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RESEARCH ARTICLE

ASSESSMENT OF ORAL HEALTH RELATED KNOWLEDGE, ATTITUDE AND PRACTICE AMONG THE AUTORIKSHAW DRIVERS IN DAVENGERE CITY- A CROSS SECTIONAL STUDY

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ABSTRACT

Introduction: Work is a central element of an individual's life, and is the main reference for determining patterns of identity and sociability, political activities, family life, access to economic resources and opportunities for achieving good health and well being. There are some working classes such as road transport drivers who work tirelessly behind the wheels, commuting the different places without adequate food, rest and sleep. These people work in unfavourable climatic conditions compounded but delays and break down. Due to hectic schedule, they commonly use tobacco as smoking and chewing form to relief stress and to keep them alert during travel. **Aim:** The study aims to assess the oral- health related knowledge, attitude and practices among auto drivers in Davengere city, Karnataka. **Methods:** A total of 50 autodrivers were surveyed regarding the oral health related knowledge, attitude and practices. A well structured and administered questionnaire including 13 questions was used to elicit the responses. The study was conducted during Feb 2016. Statistical analysis was done using descriptive statistics. **Result:** Study reveals 66% of participants had a good knowledge about fact that periodontal disease cause gum bleeding and 82% of them were aware that tobacco consumption causes oral cancer. 28% of the subjects brushed twice daily and 72% performed it once daily. 48 % of subjects knew that tooth decay is the disease that destroys the tooth; 86% used brushing as a method to clean the mouth while 14% used their fingers. **Conclusion:** The overall oral health related KAP among the autodrivers seems satisfactory but more oral health programs targeted for the goodwill of the community are needed to improve the same.

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INTRODUCTION

Since the dawn of times, Adam attempted to taste the first fruit; tooth has played a primary role which has special importance of its own. India is one of the largest democracies in the world with a population of over one billion. It is rapidly developing nation and is making great progress in IT, finance and living standard. In spite of these, it is hard to understand that very few people believe in regular dental care (WHO, 2013). The dental health of the general population in developed countries has improved over the past few decades, but people from developing countries continue to have a high level of dental diseases.

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However, socioeconomic differences in the utilization of dental services still exist in many countries (Raja Pandian, 2012). The oral health of an individual depends upon their awareness and attitude (Al Ansari, 2003). Attitude reflect individual experience, familial beliefs, cultural perceptions and other life situations and these have a strong influence on oral behavior (Fathima, 2016). Many oral diseases can be prevented if education or awareness is provided. Knowledge about oral health is considered to be an important requirement for health-related practices (AlMutawa, 2002). Work is a central element of an individual's life and is the main reference for determining patterns of identity and sociability, political activities, family life, access to economic resources and opportunities for achieving good health and well-being (AlMutawa, 2002). The challenges of occupational environment are one of the major social determinants of health (Al□Tamimi, 1998). There are some working classes such as

road transport drivers who work tirelessly behind the wheel, commuting the different places without adequate food, rest and sleep.¹ These people work in unfavourable climatic conditions compounded but delays and breakdown. Due to hectic schedule, they commonly use tobacco as smoking and chewing form to relief stress and to keep them alert during travel (Azarpazhooh, 2006). As these people are usually from low class; they are economically weak; less educated, they experience a lot of stress. To overcome these stresses they use various forms of psychoactive substances like smokeless and smoking forms of tobacco along with alcohol, and sometimes go to work even without doing their daily oral hygiene practices.

As a result, it may lead to their compromised oral health causing increased risk to dental caries and gingival diseases. In spite of India being home to three-quarters of the world's autorickshaws, there are hardly less studies reported in oral health related knowledge, attitude and practices among the auto drivers in Davengere, Karnataka. The study reported here is an investigation conducted with respect to the auto drivers in Davengere city, Karnataka.

MATERIALS AND METHOD

A survey was conducted in Davengere city (on February 14'2016) among 50 auto drivers to assess the knowledge,

Table 1. Demographic data of the participants

	Mean	Standard deviation
Age	41.02	8.55

Table 2. Gender of the participants

Category	Variable	Number	Percentage
Gender	Male	50	100%
	Female	0	0%

Table 3. Socioeconomic status of the participants

		Number	Percentage
Income	<20000	28	56%
	20000-40000	22	44%
	>40000	0	0%
Education	<10 th standard	30	60%
	Pre-university	20	40%
	Degree	0	0%

Table 4. Religion of the participants

Religion	Number	Percentage
Muslim	24	48%
Christian	13	26%
Hindu	13	26%

Table 5. Response of participate to the questionnaire

Questions	Options	Number	Percentage
1 How many times do you brush daily	a)1	36	72
	b)2	14	28
	c)3	0	0
2 What do you use for cleaning the mouth	a)Brushing	43	86
	b)fingers	7	14
	c)other means	0	0
3 How often do you visit the dentist?	a)once in 6 months	6	12
	b)once in a year	8	16
	c)as per needed	36	72
4 What type of brushing technique do you follow?	a)horizontal	28	56
	b) vertical	10	20
	c)circular	12	24
5 What according to you destroys tooth mainly?	a)tooth decay	24	48
	b)mobility	25	50
	c)other causes	1	2
6 Causes of gum bleeding?	a)periodontal diseases	33	66
	b)tooth decay	10	20
	c)other causes	7	14
7 What was your reason for visit to dentist?	a)tooth pain	32	64
	b)hole in tooth	8	16
	c)gum pain	3	6
	d)to correct irregularly placed teeth	7	14
8 Are you a smoker or tobacco user?	a)yes	17	34
	b)no	33	66
9 Are you aware that tobacco can cause mouth cancer?	a)yes	41	82
	b)no	9	18
10 Are you willing to attend awareness programs to improve your attitude towards oral health?	a)yes	31	62
	b)no	19	38
11 Do you use mouthwash for cleaning your mouth?	a)yes	8	16
	b)no	42	84
12 How long do you take to brush your teeth?	a)1minute	7	14
	b)2minute	31	62
	c)30seconds	8	16
	d)varies	4	8
13 According to you is there any relation between oral health and systemic disease?	a)yes	38	76
	b)no	12	24

A questionnaire consisting 13 close ended questions on oral health related knowledge, attitude and practices were translated into local language (Kannada). In our study, a convenient sample of 50 auto drivers were included and the subjects were asked to respond to the questions by choosing any one of the options mentioned in the questionnaire. Ethical approval was obtained from IRB and informed consent was obtained from each participants.

Sampling Size: $50(P(1-P)/D^2)$ P=Expected Proportion.

Prior to distributing copies of questionnaire, one of the investigator clarified the purpose of the investigation and described the procedure that would be adopted. The investigator distributed questionnaire to all the participants present at the auto stand and ample time was given for filling the questionnaire. While filling the questionnaire by the participants investigators waited at the auto stand itself to collect the questionnaire on the same day. Majority of the people were able to read Kannada, so they answered by their own. For some, for whom the words were not clear, doubts regarding the questions were clarified at the same time. The data collected was compiled and was checked for completeness. The findings obtained were coded and entered into Microsoft Excel (2010). The analysis was done using Statistical Package for Social Sciences (SPSS 21.0 version). Continuous data were presented as percentages and mean.

DISCUSSION

Oral health is an essential and integral part to the overall general health and living. The result of this study indicates the KAP of auto drivers to oral health. While 66% of the subjects had a good knowledge about the fact that periodontal diseases cause gum bleeding, 33% of the subjects were not aware of the same. According to several studies, there is a link between gum diseases and aspiration pneumonia, (Araoye, 2004), rheumatoid arthritis, (Donabedian, 1980), eye infection, cavernous sinus thrombosis (Donabedian, 1988), preterm delivery, (Donabedian, 2003), and diabetes (Tetui, 2012). About 82% of the subjects were aware that tobacco consumption causes oral cancer. The awareness about the ill effects of tobacco can be correlated with national oral survey and fluoride mapping 2002. Usage of tobacco results in a greater risk of cancer, pulmonary, and cardiovascular diseases. The adverse effects of smokeless tobacco are pancreatic cancer; Alzheimer's disease can cause complications to the mother and fetus. While smokeless tobacco is physiologically addictive, smoking tobacco is psychologically and physiologically addictive. About 28% of the subjects brushed twice daily and 72 % of them performed it once daily. 48% of the subjects knew that tooth decay is the disease that destroys the tooth; 86% used brushing as a method to clean the mouth while 14% of them used their fingers. Although 96% of the subjects knew the importance of a clean oral cavity, very few actually did something for it. About 82% of the subjects were aware that tobacco causes oral cancer, so there is a need to conduct awareness programs on tobacco cessation and referral to counseling and quit lines for targeting auto drivers, especially above 35 years.

Conclusion

The survey included 50 auto drivers from Davengere city. Sixty six percent of the subjects had a good knowledge about the fact that periodontal diseases cause gum bleeding and 82%

of them were aware that tobacco consumption causes oral cancer. Twenty eight percent of the subjects brushed twice daily and 72 % of them performed it once daily. Forty eight percent of the subjects knew that tooth decay is the disease that destroys the tooth; 86% used brushing as a method to clean the mouth while 14% of them used their fingers. The overall oral health-related KAP among them seems satisfactory but more oral health programs targeted for the goodwill of the community are needed to improve the same.

Limitations

- This research was limited to auto drivers of one particular location, it is not known whether trends found reflect local attitude or are more widespread.
- Social desirability to the self-administered questionnaire
- The cross sectional design does not allow for assessment of changes in psychological status overtime.

Recommendations

- This study has to be conducted at multiple sites to get a more generalizable result.
- Only the knowledge, attitude and practice of oral hygiene methods by auto drivers have been taken into account. Oral hygiene status should also be included to understand the determinants of oral health.

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