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**Prevalence of common dental disorders and factors associated with dental care practice among adults attending National Dental Teaching Hospital, Sri Lanka**

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**Background:** Oral health is a key indicator of overall health, and dental diseases impact considerably on self-esteem and quality of life of individuals. The burden of dental disease varies from caries and minor dental pain to serious dental complications.

**Objectives:** As dental care practices play a key role in the prevention and mitigation of many dental diseases, the current study was aimed to identify dental care practices and its association with common dental diseases in a Sri Lankan cohort.

**Methods & Materials:** A descriptive cross-sectional study was conducted among 280 patients at the National Dental Teaching Hospital, Colombo, Sri Lanka, using the simple random sampling method. An interviewer-administered questionnaire developed by the researcher using scientific literature was used to collect data. The study was approved by the Ethics Review Committee of Kaatsu International University. The data were analyzed using SPSS (version 23).

**Results:** Most participants were female (60.7%), Sinhalese (77.1%), married (67.1%), and educated up to the GCE ordinary level (57.9%). Nearly two-thirds of dental diseases manifested in the third decade of life and dental caries was prevalent in one-half of the patient cohort. The majority brushed their teeth once daily (55%) for 2 min (53%) with fluoridated toothpaste (98%) using a toothbrush (98.9%). Usage of dental floss (18%) and mouthwashes (14%) were uncommon. Also, 83% never visited a dentist before symptom presentation, and 57.1% did not receive medical advice until the dental condition deteriorated into a serious condition with severe pain. One-sixth of the study cohort (17%) was either smokers or betel chewers. The dental caries prevalence was negatively associated with daily brushing ( $p=0.005$ ) and overall dental hygiene practices ( $p=0.002$ ). Furthermore, mucosal lesions were significantly associated with smoking ( $p=0.002$ ).

**Conclusion:** In this Sri Lankan cohort, the overall dental care practices were poor, and dental caries were common. Further strategies are needed to improve routine dental care practices and thereby minimize common dental diseases, in Sri Lanka.