

children was diagnosed with (<104) CFU lactobacilli, high level - of the vast majority of children (53.33%) (104 - 105) CFU lactobacilli.

Thus, we found a high concentration of major cariogenic microorganisms among children with caries of temporary teeth compared to dental healthy children. As the level of caries intensity increases, there is a probable increase in the titer of streptococci and lactobacilli.

**Mandziuk T.B.**

## **FORMING OF ORAL HYGIENE SKILLS AMONG SCHOOL-AGE CHILDREN DURING QUARANTINE**

*Department of Pediatric Dentistry  
Bukovinian State Medical University*

The health of the child's body is extremely important. For the proper functioning and development of the child, prevention and timely treatment of pathological changes in the body are important. Prevention of dental diseases remains an urgent problem.

Carrying out sanitary and educational work with schoolchildren, because of the rapid development of dentistry and the search for new effective methods and means of treatment of oral diseases, their prevalence remains high.

One of such methods of prevention is sanitary - educational work among the population. Children of middle school age need special attention, as at this age the forming of permanent occlusion and the dental-maxillary system as a whole take place.

In recent years, it has become common to conduct preventive examinations and thematic "Health Lessons" by students of the Dentistry Faculty under the guidance of teachers in preschools, schools and boarding schools. The essence of these lessons is to demonstrate to students the rules of brushing teeth and oral care clearly.

The current situation in Ukraine and around the world, caused by the prevalence of COVID-19, has made its adjustments in all areas of human activity, in particular in the process of higher medical education. That is why, for the period of quarantine restrictions, it was decided to carry out such preventive measures online.

First of all, a survey was conducted to determine what items and tools children used in the daily care of the oral cavity, or visited the dentist for preventive purposes.

An important step was to acquaint children with the means and objects of oral hygiene, the relevance and correctness of their intended use. Students demonstrated a variety of videos, mobile applications with which you can not only learn how to properly perform oral hygiene, but also competently select items and personal hygiene products.

Children were also shown how to brush their teeth properly using dental phantoms. We have developed illustrated recommendations for proper brushing and nutrition. Don't forget that food is an important factor in the self-cleaning of the oral cavity, the natural cleansing of soft plaque.

As a result, 60-80% of school-age children have an unsatisfactory state of oral hygiene, which indicates that they do not follow the hygienic rules of oral care, despite the high awareness and capabilities of modern society. This is due not only to non-regular care, but also to the lack of skills in proper brushing and the choice of hygiene products.

Experience shows that the necessary level of hygiene skills and systematic and proper care of the oral cavity among children can be ensured only with the proper cooperation of dentists, teachers, parents and children themselves.

Thus, prevention of dental diseases is extremely important and usually includes two components: daily oral hygiene and regular dental examinations. Each component of the prevention of dental diseases has its own characteristics.