



▼ FACULTY ABSTRACTS

F - 26 : EFFECTIVENESS OF A MOBILE APP IN IMPROVING ORAL HYGIENE AMONG PRIMARY SCHOOL CHILDREN: AN INTERVENTIONAL STUDY

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Introduction: Oral diseases are significant public health problems. Proper oral hygiene measures can prevent most common oral diseases like dental caries, gingivitis etc. Good habits has to be inculcated at the earliest age possible. This study was conducted to assess the effectiveness of interactive mobile app to improve oral hygiene of primary school children.

Methods: A pre-post intervention trial was done in a single school. Children of age 5-8 years with parents having smartphone were included. A total of 43 children were included. They were asked brush their teeth using the mobile app and were supervised by the parents. Baseline Oral hygiene measures (OHI-index, Gingival Index and Plaque index) was recorded and intervention was done for a period of 21 days. Post

intervention oral hygiene measures were recorded. Pre-post scores were compared by t-test and Mann Whitney U test.

Results: Statistically significant increase in oral hygiene measures was observed. Pre-intervention OHI score was 1.32 ± 0.35 and post score 0.61 ± 0.21 (p-value 0.001). Pre-intervention Gingival index scores was 0.67 ± 0.56 and post was 0.47 ± 0.35 (p-value 0.048) and Plaque index score pre-intervention was 1.12 ± 0.7 and post intervention was 0.72 ± 0.36 .

Conclusion: Interactive mobile app can be an effective tool in providing basic oral hygiene instructions for children.