

Knowledge attitude and practice of good oral hygiene among medical students of Madonna University, Nigeria

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This study presents the determination of the knowledge, attitude and practice of good oral hygiene among medical students of Madonna University Elele campus. The study was carried out among 500 students, 184 from 100 level, 124 from 200 level, 52 from 300 level, 66 from 400 level, 59 from 500 level and 15 from 600 level, using questionnaires and data was presented in tables and charts. The study revealed that 95.7% of 100 level, 96.8% of 200 level and 100% each of 300, 400, 500 and 600 level students had a good knowledge of good oral hygiene. Majority of all the students in each of the classes got their information from friends and family (32.8%) and school (31.8%), 100% of the students brush their teeth, all the students 100% clean their mouth with toothbrush and paste, majority of the students in all the classes brush once a day (100 level 51%, 200 level 64.5%, 300 level 53.8%, 400 level 60.6%, 500 level 49.2% and 600 level 60%). Majority of the students do not understand what it means to floss the teeth (100 level 63.2%, 200 level 50%, 300 level 38.5%, 400 level 19.7%, 500 level 18.6% and 600 level 26.7%). Most of the students do not visit the dentist regularly (100 level 71.2%, 200 level 55.6%, 300 level 76.9% 400 level 71.2% 500 level and 600 level 86.7%). Majority of the students know the ideal ways of preventing dental caries- 41.2% believe brushing regularly, visiting the dentist regularly, use of fluoride toothpaste, and minimizing sweet consumption are the ideal ways. Factors that influenced good oral hygiene include practicing oral sex which only 6.4% of the students indulged in, smoking which only 5.2% indulged in and kissing which 71.6% of the students indulged in. It was found that the students had good knowledge, moderate level of attitude and poor practice of good oral hygiene. It was recommended that dental topics be incorporated into their curriculum.

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