A study to assess the knowledge regarding preventive oral health among nursing students in Narayana nursing institutions, Nellore, Andhra Pradesh

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Abstract

Background: Oral health is standard of health of oral and related tissues which enables an individual's to eat, speak and socialize without active disease discomfort or embracement and which contributing to general wellbeing. Regular oral hygiene, including brushing, flossing and rinsing prevents and controls plaque formation. Evidence relates poor oral health to risk of impaired nutrition, stroke poor blood sugar controls in diabetes. Inadequate oral care and some medications diminish salivary production which in brush reduces the ability of the oral environment to help fight effect of pathogens.

Objectives: 1. To assess the level of knowledge regarding preventive oral health among nursing students. 2. To find out the association between the level of knowledge regarding preventive oral health among nursing students with their selected socio demographic variables.

Methods: 30 nursing students from nursing college were selected using descriptive design with convenience samplingtechnique.

Results: Regard to level of knowledge among nursing students, 4(13.3%) had A grade, 11(36.7%) had B+ grade, 11(36.7%) had B grade and 4(13.3%) had C grade.

Keywords: Knowledge, Preventive oral health, nursing students

Introduction

Oral infections and inflammations may be specific month diseases; or they may occur in the presence of systemic disorders. Such as leukemia or vitamin deficiency. When oral inflammations and infections are present, they can severely impair the ingestion of food and fluids. The patient who is immune suppressed, diabetics are more susceptibleto oral infections. Patient receiving corticosteroid inhalant treatment for asthma are risk for oral infections [1].

Common oral cavity infections and inflammations are gingivitis, oral candidiasis, herpes simplex, apthons. Abnormalities, parotitis stomatitis. An important element in reducing oral infections and inflammation is good oral and dental hygiene. Management of oral infections and inflammation is focused on identification of comfort measues and maintainanc eof nutritional intake. Acidic fruits in the patiens diet reduce plaque formation. A well balanced diet contributes to integrity of oral riskness. To prevent tooth decay, patient sometimes head to change eating habits. Advice the patients of all ages to visit dentist regularly. Education about common gum and tooth disorders and methods of prevention may motivate to follow good oral hygiene [2].

Need for the study

Prevalence of periodontal disease increasing with age. The prevalence was in 12 years 57%, in 15 years 76.7% in 35-44 years 89.6%, in 65-74 years 79.9% [3]. Globally about 30%. People aged 65-74 have no natural teeth. The incidence of oral problems ranges from one to 10 cases for 10,000 people in countries [4].

According to WHO's report oral cancer is the eighteenth common cancer in world wide. 40% of oral cancer death worldwide due to tobacco use, un healthy diet, physical inactivity, infections, alcohol consumption in India.[5] Tobacco alone responsible for 1-5 lakh cancer 92% adults having dental caries. 26% of adults having dental caries. 26% of adults having in treated decay [6].

In Nellore district, 92% of the people felt that good oral health maintains general health. 65.5% of the people visiting regularly the dentist. 43.87% didn't visit dentist regularly 29.34% people cleaning the teeth regularly. 85% of the people cleaning their tongue regularly 52% did not massage their gums after brushing [7].

Problem Statement

A study to assess the knowledge regarding preventive oral health among nursing students in NNI.

Objectives

- To assess the level of knowledge regarding preventive oral health among nursing students.
- To find out the association between the level of knowledge regarding preventive oral health among nursing students with their selected socio demographic variables.

Delimitations

The study is delimited to;

- Students who are studying in nursing in NNI
- Sample size of 30 only.
- Data collection period is two weeks only.

Materials and Methods

Research Approach: Quantitative Research Approach

Research Design: Co-relational research design.

Setting of the Study

The study was conducted in Narayana Nursing Institution, Nellore.

Population

Target population: The target poulation includes nursing students.

Accessible population: The accessible population includes the nursing students who are studying Narayana College of Nursing.

Sample

Sample for the present study includes nursing students in Narayana College of Nursing.

Sampling Technique

Non probability Convenience sampling technique was adopted to select the samples.

Sample Size

The sample size for the present study was 30 nursing students who are studying nursing in NNI.

Sampling Criteria
Inclusion criteria

The nursing students those who are,

- Studying nursing in Narayana College of Nursing.
- Who are willing to participate in the study

Exclusion criteria

Nursing students who are,

- Students who are not willing to participate in the study.
- Leave or sick

Variables

Demographic variables: Demographic variables includes Age, Course, Year course, Source of health information.

Research variables

Knowledge regarding preventive oral health among nursing students in NNI.

Description of the Tool

Part – I: Consists of four demographic variables of students such as age, course, year of course, source of health information.

Part-II: It consists of structured questionnaire consists of 26 questions each correct answer, scored as '1' and wrong answer scored as '0' total score was 26.
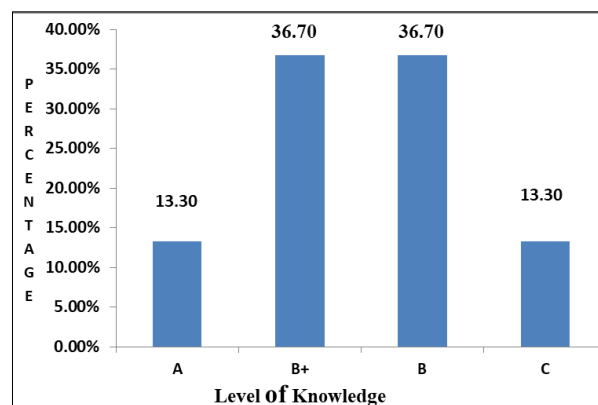
S. No	Level of knowledge	Score
1.	More than 85%	A+
2.	More than 75%	A
3.	More than 65%	B+
4.	More than 55%	B
5.	More than 50%	C
6.	Less than 50%	D

Results & Discussion

Table 1: Frequency and percentage distribution of level of knowledge regarding preventive oral health among nursing students. (N=30)

Level of Knowledge	F	P
A	4	13.3
B+	11	36.7
B	11	36.7
C	4	13.3
Total	30	100

Table-1 Shows that regard to level of knowledge mong nursing students, 4(13.3%) had A grade, 11(36.7%) had B+ grade, 11(36.7%) had B grade and 4(13.3%) had C grade.

Fig 1: Frequency and percentage distribution of level of knowledge regarding preventive oral health among nursing students.

Table 2: Mean and standard deviation of knowledge score among nursing students. (N=30)

Category	Mean	Standard Deviation
Nursing students	16.7	2.16

Table No: 2 shows that the mean knowledge score of nursing students was 16.7 and standard deviation was 2.16.

Table 3: Association between the level of knowledge regarding preventive oral health among nursing students with their selected demographic variables. (N=30)

S. No	Demographic Variables	A		B+		B		C		Chi square (X²)
		F	P	F	P	F	P	F	P	
1.	**Age** a. 18-19years b. 20-21years c. 22-23years	1 3 -	3.33 10 -	3 7 1	10 23.3 3.3	3 6 2	10 20 6.	1 2 1	3.33 6.66 3.33	C=13.46 T=12.59 DF=6 P<0.05 S*
2.	**Year of Course** a. 1st year b. 2nd year c. 3rd year d. 4th year	1 1 1 1	3.3 3.3 3.3 3.3	3 3 3 2	10 10 10 6.6	3 2 2 4	10 6.6 6.6 13.3	1 2 1 -	3.33 6.66 3.33 -	C=33.219 T=16.92 DF=9 P<0.05 S*
3.	**Source of Information** a. Journals b. Massmedia c. Curriculum d. Health professionals	1 1 1 1	3.33 3.33 3.33 3.33	5 1 5 -	16.6 3.33 16.6 -	3 6 2 -	10 20 6.66 -	4 - - -	13.3 - - -	C=18.80 T=16.9 DF=9 P<0.05 S*

Major findings of the study

- Regard to level of knowledge among nursing students, 4(13.3%) had A grade, 11(36.7%) had B+ grade, 11(36.7%) had B grade and 4(13.3%) had C grade.
- The mean knowledge score of nursing students was 16.7 and standard deviation was 2.16.
- Regarding association between demographic variables, age, year of course and source of information had significant association with level of kn owledge at *P*<0.05 level.

Conclusion

The study concluded that significant number of students had good and average knowledge regarding preventive oral health.

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