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Oral Health Related Quality of Life (OHRQoL) among Adults

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Objective: The aim of this study was to assess the oral health related quality of life of adults in Kuwait.

Method: A cross-sectional study was done among adults during oral health education activities done by Capital School Oral Program 2012. Self-reported questionnaire was distributed. A convenience sample (N=503) participated in this study. The questionnaire had six sections. One section was about the OHRQoL that consisted of nine questions.

Result: The mean age of participated adults was 35.1±11.08. Females were 43% and 52% were males. Most of participants were healthy. Sixty three percent of participants have college or higher than college level of education. Approximately, quarter of participants (71%) were married with the mean number of children was 3.4±1.6. The OHRQoL measurements showed that 95% of participants enjoyed eating and they liked their smile (80%). Only, 3% had speech difficulties. More than half of participants reported that they never had any social disabilities related to their oral health (62.5%). Most of participants mentioned that they never had any psychosocial disabilities regarding their oral health (79.5%). Overall, 79% of participants judged their oral health as excellent, very good, or good. Seventy nine percent of participants were satisfied about their oral health.

Conclusion: OHRQoL of adults in Kuwait was satisfactory in functional and psychosocial factors related to oral health. Results also indicate that some participants had social disabilities. This can be attributed to high levels of oral diseases among them. National oral health survey among adults should be done to establish this relationship.

Biography

I'm a Kuwaiti dentist, born in Kuwait in 1979. I got my BDS from Cairo University, Egypt in 2001. Later I was appointed by the Ministry of Health in 2001. In 2002, I worked at the School Oral Health Program as a general pediatric dentist. I participated in a survey in 2004 as an examiner for oral screening of school children. From 2006 to 2016 worked as the Oral Health Education and Prevention team leader. I got MFDS from the RCSI in 2011 and in 2014 Kuwait Board Dental Program Part I. Currently, I'm the Head of Al-Jahra School Oral Health Program.

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