

PERCEPTION REGARDING SCALING AMONG MOGAPPAIR POPULATION

Dr. Uma Sudhakar¹, Dr. Dharini. P², Dr. Faheema J. M.³ and Dr. Fiona D.V.^{4*}

¹Professor & H.O.D., Thai Moogambigai Dental College and Hospital.

^{2,3,4}Junior Resident, Thai Moogambigai Dental College and Hospital.

*Corresponding Author: Dr. Fiona D.V.

Junior Resident, Thai Moogambigai Dental College and Hospital.

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ABSTRACT

The study was conducted in order to perceive the thought among the patients regarding ultrasonic scaling (USS) before and after treatment. The study was preceded by distributing a questionnaire among patients who have undergone ultrasonic scaling. Thus focusing on major aspects like awareness, anxiety, fear, nausea and other difficulties faced during treatment. Also reports the data regarding the reasons for choosing scaling as their treatment option. This article highlights the various conception of patients regarding Ultrasonic Scaling (USS).

KEYWORDS: Perception, scaling, mogappair population.

INTRODUCTION

Periodontal infection is one of the most prevalent global disease. One of the non-surgical therapy to arrest this disease is ultrasonic scaling (USS) which helps in maintaining the oral hygiene and arresting the progression of gingival infections. The dictionary of medicine defines ultrasonic scaler as “an ultrasonic instrument with a tip for supplying high frequency vibrations, used to remove plaque and calculus from teeth and bits of inflamed tissue from the walls of the gingival crevice”.^[1]

The article overviews what the patients felt when explained before, during and after treatment of scaling. The results obtained from the patient is analyzed statistically and interpreted for categorizing the data.

MATERIALS AND METHODS

The cross-sectional study was conducted among selected group of people reported to the Department of Periodontics, Thai Moogambigai Dental College and Hospital, Chennai, India. These subjects underwent USS after examination. The study was briefed to the patients and consent was obtained from the ethical committee from the university. This study was conducted by distributing a set of self-explanatory questionnaire consisting of twenty questions in English among 100 patients with supragingival calculus for treatment of scaling. The main topics noted in the questionnaire were patient's number of dental visit, reason for opting ultrasonic scaling (USS), difficulties faced while confronting a dentist, anxiety & fear felt before and

during treatment. Questionnaire was distributed among the mean age group of 30.78 patients who underwent the scaling procedure (**chart 1**). Among the reviewed population majority of them were female 63% and the rest male 37%.

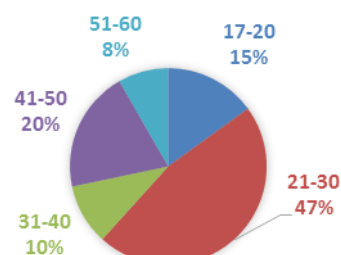


CHART 1: AGE GROUP

RESULTS

A descriptive statistics was done using SPSS (IBM SPSS Statistics for Windows, Version 20.0). The analysis was done among varied age groups of the studied population. Of all the questions only few gave a significant p value.

Most of the subjects had awareness regarding dental problems and the following visit was not their first visit.^[2] The majority of the population reported mostly for dental caries (31.38%)³ related issues followed by scaling (30.7%), extraction (19.6%) and others (18.3%) with a significant p value=0.003. Around 58.92% of the population has a previous experience in scaling.^[5] People opted scaling mostly to clean which was suggested by their family or friends. Elderly age group (51-60years) with no previous experience of ultrasonic scaling show

anxiousness (80%) before the treatment even after the treatment plan and the procedure was explained to the patient before the treatment.^[4] Among the examined population the following age groups (17-20)50%, (21-30)55.6% & (51-60)75% had a main concern that they will scrape their teeth while scaling followed by pain 50%(17-20), 33.3%(21-30) & (51-60) 25%. Whereas other choices like spaces in between the teeth, bleeding during scaling and mobility of teeth did not turn up with any significant values. An average of all the age groups shows sensitivity (58.9%)^[6] as their major difficulty faced after treatment followed by bleeding 20.4%, nausea 8.36%, irritation due to the sound of USS machine 7.64% and pain 4.7%. All the patients insisted for post care instructions from a dentist with an average percentage of 91.9% with a significant p value=0.05 this was also followed by the patients regardless of their age.^[7] (Chart 2).

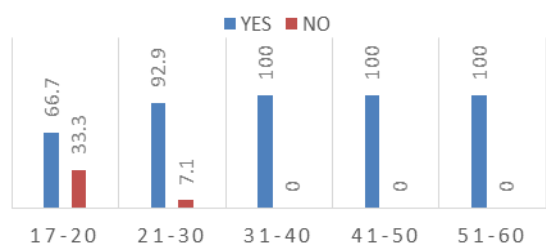


Chart 2: Post-care instructions.

DISCUSSION

The study was to state the complete knowledge and awareness regarding scaling among patients and their association with pain and anxiety during treatment.^[8] The questionnaire was mostly oriented to know about mindset of the patients regarding scaling as a treatment, their awareness, the difficulties faced before and after treatment and post care instructions.^[9] With respect to age older age groups were more concerned about the procedure which has to be addressed by the dentist before proceeding the procedure. One common complication is hypersensitivity following scaling. Hence patient should be made aware of it. The dentist should prescribe desensitizing tooth paste to control this issue.^[10] No significant statistical values were obtained among the gender since the study was conducted among the smaller size with no equal proposition among the gender. Surprisingly our data showed that, regardless of the fear or anxiety patients are willing for a review after treatment and follow-up once they are acquainted to the dentist. This is one positive factor which could be of help in the long run.

CONCLUSION

Thus we conclude in the present study, stating that scaling is being opted as the treatment of choice among the patients regardless of their age or gender mainly to clean and whiten their teeth. Even though explained about the procedures before the treatment patient still

face fear and anxiety against scaling thus the Dentist have the responsibility to make the atmosphere more patient friendly. This helps them to get rid of their fear in future appointments. During treatment the nauseating and irritated feeling among the old age can be reduced by proper maintenance of the ultrasound machine and pleasant music in the background to make the situation calm and peaceful. Thus within the limitations of the study, we state that the work of the dentist in building a proper relationship with the patient is very important to ease out the procedure. A proper follow-up of the patient after the treatment mostly assures the patient that they are under proper care and management, which will indeed pave way to arrest one of the most prevalent global disease.

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