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Evaluation of Periodontal status of Visually impaired Institutionalized students of Mysore City, Karnataka, India

Abstract:

Background: Oral health is a vital component of overall health. It is important in adults and children alike, however, it is even more crucial for children with special needs as they have limited ability to perform oral health practices. Disabled children deserve the same opportunity for oral health as normal children. Unfortunately, oral health care is the most unattended health needs of the disabled children. **Aims:** This study aimed to evaluate and provide base line data on periodontal status of visually impaired student of Mysore city. **Materials and methods:** A cross sectional study involving all the 491, 4-22 years old, visually impaired students, using CPI index, for recording bleeding, calculus and pocket depth, by mouth mirror and CPI probe were used in the study. A specially designed proforma with details about socioeconomic status, oral hygiene practices, diet, consumption of snacks and dentist visiting pattern were added. Data was analyzed using SPSS Version 12.0 (Statistical Package Software). Statistical significance was determined by Chi-square test.

Results: Out of 491 students, 280(57%) were males and 211(43%) were females. 460(93.3%) students brushed once daily, with tooth brush and paste without an instructor, 215(43.8%) cleaned their tongue regularly. 123 students had periodontal disease findings, with 96(78%) had calculus, followed by bleeding 15(12.2%), and pocket depth of 4-5 mm 12(9.8%).

Conclusion: Though these students performed regular oral hygiene practices, they had poor oral hygiene, probably due to their inability to visualize plaque. As a dental healthcare professional this highly alarming situation requires immediate attention through proper education, motivation and health services.

Biography

Gurudath has contributed to research focusing on oral health knowledge, attitudes, and practices among school children, aiming to enhance dental health education and preventive strategies. His leadership at Farooqia Dental College has been instrumental in advancing both educational standards and community outreach programs, reflecting his commitment to improving public oral health.