

PS2.089

Adolescents' oral hygiene habits from a Rural and Northern Portuguese city

Carla Rodrigues(1), AB Figueiredo(2), LC Rocha(3), R Brás(1), S Rocha(4)

(1) UCSP São Neutel, Chaves 1, ACES Alto Tâmega e Barroso, ARS Norte, Portugal

(2) USF das Conchas, ACES Lisboa Norte, ARS LVT, Portugal

(3) USF Aquae Flaviae, ACES Alto Tâmega e Barroso, ARS Norte, Portugal

(4) UCSP B, Chaves 1, ACES Alto Tâmega e Barroso, ARS Norte, Portugal

Corresponding author: Dr Ana Beatriz Figueiredo, USF Das Conchas, ACES Lisboa Norte, Lisbon, Portugal. E-mail: beatrizfigueiredo41@gmail.com

Background: Oral hygiene (OH) is a behavior that adolescents should develop during their growth as its maintenance constitutes a health indicator. Ideally, adolescents should perform their OH 3 times a day and visit a dentist twice a year. OH is an important concern for education and disease prevention in the primary health care. Portugal has a government assistance program called Dentist-Check to improve oral care throughout childhood/adolescence. The check is granted at the family health unit and schools and it can be used in some assigned dentists. The ages included are 7, 10, 13 years-old, which are fulcral stages in dental development. Previous studies performed in Portugal revealed that 67,9% of eighth graders brush their teeth more than once a day.

Aim: To ascertain the OH habits of an adolescents' population of a portuguese city and detect if the dentist checks are being exerted.

Methods: Data was collected through a questionnaire distributed to 8th grade students, including number of dentist visits per year, number of daily teeth brush and previous tooth treatment.

Results: The sample included 159 students (n=159) with ages between 13 to 16 (medium=13,71; standard deviation (SD)=0,66). 99,4% reported at least 1 visit to the dentist. Concerning brushing frequency, 13,2 % brushed their teeth once a day, 57,9% twice day and 28,3 % reported 3-times a day. Regarding previous dental treatment, 44% stated having a treatment in the last 6 months and 20,8% in the last year.

Conclusion: From the results we can conclude that this sample appears to present better OH habits than the national average and most of the checks were used. However, the 3 times a day brushing frequency was not achieved. There's no statistical correlation between the frequency of dental brushing and other variables.

Keywords: adolescents, oral care, tooth brushing, dentist, Chaves, Portugal