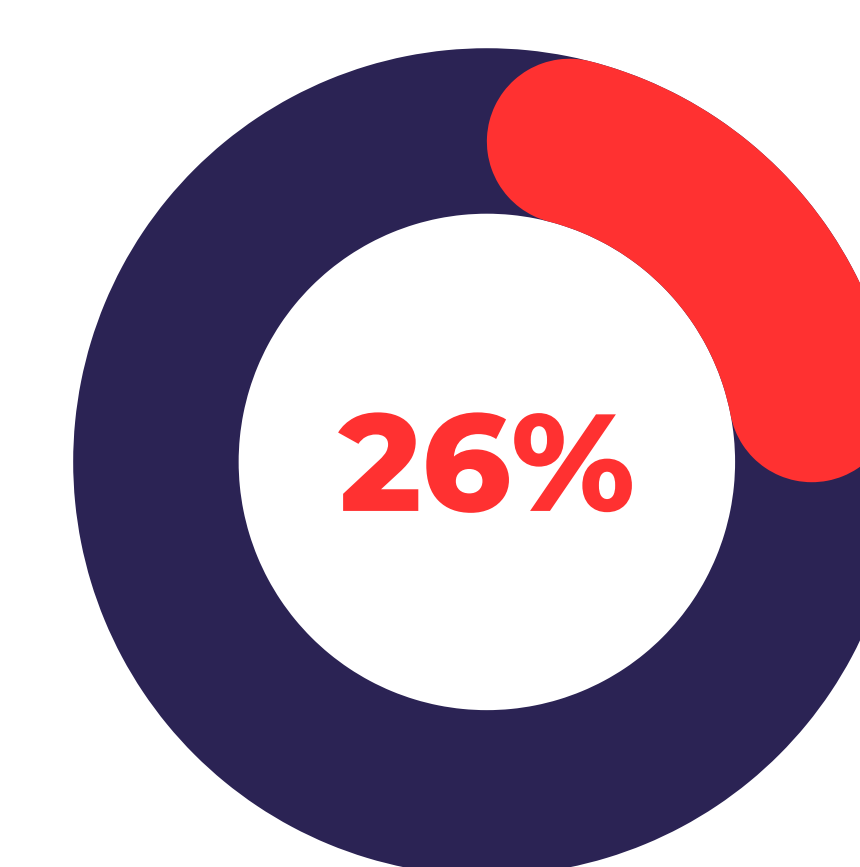
- Oral health education to over 300 members of Surulere LGA utilizing a health walk, health talk and demonstration.
- General medical screening involving Anthropometry and BMI estimation, Blood glucose and plasma glucose check, to over 200 members of Surulere LGA.

91.8% (136) perceived poor oral hygiene as a risk factor predisposing to periodontitis.

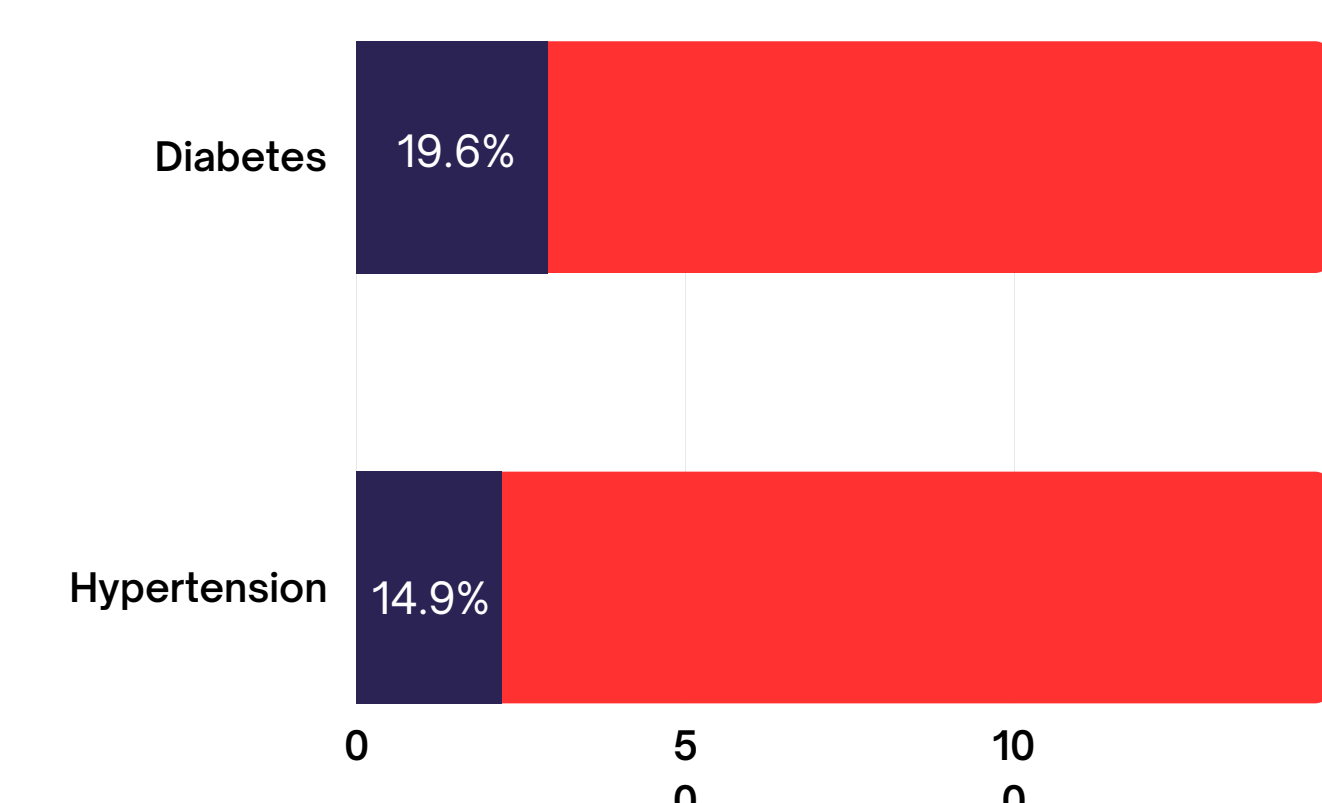


- Medical consultation by a team of doctors reaching out to over 200 attendees and referral of 17 cases for proper management.
- Oral health assessment by a team of dentists attending to over 150 attendees with referral of 39 cases for proper management.
- Scaling and Polishing done for over 50 attendees within a 5 hour period, with reinforcement of oral hygiene instructions.
- Distribution of essential drugs to over 150 attendees.
- Distribution of over 750 fluoridated toothpastes to attendees at the outreach.

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Very few however, perceived diabetes and hypertension as a risk factor to periodontitis with 19.6% (29) and 14.9% (22) responses respectively.



Conclusion

There exists a significant knowledge gap in my region on periodontitis and the role of non-communicable diseases in its predisposition. This points for more awareness creation in this subject most especially at the level of primary care. The medical team also has to play the role of oral health educator and likewise the dentist as medical educator. Furthermore, the practice of preventive measures is fundamental in curbing the development and progression of periodontitis. Oral disease is not isolated to the dental practice, medical-dental integration is essential to improve patient outcomes.

References <https://www.njbcns.net/article.asp?issn=0331-8540;year=2012;volume=9;issue=2;spage=65;epage=69;aulast=Umoh>

