

KAP on Oral Health and Oral Cancer in a Peri-Urban High School in India

[Location: Pavoor Panchayat, Deralakatte. Mangalore, Karnataka, India. Pavoor High School: A pilot study, Nov 2016]

Chitta C, Shahnawaz K, Sonal H, Sitara R, Shruthi and Noel Joshi

Department of Oral Biology & Genomic Studies, A.B Shetty Memorial Institute of Dental Sciences, Nitte University, Mangalore India



KAP on Oral Health and Oral Cancer in a Peri-Urban High School in India

[Location: Pavoor Panchayat, Deralakatte. Mangalore, Karnataka, India. Pavoor High School: A pilot study, Nov 2016]

Chitta C, Shahnawaz K, Sonal H, Sitara R, Shruthi and Noel Joshi

Department of Oral Biology & Genomic Studies, A.B Shetty Memorial Institute of Dental Sciences, Nitte University, Mangalore India

Abstract

Pavoor Panchayat is located in the Mangalore district of Karnataka State in India. Pavoor has a population of 10,000. There are nearly 2500 school going children lives in the area. A pilot survey was conducted by the Department of Oral Biology and Genomic Studies of A.B. Shetty Memorial Institute of Dental Sciences, of Nitte University, Deralakatte Mangalore. The objective of the study was to assess the knowledge, attitude and practice (KAP) regarding oral health, oral cancer, such as- (i) the oral health perceptions for quality of life; (ii) information regarding risk-associated factors for occurrences of oral cancer; (iii) free-sugar intake and body mass index(BMI); (iv) the prevalence rate of dental decay, periodontal diseases and orthodontic problem. The study population was the students of a high school located in a state of India—a peri-urban population of Karnataka, considered as a sampled population. A total of 64 children (age ranged 11-13, equal number of male and female students) were examined for the estimation of their decayed missing and filled tooth (DMFT) score, community periodontal Index (CPI), index for orthodontic treatment need (IOTN), and their body mass index (BMI). KAP score was recorded regarding occurrences of oral cancer. KAP score was also recorded for consumption of fizzy drinks, chocolates by the population group, which seems to relate to the incidence rate of dental decay and BMI. However, their DMFT value was found low i.e., 1.04, the IOTN score was high ranged between 3.2 and 4, and their BMI was recorded low ie.16.3. The KAP score on understanding on oral cancer, and ill effect of tobacco chewing and smoking, the consumption of fizzy drinks (carbonated drinks), chocolates, and causational effect of free-sugar intake and incidence rate of dental decay was poor (Figure 1). All of them from the sampled population clean their teeth and gums after each meal except before going to sleep in the night. They do not have specific knowledge regarding proper techniques to keep clean of their mouth cavity. Moreover they do not know about the importance of fluoridated tooth pastes for maintenance of stronger teeth and bone,

Remark: Interestingly, although the KAP score regarding free-sugar intake is low, the DMFT score is not high, but practice-wise less number of the students consume free-sugar frequently. The average BMI score is low, which needs a review and monitoring. KAP regarding mouth cancer is poor, which needs to be improved through education. IOTN score is relatively high, needs orthodontic assessment and intervention.

KAP on Oral Health and Oral Cancer in a Peri-Urban High School in India

[Location: Pavoor Panchayat, Deralakatte. Mangalore, Karnataka, India. Pavoor High School: A pilot study, Nov 2016]

Chitta C, Shahnawaz K, Sonal H, Sitara R, Shruthi and Noel Joshi

Department of Oral Biology & Genomic Studies, A.B Shetty Memorial Institute of Dental Sciences, Nitte University, Mangalore India

Curtsey Counselling: After finishing of the assessment and recording, a generic education for awareness and counselling session was carried out by Professor Chitta Chowdhury, and a simultaneous re-enforcement (translational information) was delivered by Ms Sonal Hegde- an Intern posted in the Department of Oral Biology.

Evidential snap-shots

KAP on Oral Health and Oral Cancer in a Peri-Urban High School in India

[Location: Pavoor Panchayat, Deralakatte. Mangalore, Karnataka, India. Pavoor High School: A pilot study, Nov 2016]

Chitta C, Shahnawaz K, Sonal H, Sitara R, Shruthi and Noel Joshi

Department of Oral Biology & Genomic Studies, A.B Shetty Memorial Institute of Dental Sciences, Nitte University, Mangalore India



Figure 1: Group Spot Assessment for KAP and Education for Awareness (in English and Local language)

KAP on Oral Health and Oral Cancer in a Peri-Urban High School in India

[Location: Pavoor Panchayat, Deralakatte. Mangalore, Karnataka, India. Pavoor High School: A pilot study, Nov 2016]

Chitta C, Shahnawaz K, Sonal H, Sitara R, Shruthi and Noel Joshi

Department of Oral Biology & Genomic Studies, A.B Shetty Memorial Institute of Dental Sciences, Nitte University, Mangalore India



Figure 2: Group Spot Assessment for KAP and Education for Raising Awareness: Re-enforcement and Engagement

KAP on Oral Health and Oral Cancer in a Peri-Urban High School in India

[Location: Pavoor Panchayat, Deralakatte. Mangalore, Karnataka, India. Pavoor High School: A pilot study, Nov 2016]

Chitta C, Shahnawaz K, Sonal H, Sitara R, Shruthi and Noel Joshi

Department of Oral Biology & Genomic Studies, A.B Shetty Memorial Institute of Dental Sciences, Nitte University, Mangalore India



Figure 3: KAP Scoring,[On Free-sugar intake, Cancer Knowledge, Life-style]

KAP on Oral Health and Oral Cancer in a Peri-Urban High School in India

[Location: Pavoor Panchayat, Deralakatte. Mangalore, Karnataka, India. Pavoor High School: A pilot study, Nov 2016]

Chitta C, Shahnawaz K, Sonal H, Sitara R, Shruthi and Noel Joshi

Department of Oral Biology & Genomic Studies, A.B Shetty Memorial Institute of Dental Sciences, Nitte University, Mangalore India



Figure 4: BMI scoring

Figure 5: Oral Health Assessment (DMFT,CPI, IOTN)

KAP on Oral Health and Oral Cancer in a Peri-Urban High School in India

[Location: Pavoor Panchayat, Deralakatte. Mangalore, Karnataka, India. Pavoor High School: A pilot study, Nov 2016]

Chitta C, Shahnawaz K, Sonal H, Sitara R, Shruthi and Noel Joshi

Department of Oral Biology & Genomic Studies, A.B Shetty Memorial Institute of Dental Sciences, Nitte University, Mangalore India

Acknowledgement

I would like to thank Professor (Dr) U.S Krishna Nayak, Dean of AB Shetty Memorial Institute of Dental Sciences (ABSMIDS) and Professor (Dr) N Shridhar Shetty, founding dean of ABSMIDS and Director CADSS for their strategic supports on the study. . I duly acknowledge the helps and cooperation from Mr Firoz Malar, Head of Gram Panchayat of Pavoor and Head Master of the Pavoor High School.

©Professor Chitta Ranajn Chowdhury

Head, Department of Oral Biology & Genomic Studies

AB Shetty Memorial Institute of Dental Sciences, Nitte University, Deralakatte, Mangalore 575 018, Karnatakaka, India

Email. crc.ob.cod@gmail.com

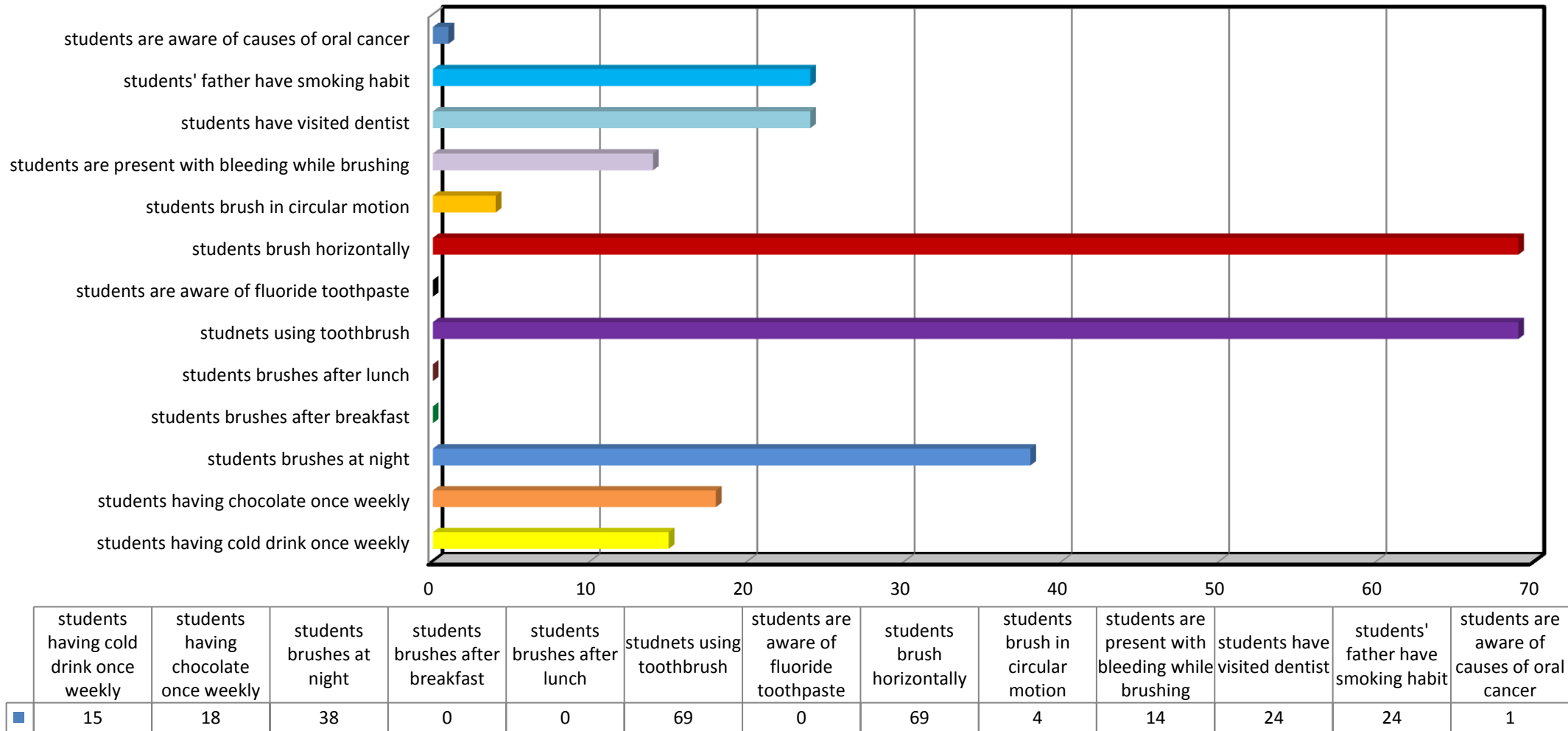
Nov., 2016

KAP on Oral Health and Oral Cancer in a Peri-Urban High School in India

[Location: Pavoor Panchayat, Deralakatte. Mangalore, Karnataka, India. Pavoor High School: A pilot study, Nov 2016]

Chitta C, Shahnawaz K, Sonal H, Sitara R, Shruthi and Noel Joshi

Department of Oral Biology & Genomic Studies, A.B Shetty Memorial Institute of Dental Sciences, Nitte University, Mangalore India



Graph 1: Graphical representation of Knowledge, attitude and practice regarding the Oral Cancer, diet practices and other related variables.