

Factors influence the practice on oral hygiene and dietary habits with fixed appliances among patients receiving orthodontic treatment in Orthodontic Clinic at Teaching Hospital Jaffna

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Introduction Oral health is not only important for the appearance and sense of wellbeing, but also for overall health. Orthodontic treatments are usually undergone by children and adolescents, which can be problematic as they tend to have fewer skills and pay less attention to their oral health.

Objective The aim of this study is to determine the factors influence on practice of oral hygiene and dietary habits with fixed appliances among patients receiving orthodontic treatment in Orthodontic Clinic, Teaching Hospital, Jaffna.

Methodology A descriptive cross-sectional hospital-based study was conducted among 261 participants attending orthodontic clinic at Teaching Hospital Jaffna. The response rate was 98.1. An interviewer administered questionnaire was used as a study instrument. SPSS (Statistical Package of Social Sciences) version 25.0 was used to analyze the data. Ethical approval was obtained from Ethical Review Committee, Faculty of Medicine, University of Jaffna.

Results Among 261 participants, their age was ranged from 17 – 60 years. Most of them were females (80.5%, n=210), Sri Lankan Tamils (96.6%), Hindus (78.2%), single (90.8%), unemployed (67.8%) and educational level up to A/L (51.7%). Nearly one third of the participants used fixed appliances (30%) more than two years. Most of the participants visit the dentist regularly for check-up before (78.2%) and after (77%) wearing the appliances. Participants who had adequate practice were 33.3%. Practice was associated statistically significant with the ethnicity, civil status, having children, education, employment, receiving oral hygienic behavior related instructions and followed them ($p < 0.05$).

Conclusion This study revealed most of the participants had inadequate practice of oral hygienic behavior. Careful oral hygienic maintenance and periodical consultation are essential for orthodontic patients.