

Oral Hygiene Status and Dental Caries Experience of School Children aged 12-15 Years in Esan Central Local Government Area, Edo State, Nigeria

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ABSTRACT

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INTRODUCTION

Oral health is an important component of the general health and well-being of an individual. Periodontal diseases and dental caries are the most common oral diseases that affect all populations throughout life. This could negatively affect activities at school and at home causing millions of school and work hours to be lost. The control of dental plaque has a positive effect on the prevention of periodontal diseases and contributes to the control of dental caries. There appears to be little information on the oral hygiene status and dental caries experience among 12–15-year-old school children in Esan Central Local Government Area, Edo State, Nigeria (Agbelusi & Jeboda, 2006; Shailee et al., 2023; Sukhabogi et al., 2014; Ferizi et al., 2020). Therefore, the aim of this study was to evaluate the oral hygiene status and dental caries experience in this group in order to assist in possible development of appropriate preventive approaches as well as contribute to available data. The objective of the study was to assess the oral hygiene status and dental caries experience of 12- to 15-year-old school children in Esan Central Local Government Area, Edo State, Nigeria.

METHODS

Permission from relevant authorities to carry out this study was obtained. A cross-sectional study was conducted among students in two randomly selected secondary schools in Esan Central Local Government Area of Edo State. Sociodemographic data was obtained using a structured questionnaire. Oral hygiene status and Dental caries experience was evaluated using the Simplified Oral Hygiene Index (Greene and Vermillion, 1964) and Decayed, Missing and Filled Teeth (DMFT) index (Klein, Knutson and Palmer, 1938) respectively. The oral examination was carried out by trained and calibrated investigators using a mouth mirror and blunt dental explorer under natural light. The data collected was analyzed using SPSS 28.0. Descriptive and inferential statistics were used to analyse data at 95% confidence interval with test of significance set at $p < 0.05$.

RESULTS

A total of 117 students with mean age of 13.38 ± 1.06 participated in the study. The males were 30 (25.6%) while females were 87 (74.4%). Majority of

the parents of the students were farmers and traders (42.7% and 12.8% respectively). The mean OHI-S was 2.54 ± 0.92 . Oral hygiene was fair in 72.6% and poor in 24.8% of the students. Dental caries prevalence was 7.7% with a mean DMFT of 0.09 ± 0.31 . The mean DMFT was slightly higher in males 0.10 ± 0.31 than females 0.08 ± 0.31 . There was however no association between sociodemographic characteristics oral hygiene status and dental caries experience.

CONCLUSION

The 12-15 years old school children in Esan central Local Government Area had a fair oral hygiene status and a very low caries experience which is in agreement with previous Nigerian studies among the study group. Oral health promotion programs should be reinforced in the study area with emphasis on oral hygiene instructions and utilization of dental health care facility.

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Conflicts of interest

The authors declare that they have no conflicts of interest.

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