“Importance of oral hygiene in our life”

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March 20, 2020

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**Introduction**

Necessity of education about oral health conditions has been discussed more and more in recent years. Oral health education is referred to as the process of provision of the oral health information to the people that they apply the principles to everyday routine. Oral health education helps to develop desirable dental health attitude and habits. As we look though the researches that were done, most of them concentrated on kids’ education, and it’s completely right but we can’t forget about parents and older generation, because they are the ones who controlling and watching kids’ behavior. For our presentation we choose students in age from 18 to approximately 30 years old. These people not from United states where education about oral health is on a high level, they are from foreign countries and we don’t know their knowledge background about our topic, but base on experience that we are already have with our patients, we can say that a lot of people did not even brush their teeth properly, about 80% of people not from USA never used floss in their life. As a future dental hygienist our role is to educate community in a best possible way, so we decided if we will educate these young students, we will help them and their future kids also, because they will know how to take care of their oral health. Some of the goals that we have were to introduce the importance of oral health, increase awareness of oral health and influence oral cavity to the whole body, explain how our diet or habits can influence our oral health, discuss most common diseased conditions in oral cavity. One of the researches that we have read has shown correlations between oral and systemic disease. Disease entities have been connected to bacteremia and inflammatory process. Also, we concentrated our attention on articles that describes oral hygiene of students, especially nursing students, and results show that a lot of them due to lack of time not brushing their teeth twice a day, only 3% of nursing students brushing their teeth before bad.

“Students in dental hygiene, health care management and nursing programs can play a vital role in this education. By jointly creating and operating an educational Center for Oral Health Promotion, they can better understand each other's professions”.

**Assessment**

The target population for this Service-Learning Field Project were English as a second language (ESL) students in age range 18 to 30 years old. We don’t know their knowledge background, but we assumed that their knowledge is insufficient and have room to grow, because they are new to this country, they have to work and study at the same time, so luck of time and constant stress have a big influence on proper oral hygiene. So, our role a dental hygienist and goals for this project was to explain them the proper dental hygiene, importance of it, importance of constant dental visits and how our habits and nutrition can influence on our oral health. Our presentation is containing a few parts and approximately 30 minutes in length with all explanations and demonstrations. We include a lot of different details, because our audience is adults and every piece of power point information can be related to them. We include nutrition because we want to worn our audience about pluses and minuses of acids that they eat and drink, because these type of products very accessible in US. One of the main points of our presentation is smoking, influence of cigarettes or even more - vapes are huge on oral health and health overall, so we would like to stress the harmfulness of this bad habit. Besides presentation we would like to do demonstration of proper brushing and flossing techniques to the students, and also let them try themselves, because as our experience in our clinic shows when patient demonstrating to us, they remembering much better and we will have a chance to correct them if they doing something wrong.

**Planning**

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