

ASPECTS REGARDING EFFICIENT PRACTICES IN MAINTAINING HEALTH STATUS

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Abstract

The paper is focused on individual experiences regarding the realization of a strategy for monitoring medical assistance and preventing diseases, for the well-being of patients. Personal involvement in various procedures performed in a rural dental office led to the selection of the best options regarding the management of oral health problems and the follow-up of patients. The novelty of the material is found in the design of the research, which brings both theoretical and practical aspects by identifying the specific conditions to be addressed, individualizing the treatment and managing the patient in order to maintain the state of oral health and also a better quality of life. The purpose of the paper is to highlight the organization and quality of dental health services directly involved in improving the quality of life with reference to the ability of patients to perform their usual activities without physical and mental discomfort. An opinion questionnaire was used for a number of 200 patients who called for office consultations and who answered a predetermined set of questions. The results of the study lead to the idea that a beneficial balance of the state of healthcare and implicitly the quality of life mainly refers to the communication between the medical staff and the patient, the addressing pathology, the type of ailments and treatments, the satisfaction of the therapeutic act.

Keywords: hygiene, improving life, lifestyle, oral health, prevention

1. INTRODUCTION

More and more recently, there is a desire to provide new perspectives in the quality of life related to oral health. The reason for paying attention to the quality of life related to oral health is the worldwide concerns, so the impact on the overall health of people (Janto et al., 2022).

There are concepts that include a subjective assessment of the individual's oral health, functional and emotional well-being, expectations and satisfaction with care, and self respect, being integral to overall global public health and general good feeling (Sischo and Broder, 2011).

Certain studies also consider possible resources from nature in assisting patients with clinical problems and developing them to optimize quality of life. Preventive care practices in dentistry focus heavily on continuing education and constant maintenance, with patients actively contributing to the improvement their own health through promoting self-care through various methods including even natural therapy (Preda and Vitalia, 2020; Teodoro et al., 2022).

Diseases of the oral cavity by generating infections, inflammations and other pathological conditions can have a triggering or promoting role in the development of systemic conditions with a

serious impact on the general state of health, thus a challenging daily experience, often with functional and psychosocial aspects (Watt et al., 2019). The correct management of patients' health in the oro-dental field involves aspects related to the specific conditions in the care and tracking the evolution of the treatments carried out, which leads to obtaining an adequate vision of all the factors involved. Patient satisfaction is closely dependent on the clarity of the information provided and the confidence that the treatment will be adequately managed, this can be an important aspect of doctor-patient communication (Weyant and Saltmarsh, 2014).

The paper presents aspects regarding the completion of an original research, with direct implications on the management and selection of effective practices in monitoring and promoting the quality of life related to the essential oral health care of patients.

2. MATERIALS AND METHODS

The practical working method included: visual-tactile examination, recording the data in the individual treatment sheet, and then filling in the opinion questionnaire by the patient. Along the way, the questionnaires were completed during the period 1.10.2021-1.11.2022, through which they wanted to find out data about: presentation to the dental check-up, attitude towards the health of the dento-maxillary system, oral hygiene skills, the degree of satisfaction regarding the quality of the medical services offered. The treatment sheet contains the patient's personal data regarding personal pathological history, allergies, contagious diseases, health problems, anesthetic test, diagnosis, prognosis and treatment plan. The opinion questionnaire applied to evaluate patient satisfaction was focused on a group of 200 different people (women and men), chosen at random, who sought consultations in the rural medical office, having dental problems.

3. RESULTS AND DISCUSSIONS

The results obtained considering the sample of 200 patients are presented in the following figures. Common dental pathology in the rural dental practice is highlighted in figure 1.

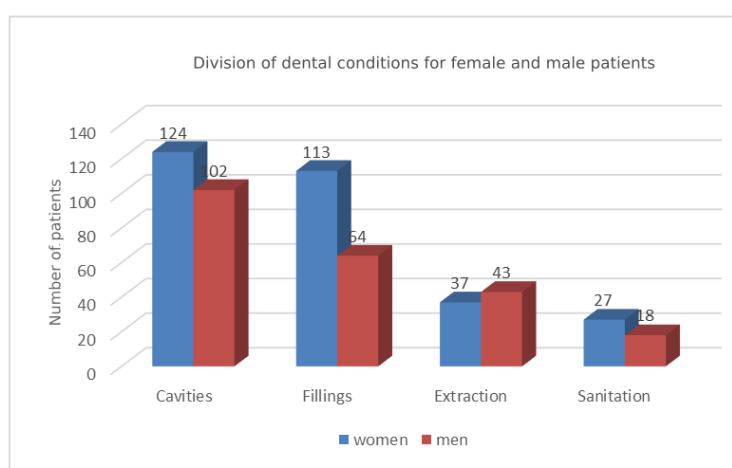


Figure 1. Distribution of patients according to the pathology of referral-diagnosis in a rural practice

About 200 patients answered to the questionnaire with predetermined questions. Suggestive questions are detailed below and the interpretation of the results is presented graphically.

1. What dental problems do you most often go to a dentist for?
2. How do you think you will improve your dental health by using...
3. How often do you consult a dental specialist ?
4. How satisfied are you with the quality of medical services in our dental office?
5. The quality of the medical act and the care received, can be appreciated in this way...

Figures 2-5 show the distribution of patients according to the answers to some of the questions of the opinion questionnaire.

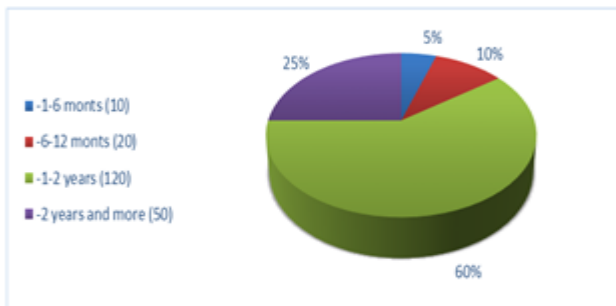


Figure 2. Distribution of patients according to frequency of referral (rhythmicity of referral) in a rural practice



Figure 3. Distribution of patients according to the type of treatment applied in a rural dental office

From the self-completed questionnaire, we can appreciate that endodontic treatments – emergencies, 60% of the rest of the patients present themselves at the rural office with an appointment. The addressing pathology is varied, the incidence of caries leads to dental treatments and extractions, thus a percentage of we have coronary destruction 35-40% (extractions, dental treatment, prosthetic treatment), pulpitis 30% (dental treatment), dental tartar (sanitizations) 80%. From figure 2, it can be seen that most patients come to the dental office once every 2 years (60%), and the fewest come once every 6 months (10%).

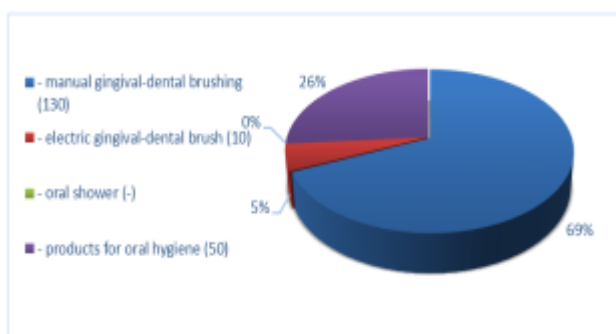


Figure 4. Distribution of patients according to the method of increasing the state of oral health and improving the quality of life

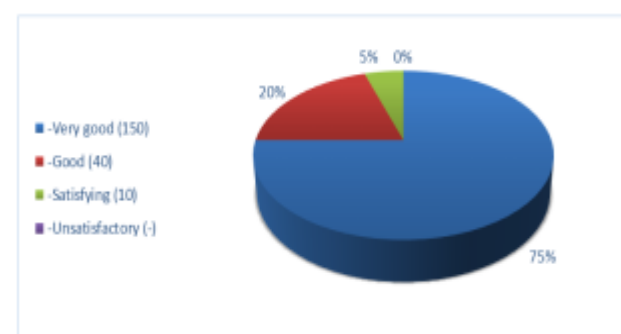


Figure 5. Distribution of patients by level of satisfaction in a rural practice

The pathology being diverse, it was found that the level of caries is quite extensive in patients, it will lead to a high degree of obturation in women in particular, and even sanitation, due to the fact that the female gender is more concerned with the hygiene of the oral cavity and aesthetics teeth.

With regard to the quality of medical services, approximately 75% of patients consider the medical services offered by rural dental offices to be very good (the result obtained for question no. 4 of the opinion questionnaire).

The experimental design used was aimed at managing the improvement of the health status of patients with oro-dental conditions and the promotion of new therapeutic and constructive practices in dental care. The quality of life regarding oral health can be improved in terms of the repeatability and time interval in performing the medical control.

The prophylaxis of dental diseases consists of a series of measures that achieve a balance beneficial to the maintenance of oral and dental health: oral hygiene guidelines: bacterial plaque detection, fluoridation, sealing, descaling, professional brushing, periodic dental consultation.

4. CONCLUSIONS

The application of the questionnaire to rural patients led to beneficial solutions regarding the maintenance of oral health and which were highlighted by the research carried out.

The differences in dental pathology for women and men, as well as the frequency of referrals and satisfaction of the patients, who calls on medical services have been analyzed and, can be starting points in preserving functional well-being.

Patient responses to the designed questionnaire will be able to be used to develop obvious and specific medical practices, as well as to consider recommendations for promoting healthy lifestyle (counseling to reduce nicotine addiction, balanced diet with reduced sugar consumption, anti-sedentaryism, limiting alcohol abuse, etc.).

A proper patient follow-up program will include: correct periodic evaluation of patients and well-conducted anamnesis, with special attention to the patient's health problems and his particularities, thus we will have an attitude appropriate to his psychological pattern, personalized courses to approach the most modern medical techniques, effective treatment plan for predictable final results.

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