PERIODONTAL DISEASES OF ADULTS IN PATIENTS ATTENDING KENYATTA NATIONAL HOSPITAL

A COMMUNITY DENTISTRY PROJECT RESEARCH SUBMITTED IN PARTIAL FULFILLMENT OF THE BACHELOR OF DENTAL SURGERY DEGREE OF THE UNIVERSITY OF NAIROBI.

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Declaration

Patrick M Kihara, hereby swear that this is my original work and that it has not been submitted elsewhere for examination.

Sign _______________________________ Date 16/11/07

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This research project has been submitted for examination with our approval as university lectures.

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ABSTRACT

Background.
A periodontal disease is a condition affecting tissues surrounding and supporting the teeth. Studies have reported that it is a major cause of tooth losing adults. Oral half (50%) the age of 18 years have some form of the disease after age 35 over 75% of all people are affected.

Method.
A descriptive sectional design was applied. This is a hospital based study in Kenyatta National hospital with patients drawn from wards 5, 6, 7, 8, a total of 138 respondents will participate.

Results.
A total of all respondents (69.5% of all the respondents) There were more females n = 49 (53.8%) than the males n = 42 (46.2%).

Majority of age group was 50-60 years old represented by n = 21 (23.1%) only n = 13 (14.4%) knew that periodontal diseases are caused by bacterial deposits on teeth. Poor cleaning 21 (23.5%) and aging 29 (31.9%) were thought to be the primary causes of periodontal diseases.

Discussion
Majority of the patients did not know what periodontal diseases were 49 (58.2%). This can be attributed to lack of periodontal awareness and knowledge.

Recommendations:
Oral health provides laying down strategies to create periodontal awareness to the public and also educate community on preventive measures and importance.
KNOWLEDGE, ORAL HYGIENE PRACTICES AND PREVALENCE OF
PERIODONTAL DISEASES OF IN-PATIENTS ATTENDING KNH HOSPITAL

INTRODUCTION

Periodontal disease is a condition affecting the tissues surrounding and supporting the teeth. Studies have reported a major cause of tooth loss in adults. The primary etiological factor is bacteria found in plaque. These substances that irritate the gums leading to inflammation. This leads to recession gums may pull away from teeth) pocket formed and fill more bacteria and pus.

In early stages (gingivitis) the disease is still reversible and can usually be eliminated by systemic daily brushing and flossing. Without prior treatment, periodontal disease can lead to undesirable effects such as loss of teeth, mobility of teeth, foul odour that can be debilitating to patient both socially and health wise. Because of these adverse results of periodontal disease, the dental profession cannot afford to ignore the need for the people to know and practice safe dental habits to safeguard their oral health. Some studies have shown a correlation between discharging periodontal abscesses and worsening of heart conditions such as infective endocarditic contributing factors towards the prevalence of periodontal diseases include: poor filling dental restoration, smoking, crowded teeth, improper bite ligament, clenching or grinding teeth, hormonal changes including pregnancy, menstruation, menopause, diet, systemic disease including blood disorders and diabetes, mediation including calcium channel blockers and anticonvulsants.
From the foregoing this study aims to investigate the knowledge, practices and prevalence of patients towards periodontal health because its occurrence is at any-stage-but over half of all people over the age of 18 have some form of the disease. After age 35 over 75% of all people are affected.

Kenya, like many other developing countries with a growing population and limited resources may not be able to meet immediate treatment needs of the general population with the high incidence of dental caries and periodontal diseases.
LITERATURE REVIEW

Studies have been carried out around the world to determine the level of knowledge and health practice prudence of various groups towards periodontal health. In adults aged 35 years and over, periodontal disease is universally regarded as the principle cause of tooth loss. Phillips KR and Stevens VJ (United States) 1999 examined the reasons for tooth loss and found. That slightly more than 50% of teeth were extracted due to periodontal disease, 34.4% due to caries, and 9.8% due to a combination of the two, and 3.4% for other reasons. This information definitely impacts the practice of dental hygiene-hygienists must focus primarily on preventing and treating periodontal diseases especially in young adults.

A study by Croxson IJ (England 1993 APR) to determine awareness of periodontal disease looked at knowledge of individuals on the health of their gum and tooth supporting tissues, what it means to them, how they interpret the information, and whether they seek care as a result of the knowledge. Though the way a dentist and a patient interact with or without such knowledge is important, it is contended that knowledge of the periodontal disease processes and of how to treat, mange, control and even prevent must be accompanied by awareness of the same by the patient, the profession and industry. This recognizes that the dentist and the patient are in partnership, especially in management of periodontal disease. Provision of the information for proper attitude and behaviour modification is thus indispensable.

Kalon Ka (England) 1998 also did a study which concludes that although a range of organizations can promote improvement in awareness, unless simultaneous efforts are made to improve knowledge and awareness of the general public to periodontal diseases