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**COMPARATIVE STUDY BETWEEN
THE EFFECTIVENESS OF TWO METHODS IN
ORAL HEALTH EDUCATION AMONG
GRADE V SCHOOLCHILDREN IN MONYWA**

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B.D.S.

**Master of Dental Science
(Preventive and Community Dentistry)**

2017

ABSTRACT

The objective of this study was to compare the effectiveness of two methods (audiovisual and lecture) in oral health education on oral health knowledge and PHP index score of Grade V schoolchildren attending two government schools in Monywa. A total of 136 schoolchildren were participated in this study (68 schoolchildren from No.6 State Primary School in Monywa and 68 schoolchildren from No.7 State Primary School in Monywa). Schoolchildren from No.6 State Primary School were set as audiovisual group (Group I) and schoolchildren from No.7 State Primary School were set as lecture group (Group II). Two government schools were randomly selected. Schoolchildren are Grade V and 9-10 years of age. Grade V students from both schools were selected by simple random sampling method. Oral health education was given within the Group I by audiovisual aids at week 0 and week 4. Oral health education was given within the Group II by lecture aids at week 0 and week 4. Oral health knowledge and PHP index score were assessed at baseline, week 1, week 12. The study design was community based randomized comparative study. The study duration was three months from the day of first visit. To evaluate oral health knowledge scores of Grade V schoolchildren, 20 questions were used. PHP index score was assessed by using Patient Hygiene Performance Index. The mean oral health knowledge scores at baseline were 8.49(\pm 2.15) in Group I and 8.38(\pm 2.39) in Group II. At 1 week, the mean oral health knowledge scores were 10.84(\pm 2.33) in Group I and 10.78(\pm 2.66) in Group II. At 12 weeks, the mean oral health knowledge scores were 14.72(\pm 1.84) in Group I and 14.60(\pm 1.56) in Group II. The mean PHP index scores at baseline were 3.09(\pm 0.55) in Group I and 3.10(\pm 0.66) in Group II. At 1 week, the mean PHP index scores were 2.17(\pm 0.76) in Group I and 2.16(\pm 0.62) in Group II. At 12 weeks, the mean PHP index scores were 0.84(\pm 0.37) in Group I and 0.88(\pm 0.34) in Group II. In the audiovisual and lecture groups, there were significant improvements in oral health knowledge

scores after oral health education. In the audiovisual and lecture groups, there were significantly reduced in PHP index scores after oral health education. Both audiovisual and lecture oral health education methods could be equally effective to prevent against plaque related oral diseases.