

Dissertation at -

CARE INDIA

*East Champaran
BIHAR*

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PGDHM I395

Dissertation Topic –

To assess the Oral Health condition and its relation with the gastric problems due to medication of the chronic illness among the Geriatric Population



Introduction

- India has acquired the label of an aging nation with the elderly population currently being over 77 million and the population is expected to account for an alarming 12 percent of the total population by 2020. The rapid graying of the population comes with a number of difficulties in terms of general and oral health.
 - Loss of independence, forgetfulness, lack of motivation, physical disability layered with chronic medical problems in them contribute to diminish the self care ability thereby enhancing their susceptibility to oral diseases.
 - Over 72% percent of people live in rural areas. The geriatric population constitutes the major portion of the rural population, about 80 percent of the elderly resides in rural India, and among them 73 percent are illiterate and 75 percent are economically dependent.
 - This study aims to establish a relation between the oral health condition and the medications consumed by the geriatric population with their gastric problems.
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Research Question –

1. What is the oral health condition of the geriatric population under study?
2. What portion of the population covered is affected by gastric problems?
3. How does the oral health condition and medication for chronic illness affect the gastric condition of the study subject.



Objective

General Objective

- Observe the relation between oral health condition and chronic gastric problems among geriatric population.

Specific Obejective

- To assess the oral health condition of the geriatric population under study.
 - To assess the extent of the geriatric population affected by gastric problems.
 - To assess the inter relationship between the oral health condition and medication for chronic illness with the gastric condition of the study population.
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Methodology

- **Study Area**

East Champaran District (

Motihari, Turkoliya, Pakdidayal, Dhaka, Kesariya, Chiraiya, Madhuban)

The selection of the District is on the basis of the posting and the seven blocks have been randomly selected with the exception of Motihari, which has been included to cover the urban population.

- **Study Design** - The present study was a descriptive cross sectional study.

- **Data Collection Technique** – Personal Interview

- **Data Collection Tool** - Interview schedule

- **Study Period** – February to April 2014

- **Target Groups** - Respondents for the study should be 60 years or older.

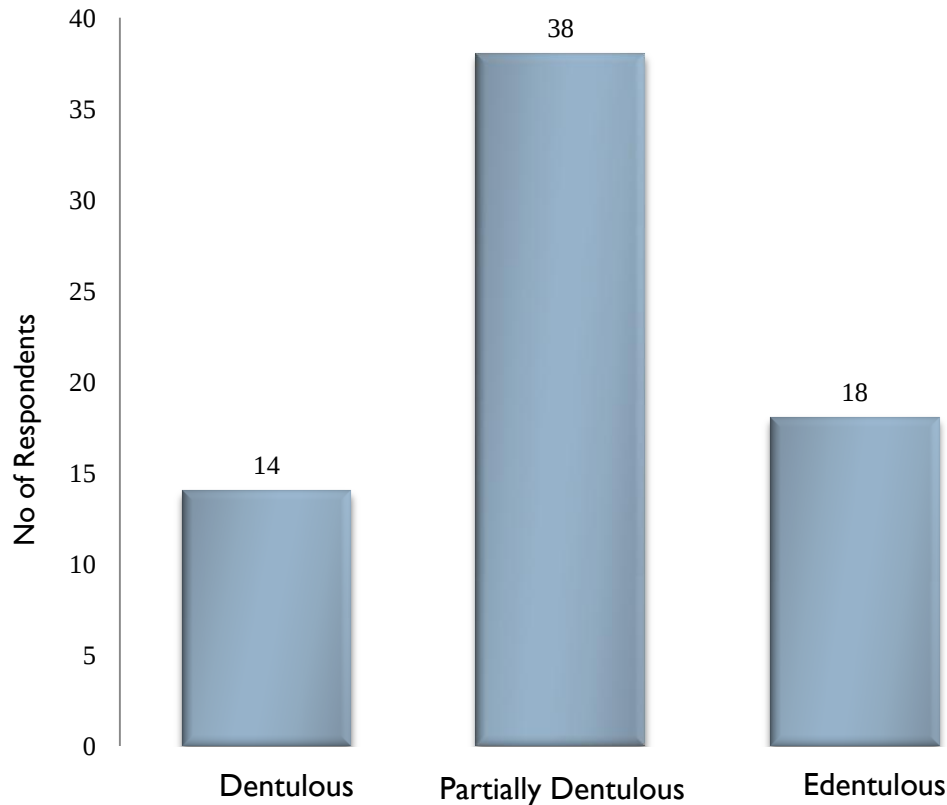
- **Sample Size** – A sample size of 70 respondents was targeted for the study.



Findings

1. Type of Dentition

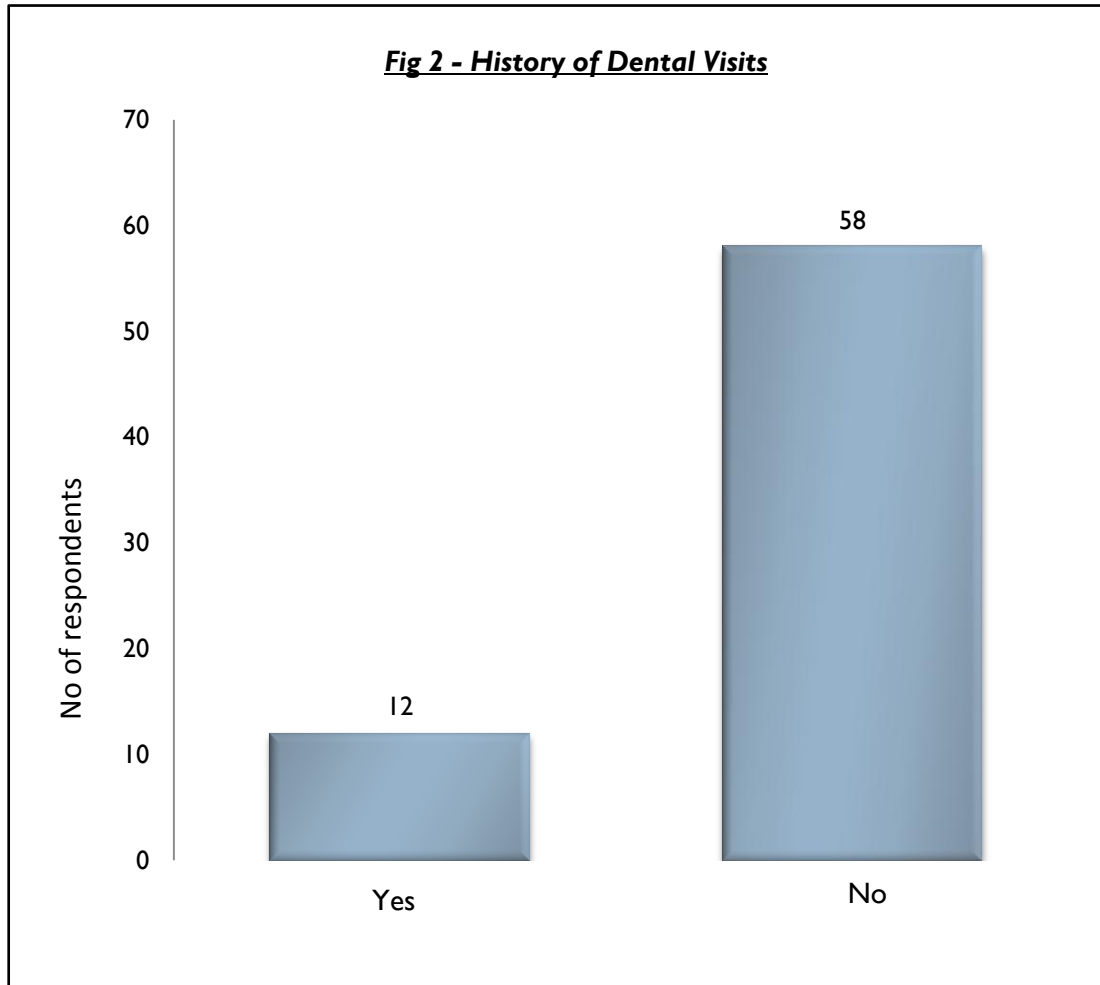
Fig 1 - Type Of Dentition



• Out of the 70 respondents, it was observed that 54% of them were partially edentulous, only 20% had complete dentition and almost 26% of the population interviewed was completely edentulous.

• This data points out how 80% of the population above 60 years of age is without complete dentition and has no artificial form of dentition like denture/bridge/caps etc to substitute for the loss of the missing dentition.

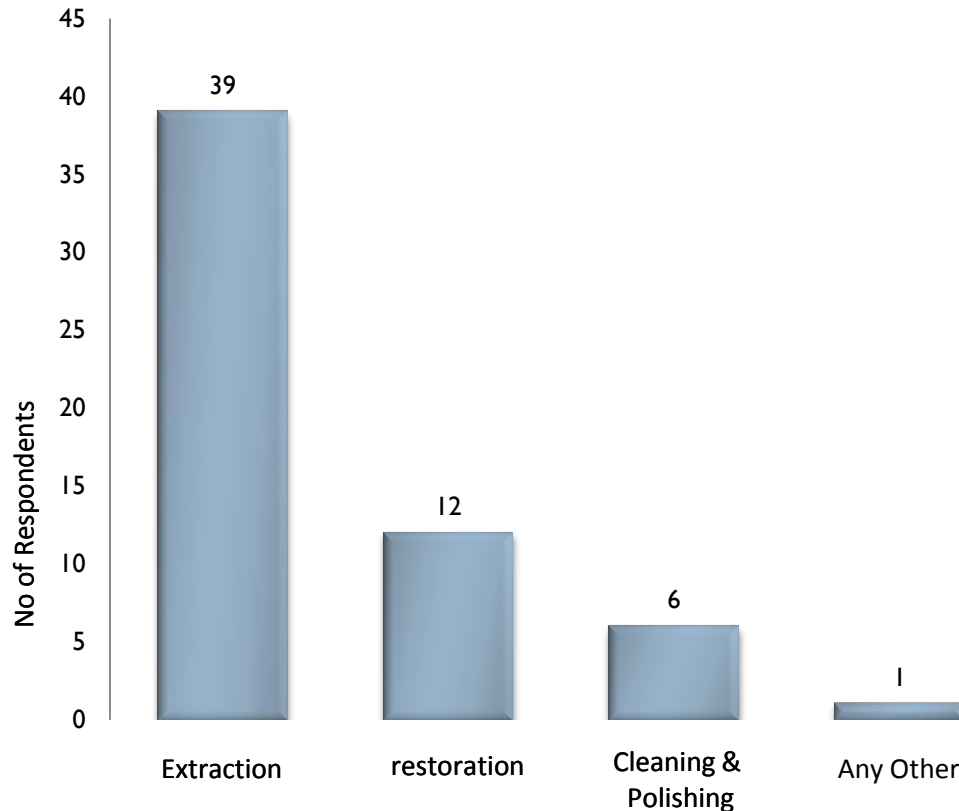
2. History of Dental Visits



- ▶ On asking on whether the respondents had ever visited a dentist, according to the response recorded, it was observed that 83% of the respondents had never visited a dentist in their lifetime. It was only the 17% of the respondents that gave the history of ever visiting a dentist.

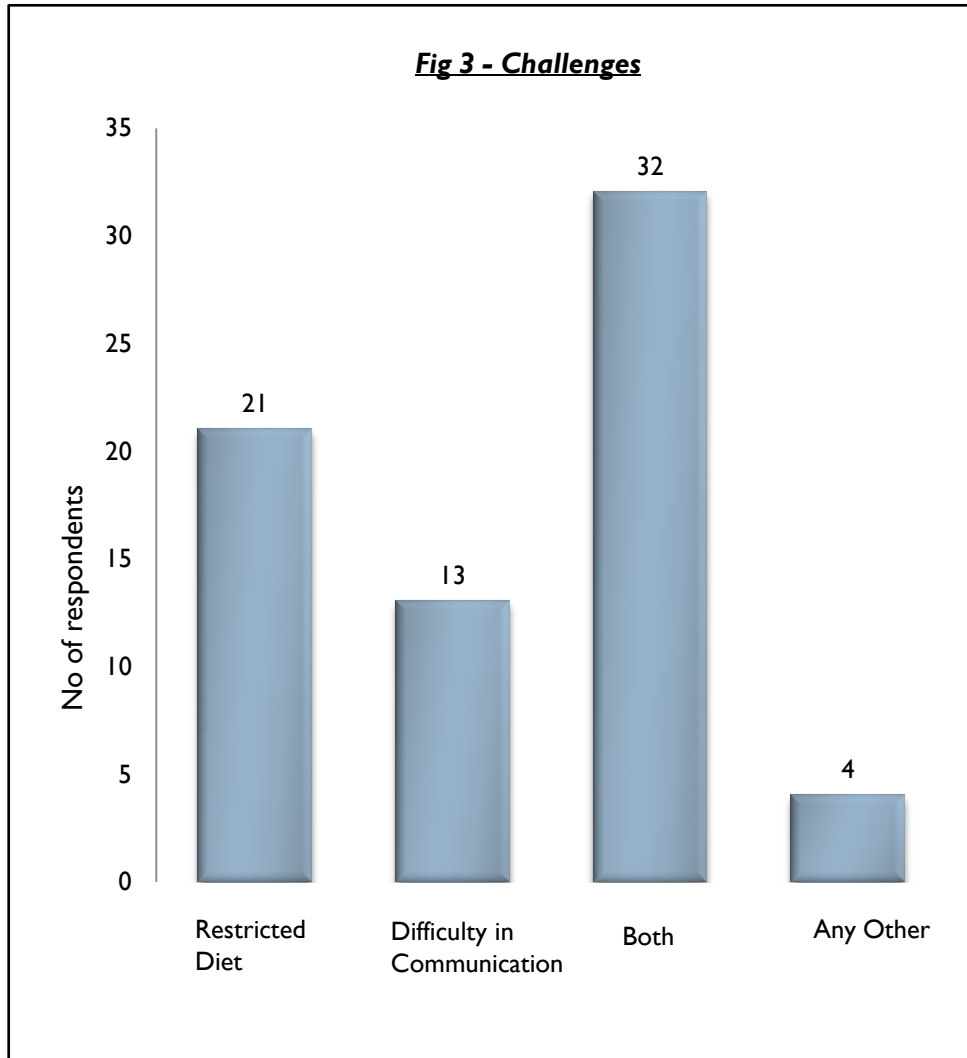
3. Treatment at the Dentist

Fig 3- Dental Treatment undertaken



- ▶ Of the respondents giving a history of a dental visit, 67% of the respondents said they had got their teeth extracted, 21% said had restoration done while only ten percent of them had undergone a preventive treatment.

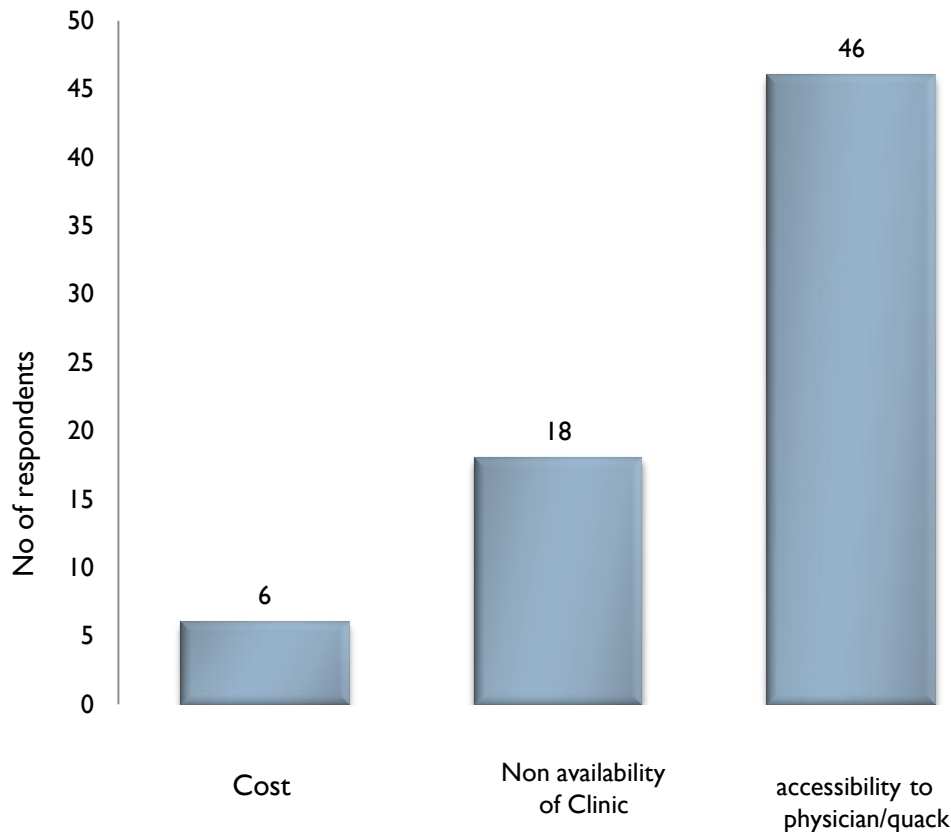
3. Challenges



- ▶ As observed, all the respondents suffered from one or the other problems listed due to their dental status. Problems like aesthetics, bad odour were some of the other problems that the respondents said they faced.

4. Reasons for Avoiding Dental Treatment

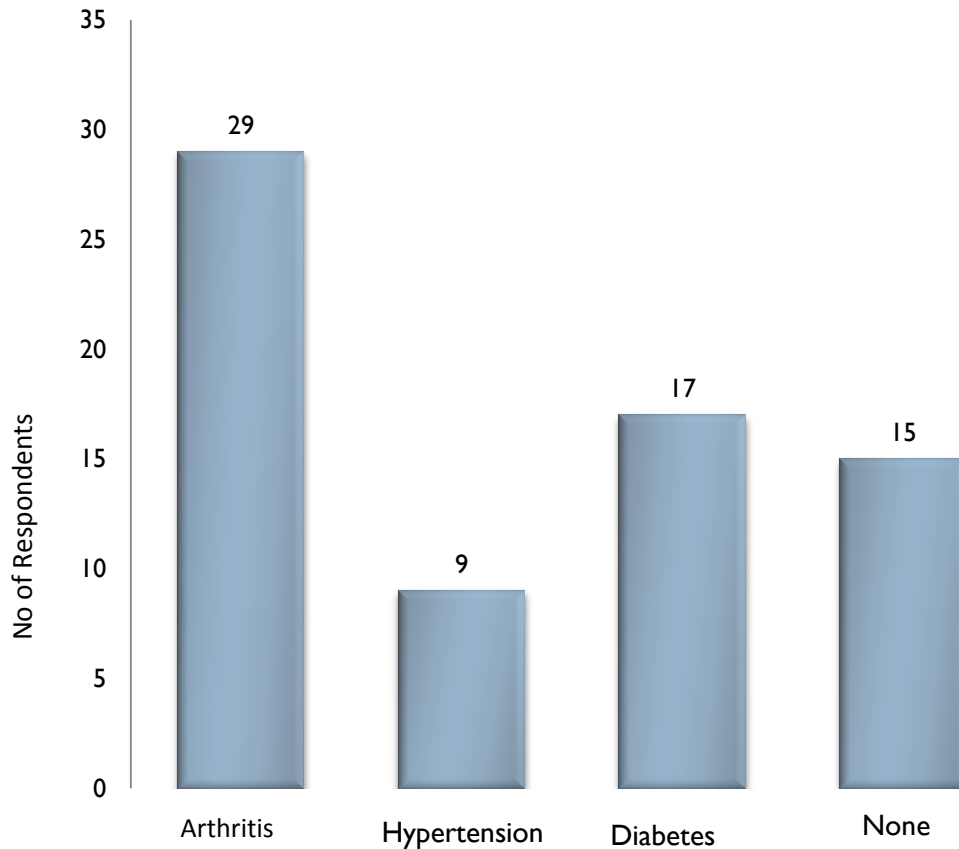
Fig - 4 Reasons for avoiding Dental Treatment



- ▶ As observed from the graph above, 66% of the respondents said that because they had easier accessibility to a physician or a quack in their area, they never felt inclined to go to a Dentist. 26% of the respondents said they would have considered going to a trained professional but because there was no dental set up in or around their area, hence they did not feel the need to make the effort of going to distant location and nine percent of the respondents said although they had the accessibility to a dentist and they would have considered going to him/her for treatment, but the cost involved in the dental treatment lead them to finding other alternatives.

5. History of Chronic Diseases

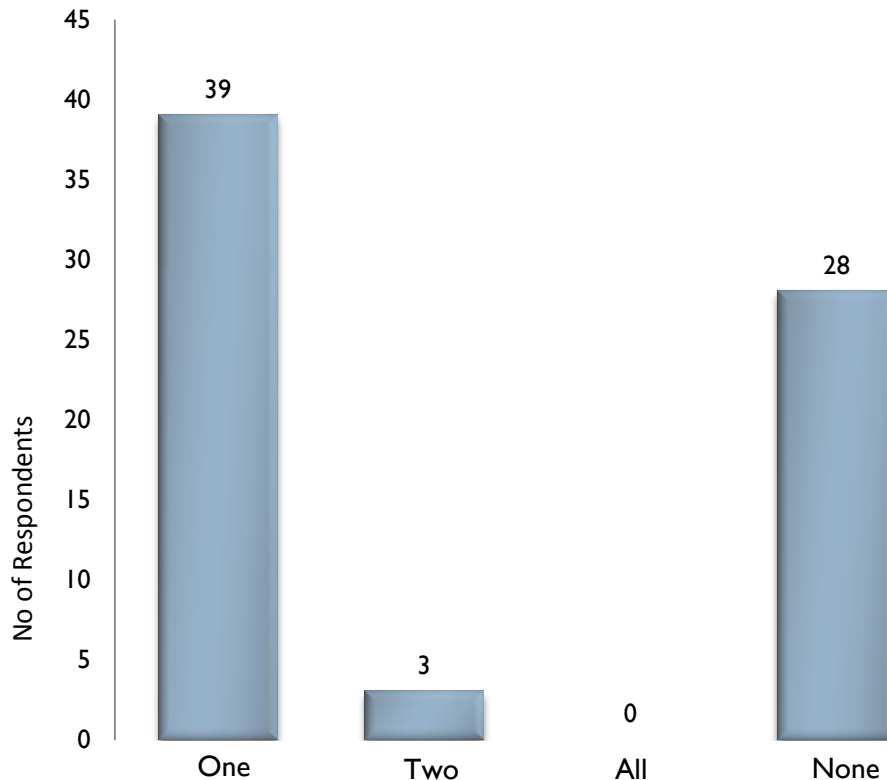
Fig 5 - Chronic Disease



- ▶ According to the responses recorded, of the total, 79% of the respondents were suffering from at least one of the chronic diseases listed and only 21% said that they did not suffer from any chronic illness.

6. History of Daily Medications

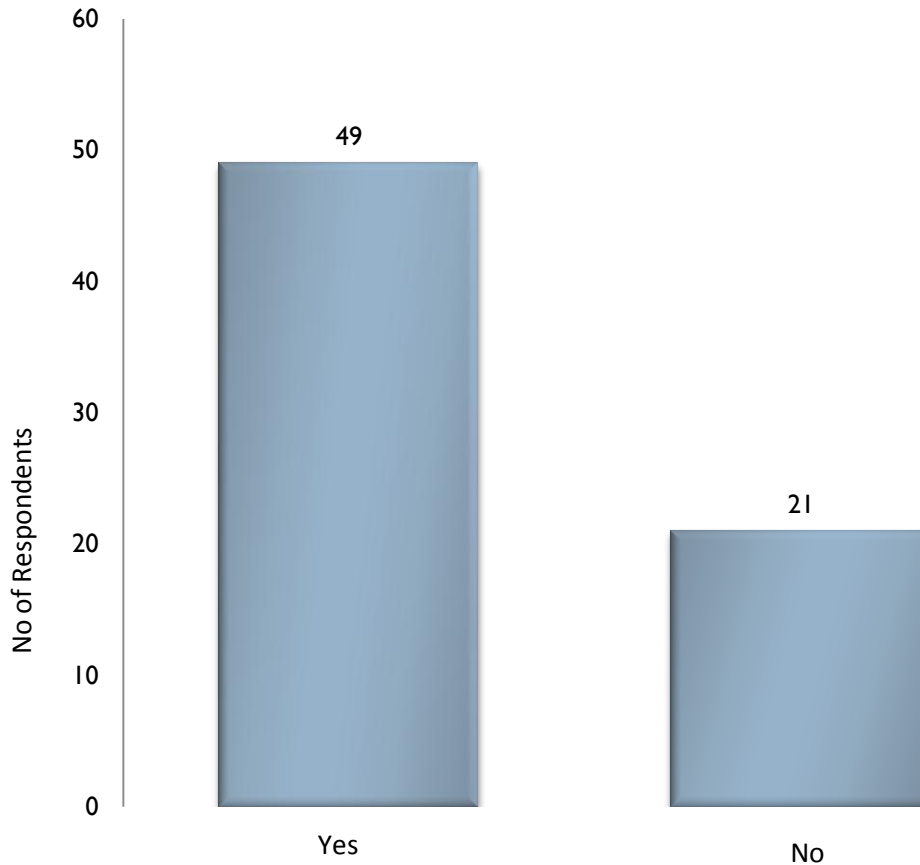
Fig 6 - Disease for which on Daily Medication



- ▶ 56% of the respondents said that they were on medication for at least one of the chronic diseases mentioned in the list while 40% of the respondents said that although they were suffering from minimum one of the diseases mentioned above but they were not taking any medication for it.

7. Respondents with Gastric Problems

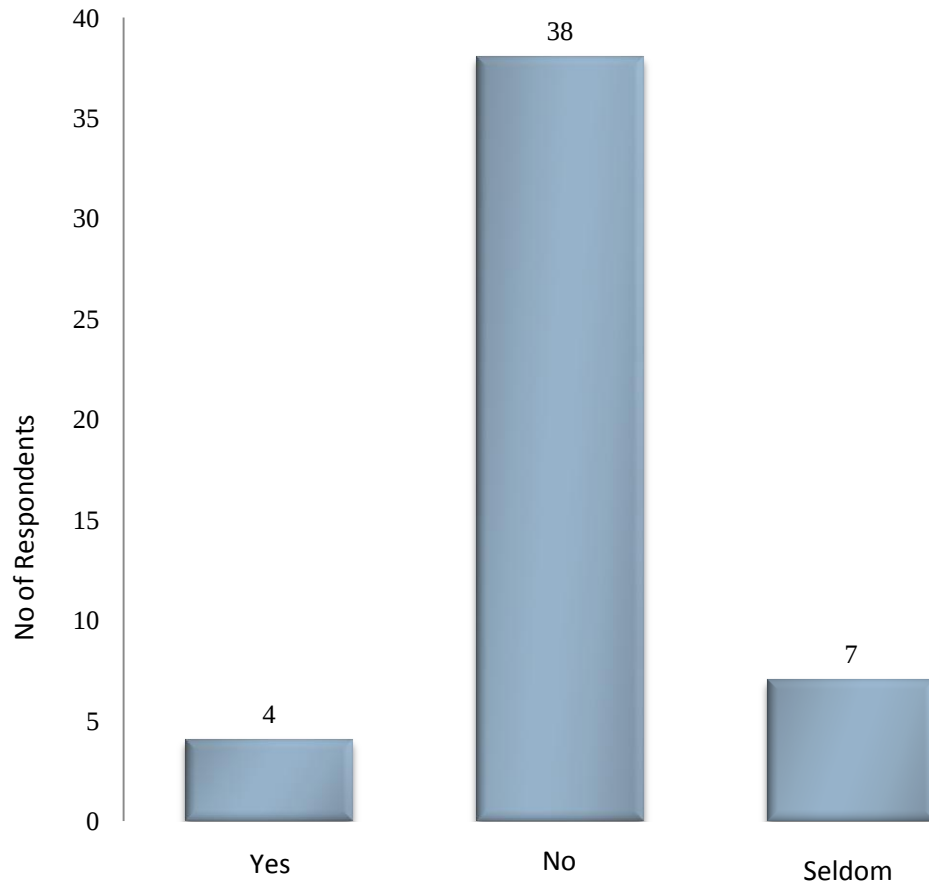
Fig 7 - Respondents with Gastric Problems



- ▶ As shown in the graph, 70% of the respondents said that they were suffering from gastric problems. This response was irrespective of whether they were on any medication for the chronic illness or not. This finding suggested that gastric problem was quite prominent in the sample of the geriatric population that was under study.
- ▶ Also, based on the response on the frequency of the gastric episodes that the respondents suffered from, 67% of them said that they suffered from gastric episode once or twice every week while 16% said that they suffered from gastritis daily.

8. History Of Gastric Problems

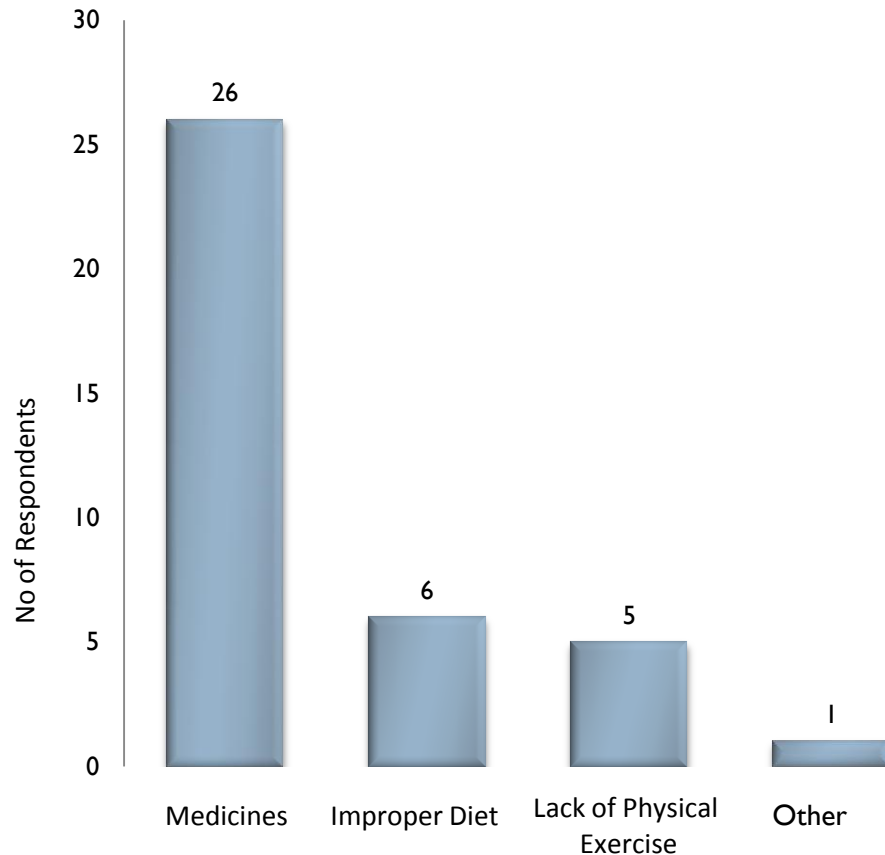
Fig 8 - History of Gastric problem



- ▶ Of the 49 respondents who said that they had suffered from gastric problems, only eight percent of the respondents said that they had suffered from gastric problems regularly before the start of medication while 76% of the respondents did not give any history of any gastric problem before the start of the medication. 14% of the respondents said that they had suffered from gastric problems before the start of the medication but they were not regular episodes and were on rare instances

9. Causes of Gastritis

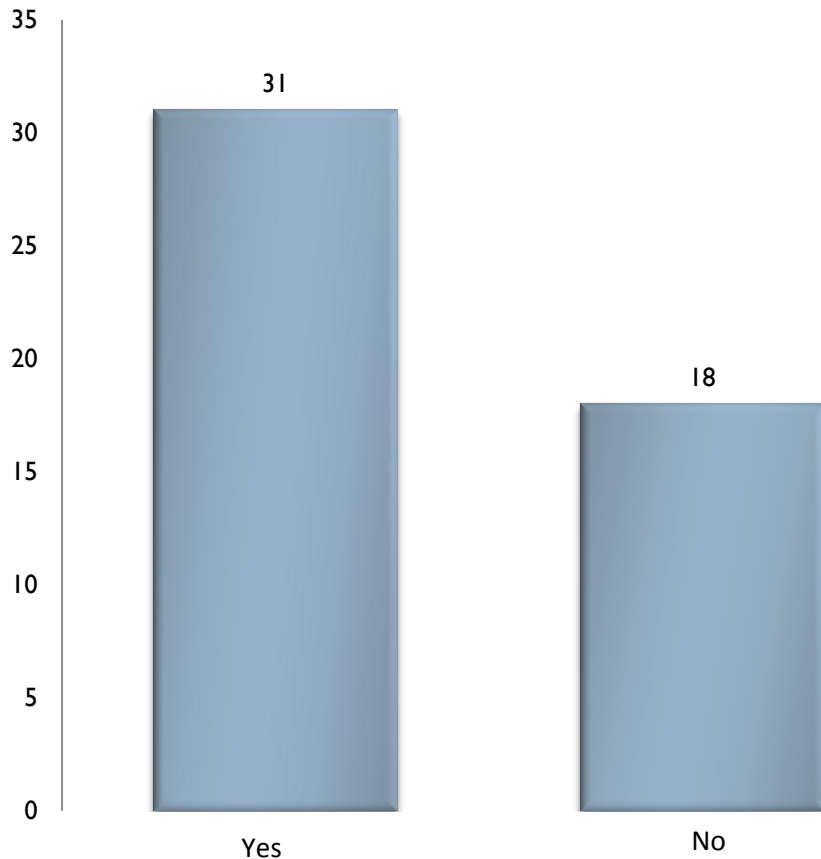
Fig 9 - Cause of Gastritis



- ▶ When asked about the reason their gastric problem was triggered according to their doctors, 71% of them said that it was because of the medication taken by them and the second most prominent reason that was recorded was improper diet.

10. Antacid Prescription

Fig 10- On prescribed Antacids



- ▶ Of the 49 respondents who said that they suffered from gastric problems, 63% respondents said that they had been prescribed antacids for their gastric problems while rest of the 37% said that either they were not prescribed antacids or they were not taking their medication of antacids.

Conclusion

- ▶ The oral health status of the geriatric population needs to be focused on as the study shows that almost 70% of the geriatric population suffers from some form or the other of dental problem and the poor oral status in turn negatively affects the quality of life a person leads.
- ▶ The study also shows that a positive relation exists between the Oral Health status, chronic illness and their medication. These three factors combined form a vicious circle which would be impossible to break unless one of the link is broken.



Suggestions

- ▶ For the geriatric patients, the government hospital and clinics should ensure availability of functional dental set ups and dentists and subsidized treatments.
- ▶ While prescribing long term medication for these patients, they should take into account their diet status and the kind of food that they consume. In chronic illness, where topical medicines instead of oral medicines can be prescribed, they should be given a preference.
- ▶ Whenever possible, the physicians should guide the patients to go for dental check ups and treatment at regular basis.



Thank you

