

was determined. Subjects from the rural environment had more teeth affected by caries, and those from urban environment had better teeth sanitation (66 %). Subjects who brushed their teeth three or more times per day and who regularly visited the dentist had significantly higher values of FT and FST index. Health condition of subjects from urban environment, was better (higher values of FT index and slower cumulative distribution and statistical significance of FST index). There was no statistically significant difference in values of DMFT index in relation to subjects from rural environment. High values of DMFT index were determined in Croatian Army recruits. FST index is more adequate than DMFT index for application in a population with a higher level of dental caries. The conducted research contributes to determination of the dental health of Croatian Army recruits as well as to the organisation of optimal preventive programs.

Prevenција karijesa u prvim razredima osnovnih škola grada Zagreba

Barac-Furtinger V¹, Juhović-Markus V², Zdilar-Černy N.³

¹Privatna stomatološka ordinacija, Zagreb, Hrvatska

²Zavod za javno zdravstvo Grada Zagreba, Zagreb, Hrvatska

³Privatna stomatološka ordinacija, Zagreb, Hrvatska

Suvremena istraživanja pokazuju da je učinkovitost zdravstvenog odgoja mnogo veća ako je orijentirana na održanje zdravlja a ne na bolesna stanja. Provedenim programom željeli smo obuhvatiti djecu pri polasku u prvi razred osnovne škole te ih nastavnim procesom obavijestiti o osnovama očuvanja oralnoga zdravlja. Programom je obuhvaćeno 7000 djece, učenika prvih razreda u zagrebačkim osnovnim školama. Pri obveznom pregledu za upis u školu njihov je stomatolog na unificiranom obrascu utvrdio stanje oralnoga zdravlja. U prvim danima nastave dodatno izobražena preventivna medicinska sestra održala im je zdravstveno-odgojno predavanje te su djeca neposredno nakon predavanja sudjelovala u igraonici radom na bojankama. Uključivanje roditelja provedeno je s pomoću Bojanki i za tu prigodu napisanog Biltena. Nakon dva mjeseca, predavanje i igraonica s ponešto proširenim sadržajem su ponovljeni. Za roditelje je pripremljen nov Bilten.

Pregledom djece pri upisu u prvi razred osnovne škole utvrđeno je da samo 26,5% pregledane djece ima zdrave sve mliječne zube, i 76,2% djece ima zdrave sve trajne zube.

Rezultati pregleda pri upisu u prvi razred potvrđuju da je potrebno provoditi stomatološki zdravstveni odgoj, a na taj način zdravstveno-odgojnim porukama obuhvaćena su ne samo djeca već i nastavno osoblje, medicinske sestre i roditelji. Loše stanje oralnoga zdravlja utvrđeno pri pregledu za upis u prvi razred te zanimanje s kojim su program prihvatili svi sudionici potvrđuje da ga je potrebno i dalje provoditi.

Caries Prevention in First Grade Schoolchildren in Zagreb

Barac-Furtinger V¹, Juhović-Markus V², Zdilar-Černy N.³

¹DMD Private Practice, Zagreb, Croatia

²MD Institute for Public Health, Zagreb, Croatia

³DMD, Private Practice, Zagreb, Croatia

Contemporary studies have shown that oral health education is more effective when it is prevention-oriented rather than disease oriented. The implemented program aimed at including all first grade aged children and making them familiar with the basics of oral health protection through the educational program.

The program included 7.000 first grade aged children in primary schools in Zagreb. During the compulsory check-up required for enrolment in school, their dentist established the oral health status on a unified printed form. In the first school days, a nurse, previously additionally educated in oral health prevention, gave an oral health education lecture, and immediately after the lecture the children participated in a children's workshop by colouring the colouring books. Parent's involvement was achieved through colouring books and a special bulletin prepared and sent to them. Two months later, the lecture and the workshop with a slightly extended program were repeated. A new bulletin was prepared for the parents. The check-up of children for establishing their eligibility for enrolment in the first grade showed that only 26.5% of the children had caries-free primary teeth and 76.2% of the children had caries-free secondary teeth.

The results obtained at such oral health check-ups speak for the need to implement oral health education, and