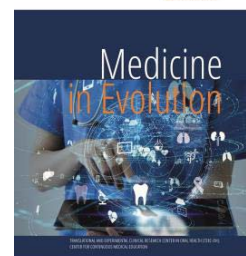


The Background of Preventive Dentistry among Dentists from the First Year of General Dentistry Residency Program, in Bucharest, Romania



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Received: 13 December 2023; Accepted: 6 February 2024; Published: 31 March 2024

Abstract

Aim and objectives: The main objective of this study is to find what is the background of preventive dentistry (interest and knowledge) of dentists from the first year of the General Dentistry Residency Program, in Bucharest Romania. **Material and methods:** 30 dentists enrolled in this program answered to 10 closed-ended questions about their attitude and knowledge related to preventive dentistry from their private practice. **Results:** More than 80% of the dentists performed regular dental check-ups, applied topical fluorides or recommended mouth wash and dental floss to their patients. Unfortunately, more than 60% did not perform dental sealings when needed. **Conclusion:** Dentists enrolled in this study shows some interest and knowledge in preventive dentistry related to their private practice but some parts still need to be improved.

Keywords: Preventive dentistry, general dentistry, residency

INTRODUCTION

General Dentistry Residency is a three years post-graduated training program consisted of 12 stages, including Preventive Dentistry (two months). The dentists are included in this program by passing an exam. Most of the dentists are already working in the private sector and they had the opportunity to provide clinical preventive procedures to their patients.

Questionnaire is a strong tool often used to measure oral hygiene pattern of the children by using the answers provided by their parents [1,2]. Practice related to preventive dentistry is also often evaluated using questionnaires. The main points followed are diet counseling, education for manual or electrical toothbrushing, professional- and self-applied topical fluorides, pit-and-fissure sealant procedures, prescribing mouthwash and interdental aids, regular dental check-ups [3].

In Romania are less studies which used questionnaire for evaluating the background of preventive dentistry. Most of them did use questionnaire as a tool for measuring the level of knowledge and habit of oral hygiene and preventive dentistry for parents and their children [1] or just collected oral health data [4].

Aim and objectives

The main goal of this study is to find what is the background of preventive dentistry (before Preventive Dentistry stage) of dentists from the first year of the General Dentistry Residency Program, in Bucharest Romania.

MATERIAL AND METHODS

30 dentists from the first year of General Dentistry Residency Program in Bucharest, Romania, were asked to complete a questionnaire about preventive dentistry. The questionnaire used in this study contained 10 closed-ended questions, namely:

1. Did you do dietary counseling with your patients?
2. Did you perform dental sealants?
3. Did you apply topical fluorides?
4. Did you provide guidelines for manual/electrical toothbrushing instructions to your patients?
5. Did you recommend mouth wash to your patients?
6. Did you recommend dental floss to your patients?
7. Did you provide guidelines for patient's self-care procedures for teeth or implant-supported fixed (or removable) prostheses?
8. Did you provide guidelines for oral self-care procedures for patients with orthodontic appliances?
9. Did you provide oral cancer prevention and control?
10. Did you tell your patients to come back for regular dental check-ups?

The answers of questions presented above were entered into a computer and analyzed with the version no. 24 of SPSS software (trial version).

RESULTS

The mean age for the dentists involved in this study was 29.4 years (\pm SD = 6.65). An analysis of questions about prevention of caries and periodontitis were graphically exposed in figures no. 1, 2 and 3.

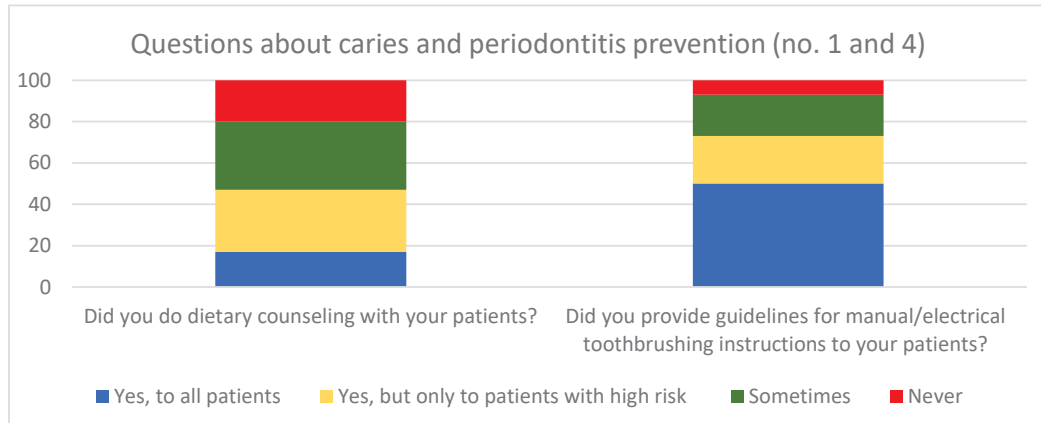


Figure 1. An analysis of the answers for questions no. 1 and 4

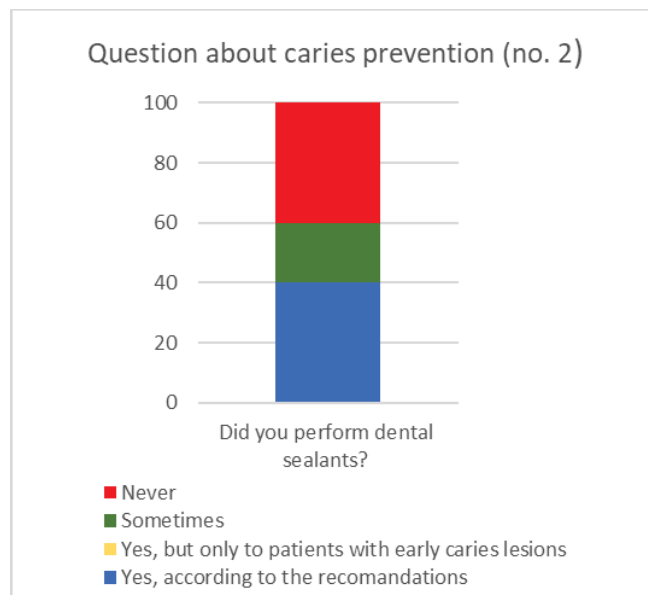


Figure 2. An analysis of the answers for question no. 2

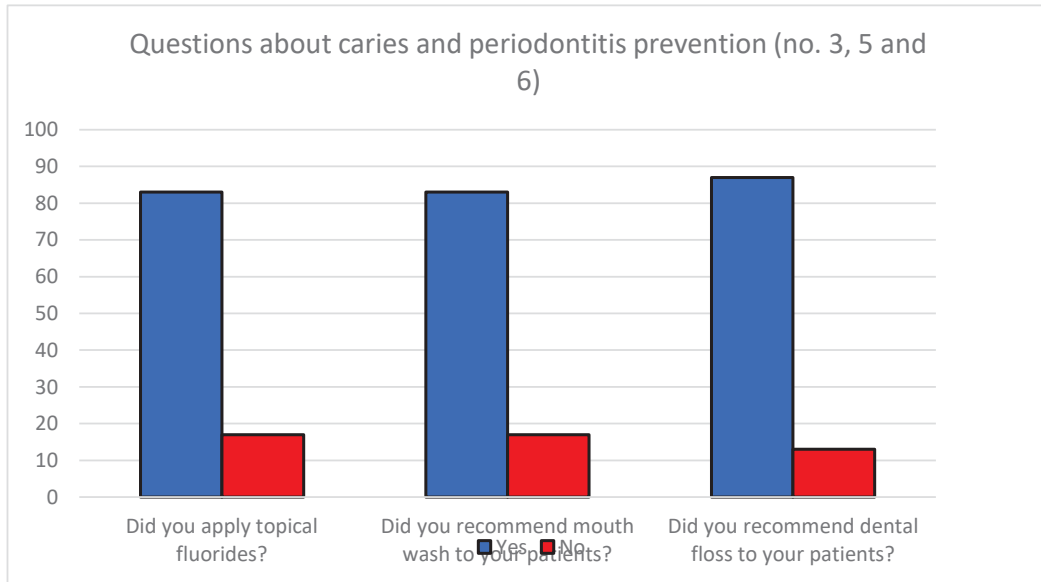


Figure 3. An analysis of the answers for questions no. 3, 5 and 6

The answers for the questions related to patients with special treatments or to regular check-ups are analyzed in figures no. 4 and 5.

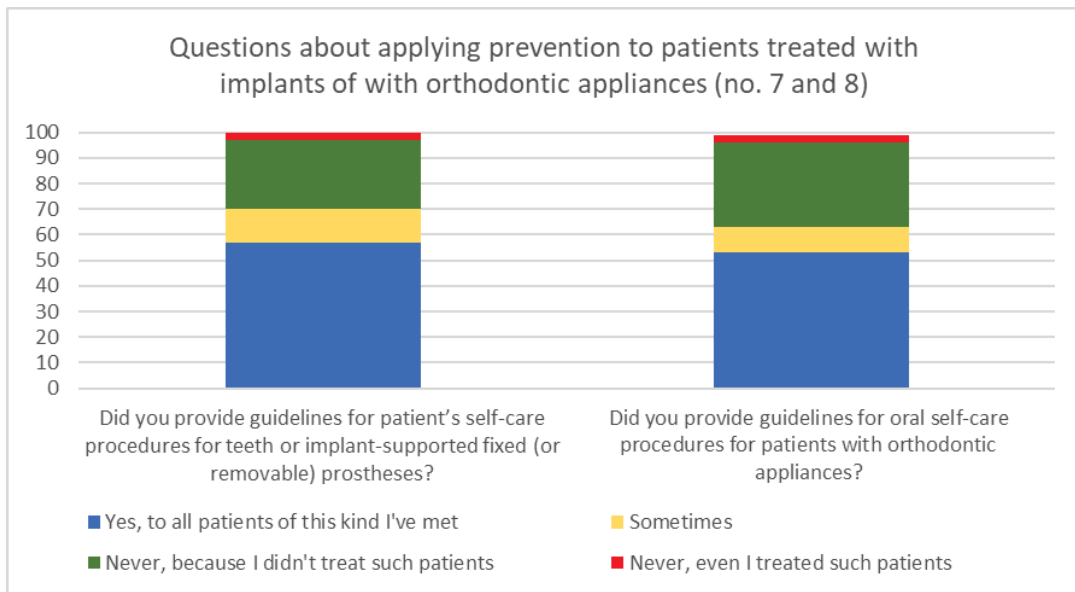


Figure 4. An analysis of the answers for questions no. 7 and 8

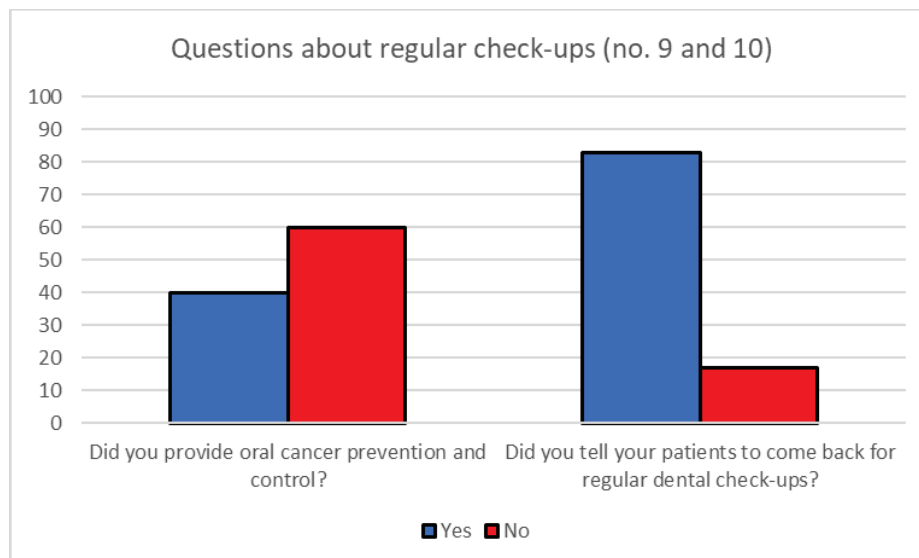


Figure 5. An analysis of the answers for questions no. 9 and 10

DISCUSSIONS

Our study revealed that only half of the dentists provides information related to toothbrushing and to mechanical plaque control procedures to their regular patients or to those who received special dental treatments (implants or orthodontic appliances) and much less (17%) spoke to them about diet and caries. Even if over 80% percent of the dentists recommended dental floss or mouth wash and applied topical fluorides to their patients, still 40% of them did not perform at least one time the pits and fissure sealant clinical procedures.

The general idea of our study is that prevention is part of the current practice of young dentists. Young dentists (with under 5 years of experience) are also found in other studies having more knowledge and a favorable attitude in relation with prevention compared to their older colleagues [5].

One of the preventive measures that did show less interest from the dentists involved in our study (17%) or in other studies (21%) [6] was dietary counseling.

Yokohama et. al for example, studied dentists' practice patterns regarding caries prevention among 185 Japanese dentists with 10 to 30 years of clinical experience. Their results indicated a low pattern compared to our study: 35% of dentists provided oral hygiene education, 26% in-office fluoride applications, 27% diet counseling [6].

Regular dental check-ups and oral cancer screening are important clinical procedures provided by any dentist. Even if over 80% from the dentists enrolled in our study inform their patients about the importance of regular dental check-ups, only half of this percent (40%) provided oral cancer screening clinical procedures. This is a very small percent compared to other studies when oral cancer screening is performed by more than 90% dentists when they examine a new patient [7].

CONCLUSIONS

Dentists from the first year of General Dentistry Residency Program show some interest and knowledge in preventive dentistry related to their private practice but some parts still need to be improved such as oral cancer prevention or dental sealing.

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