

1. Джамалдинова, М. М. Несовершенный остеогенез / Джамалдинова М. М., Ратбай А. К. – Текст: непосредственный // FORCIPE. – 2022. – Т. 5, спецвып. 1. – С. 61.
2. День редких заболеваний. – Текст: электронный // Министерство здравоохранения РФ: официальный сайт. – 2022. [Электронный ресурс]. URL: <https://minzdrav.gov.ru/news/2014/02/28/1741-den-redkih-zabolevaniy> (Дата обращения: 29.10.2022).
3. Российская Федерация. Министерство здравоохранения. Приказ Министерства здравоохранения РФ от 29.12.2018 № 954н "Об утверждении стандарта первичной медико-санитарной помощи детям при незавершенном остеогенезе (консервативное лечение)" от 23 января 2019 года № 53527. // Официальный интернет-портал правовой информации. [Электронный ресурс]. URL: <http://publication.pravo.gov.ru/Document/View/0001201901250003> (Дата обращения: 29.10.2022).
4. Романенко, О. П. Питание детей раннего возраста при наследственных болезнях обмена веществ / О. П. Романенко. – Текст: непосредственный // Медицина: теория и практика. – 2019. – Т. 4, № 1. – С. 52-61.
5. Яременко, О. Б. Сустав. Хрящ. Коллаген / Яременко О. Б., Анохина Г. А., Бурьянова А. А. – Текст: непосредственный // Травма. – 2020. – Т. 21, № 4. – С. 6-12.
6. ГОСТ 31981-2013 Йогурты. Общие технические условия: межгосударственный стандарт: дата введения 2014-05-01 / Федеральное агентство по техническому регулированию и метрологии. - [Электронный ресурс]. URL: <https://internet-law.ru/gosts/gost/56571> (Дата обращения: 12.12.2022).

Сведения об авторах

Е.В. Штангрет* – учащийся

А.А. Каминов – учитель

О.С. Чеченихина – доктор биологических наук, профессор

Information about the authors

E.V. Shtangret* – student

A.A. Kaminov – teacher

O.S. Chechenikhina – Doctor of Sciences (Biological), Professor

***Автор, ответственный за переписку (Corresponding author):**

shtangret06lv@mail.ru

ЗА КАЧЕСТВЕННОЕ ОБРАЗОВАНИЕ

УДК 378.4

ИССЛЕДОВАНИЕ ЭФФЕКТИВНОСТИ ПРЕПОДАВАНИЯ ПРОФИЛЬНЫХ ПРЕДМЕТОВ СТУДЕНТАМ СТОМАТОЛОГИЧЕСКОГО ФАКУЛЬТЕТА С ПЕРВОГО СЕМЕСТРА

Виктория Дмитриевна Ковалик, Анастасия Юрьевна Котикова, Елена Владимировна Колотнина

Кафедра терапевтической стоматологии и пропедевтики стоматологических заболеваний

ФГБОУ ВО «Уральский государственный медицинский университет» Министерства здравоохранения РФ

Екатеринбург, Россия

Аннотация

Введение. Поддержание гигиены полости рта, включая борьбу с зубным налетом, является одним из главных факторов в предотвращении заболеваний. Врачам стоматологического профиля необходимо мотивировать своих пациентов на заботу о полости рта, а также обучать их выбору средств гигиены и правильным техникам их использования. Поэтому важно начинать обучение будущих специалистов правилам гигиены полости рта как можно раньше. **Цель исследования** – выявление отличий в знаниях и отношении к гигиене полости рта между студентами 1–2 и 4–5 курсов стоматологического факультета УГМУ для оценки эффективности обучения студентов 1–2 курсов профильным предметам. **Материал и методы.** Было проведено одноцентровое, контролируемое, открытое исследование среди студентов 1–2 и 4–5 курсов стоматологического факультета УГМУ. В исследовании приняли участие 100 студентов в возрасте от 17 до 25 лет, которым было предложено пройти русскую версию опросника закрытого типа Hiroshima University – Dental Behavioural Inventory (HU-DBI), разработанной Макото Кавамура и др. Полученные данные обработаны с помощью программы Excel версии 2019 года и представлены в виде таблиц. **Результаты.** Большинство студентов продемонстрировали эрудированность в вопросах выбора средств гигиены полости рта, а также их использовании. **Выводы.** Обучение студентов начальных курсов профильным предметам оказалось эффективным, так как в вопросах гигиены полости рта их знания приближены к знаниям старших курсов.

Ключевые слова: осведомленность, гигиена полости рта, стоматологическое образование.

STUDY OF THE EFFICIENCY OF PROFILE SUBJECTS TAUGHT TO STUDENTS OF THE DENTAL FACULTY FROM THE FIRST SEMESTER OF THE FIRST YEAR

Victoria D. Kovalik, Anastasia Yu. Kotikova, Elena V. Kolotnina

Department of Therapeutic Dentistry and Propaedeutics of Dental Diseases

Ural state medical university

Yekaterinburg, Russia

Abstract

Introduction. Maintaining oral hygiene including plaque control is one of the main issues in preventing oral diseases. Dental practitioners should motivate their patients to take care of their oral health, as well as teach them to choose the hygiene products and techniques. Therefore, it is important to begin training future professionals in oral hygiene as early as possible. **The purpose of the study** is to find out the differences in knowledge and attitude to oral hygiene among the first and second-year students as well as fourth and fifth-year students of USMU Faculty of Dentistry to assess the effectiveness of teaching junior students the profile subjects. **Material and methods.** We did a single-center, controlled, open-label study among 1-2- and 4-5-years students of the Faculty of Dentistry at USMU. 100 students aged 17 to 25 years participated in the survey using the Russian version of the Hiroshima University – Dental Behavioural Inventory (HU-DBI), developed by M. Kawamura et al. We analyzed the data using Excel 2019 and presented the results in the form of tables. **Results.** Most students demonstrated competence in the choice of oral hygiene products, as well as in their use. **Conclusions.** Teaching junior students profile subjects turned out to be effective, because in matters of oral health their knowledge is similar to the knowledge of senior students. **Keywords:** awareness, oral hygiene, dental education.

INTRODUCTION

Oral health is an integral part of the overall well-being of the human body. According to WHO, dental caries and periodontitis are the most common health problems in the world [1]. Maintaining oral hygiene including plaque control is one of the main factors in preventing oral diseases [2,4]. Dental practitioners should motivate their patients to take care of their oral health, as well as educate them on the choice of hygiene products and techniques for their use. Therefore, it is important to begin training future professionals in oral hygiene as early as possible. In 2021, such subject as Healthy Lifestyle in Dentistry was added to the curriculum of the first year of the USMU Faculty of Dentistry; in addition, the subject of Propaedeutic Dentistry was taught to students in the first semester of the first year instead of the second semester, which was earlier. Thus, students gained specialized knowledge from their first days at the university.

The purpose of the study – to find out the differences in knowledge and attitude to oral hygiene between the students of 1-2 and 4-5 years of USMU Faculty of Dentistry to assess the effectiveness of teaching profile subjects to students of 1-2 years.

MATERIAL AND METHODS

We did a single-center, controlled, open-label study among 1-2- and 4-5-year students of the Faculty of Dentistry at USMU. The study involved 100 students aged 17 to 25 years who were administered the Russian version of the Hiroshima University – Dental Behavioural Inventory (HU-DBI), developed by M. Kawamura et al. from the Department of Preventive Dentistry, Hiroshima University Faculty of Dentistry, Japan [3]. The study group consisted of 50 students in years 1-2 and 50 students in years 4-5. 1 point was awarded for each «yes» answer to questions 4, 9, 11, 12, 16, 19 and for each «no» answer to questions 2, 6, 8, 10, 14 and 15. The

maximum possible score was 12 and the minimum possible score was 0. The higher the score, the better the respondents' attitude to oral hygiene and their skills. The obtained statistical data was processed using Excel 2019 and presented in the form of tables.

RESULTS

Survey participants were divided into groups based on gender and year of the study (Table 1).

Table 1

Average score of respondents by year and gender

Year of study	Quantity	Median
1-2	50	6
4-5	50	8
Female	80	6
Male	20	6

Table 2

Statistics of the responses of dental students to the questions of the survey depending on the year of study

No	Question		1–2-year students, (%)	4–5 year students, %
1	I do not worry much about visiting the dentist	Yes	9 (36%)	19 (38%)
		No	32 (64%)	31 (62%)
2	My gums tend to bleed when I brush my teeth	Yes	4 (8%)	6 (12%)
		No	46 (92%)	44 (68%)
3	I worry about the color of my teeth	Yes	45 (90%)	35 (70%)
		No	5 (10%)	15 (30%)
4	I have noticed white sticky deposits on my teeth	Yes	11(22%)	22 (44%)
		No	39 (78%)	28 (56%)
5	I use a child-size toothbrush	Yes	6 (12%)	16 (32%)
		No	44 (88%)	34 (68%)
6	I think that I cannot help having false teeth when I am old	Yes	13 (26%)	16 (32%)
		No	37 (74%)	34 (68%)
7	I am bothered by the color of my gums	Yes	9 (18%)	5 (10%)
		No	41 (82%)	45 (90%)
8	I think my teeth are getting worse despite my daily brushings	Yes	7 (14%)	8 (16%)
		No	43 (86%)	42 (84%)
9	I brush each of my teeth carefully	Yes	41 (82%)	39 (78%)
		No	9 (18%)	11 (22%)

10	I have never been taught professionally how to brush	Yes No	12 (24%) 38 (76%)	13 (26%) 37 (74%)
11	I think I can clean my teeth well without using a toothbrush	Yes No	21 (42%) 29 (58%)	13 (26%) 37 (74%)
12	I often check my teeth in the mirror after brushing	Yes No	47 (94%) 3 (6%)	38 (76%) 12 (24%)
13	I worry about having bad breath	Yes No	11 (22%) 39 (78%)	7 (14%) 43 (86%)
14	It is impossible to prevent gum diseases with toothbrushing alone	Yes No	42 (84%) 8 (16%)	34 (68%) 16 (32%)
15	I put off going to the dentist until I have a toothache	Yes No	20 (40%) 30 (60%)	14 (28%) 36 (72%)
16	I have used a dye to see how clean my teeth are	Yes No	7 (14%) 43 (86%)	14 (28%) 36 (72%)
17	I use a toothbrush which has hard bristles	Yes No	10 (20%) 40 (80%)	3 (6%) 47 (94%)
18	I do not feel I have brushed well unless I press my brush hard	Yes No	16 (32%) 34 (68%)	8 (16%) 42 (84%)
19	I feel I sometimes take too much time to brush my teeth	Yes No	11 (22%) 39 (78%)	21 (42%) 29 (58%)
20	My dentist told me that I brush my teeth well	Yes No	34 (68%) 16 (32%)	31 (62%) 19 (38%)

DISCUSSION

Table 2 shows the statistics of the answers to the survey questions separately, depending on the year of study. 4-5-year students are more likely to notice plaque on their teeth (22% vs 44%), even though they are more likely to think they take too long to brush their teeth (22% vs 42%). Nearly half of the 1–2-year students think they can brush their teeth well without flossing (42%). Only 26% of 4–5-year students answered positively to the same question. 1 and 2-year students also were more likely to check the condition of their teeth after brushing than 4–5-year students (94% vs 76%). 1–2-year students were more likely to postpone a visit to the dentist until they had oral pain (40% vs 28%). In addition, they were more likely to choose a

toothbrush with stiff bristles (20% vs 6%) and to exert more effort when brushing their teeth (32% vs 26%).

All dental students brush their teeth thoroughly and rarely complain about halitosis, bleeding, or gum color. Most students make sure they visit the dentist regularly. In addition, both groups of students are quite often told by their dentists that their oral hygiene is good. Even though 1 and 2-year students statistically showed lower results the difference between them and 4 and 5- year students were not very big.

CONCLUSIONS

1. Most of all students do not use additional oral hygiene products, but there is a trend for using such products by senior students.

2. Most students demonstrated competence in the choice of oral hygiene products and in their use.

3. The study of profile subjects by junior students turned out to be effective, because their knowledge of oral hygiene issues is similar to that of the senior students.

LIST OF SOURCES

1. The World Oral Health Report 2003: continuous improvement of oral health in the 21st century--the approach of the WHO Global Oral Health Programme // PubMed URL: <https://pubmed.ncbi.nlm.nih.gov/15015736/> (дата обращения: 15.12.2022).

2. Impact of oral hygiene instructions on plaque index in adolescents // PubMed URL: <https://pubmed.ncbi.nlm.nih.gov/32592553/> (дата обращения: 10.12.2022).

3. Senthil K., Nazargi M., Surya T. Awareness of Oral Hygiene among Dental College Students in Namakkal, Tamil Nadu, India: A Cross-sectional Analysis // Journal of Health Sciences & Research. - 2021. - №11(2). - С. 53-57.

4. Балян, Л.Н. Осведомленность населения молодого возраста в вопросах индивидуальной гигиены полости рта/ Л.Н. Балян // Проблемы стоматологии. - 2009

Сведения об авторах

В. Д. Ковалик* - студент

А. Ю. Котикова - кандидат медицинских наук, доцент

Е. В. Колотнина - кандидат филологических наук, доцент

Information about the authors

V. D. Kovalik* - student

A.Yu. Kotikova - Candidate of Sciences (Medicine), Associate Professor

E.V. Kolotnina - Candidate of Sciences (Philology), Associate Professor

***Автор, ответственный за переписку (Corresponding author):**

vkkv16@gmail.com