

**Abstract No. 130**


**Oral Hygiene Routine of Dentistry Students During the Covid 19 Quarantine**


Theme Environment, health, and active lifestyle

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**Purpose / Background:**

 Oral hygiene as self-care approach during the pandemic is very important.

 As future oral health care givers, the role of dentistry students as role models should not be overlooked

The oral hygiene routine of the students during the Covid 19 quarantine was determined along:

- oral hygiene measures used
- oral hygiene products used
- frequency of brushing
- time of day they make sure to brush
- time of day they prefer to floss
- frequency of mouth rinsing
- perceived presence of changes in oral hygiene routine during the quarantine

The oral hygiene routine of the students were also compared according to gender.



This posed the need to assess the oral hygiene routine of dentistry students.

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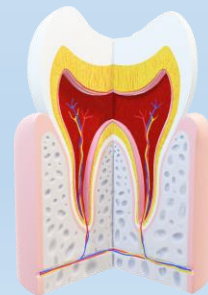
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## Oral Hygiene Routine of Dentistry Students During the Covid 19 Quarantine

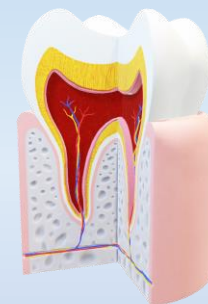
### Methods:



This descriptive survey utilized an online questionnaire distributed to dentistry students who were enrolled during the Covid 19 quarantine.



Frequency counts and percentage were used to present and interpret the data.



Chi-square test was used to compare the oral hygiene routine of the male and female dentistry students.

### Results:

Fig 1. Main Oral Hygiene Measure Used according to Gender

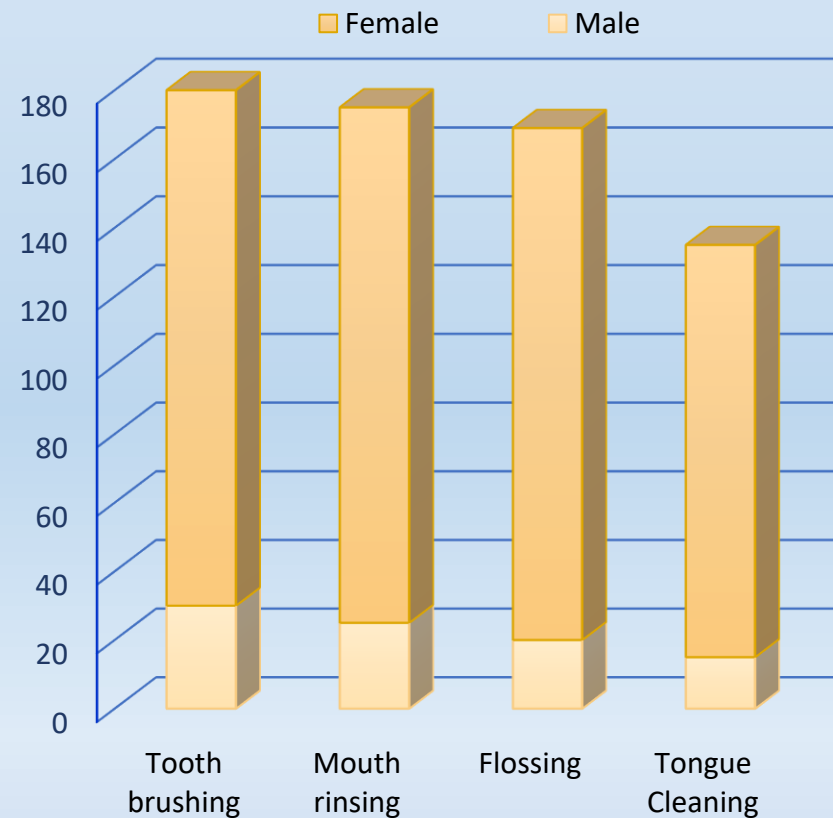


Figure 2. Frequency of Brushing per day according to gender

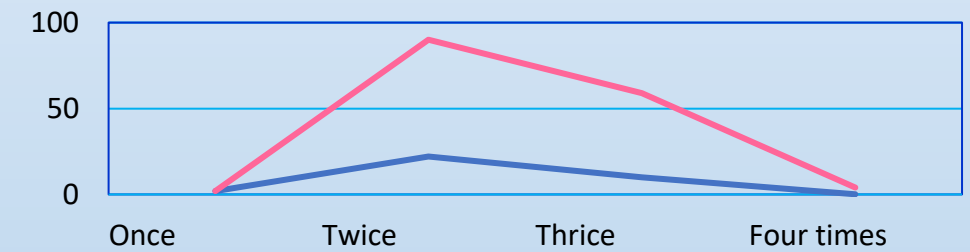
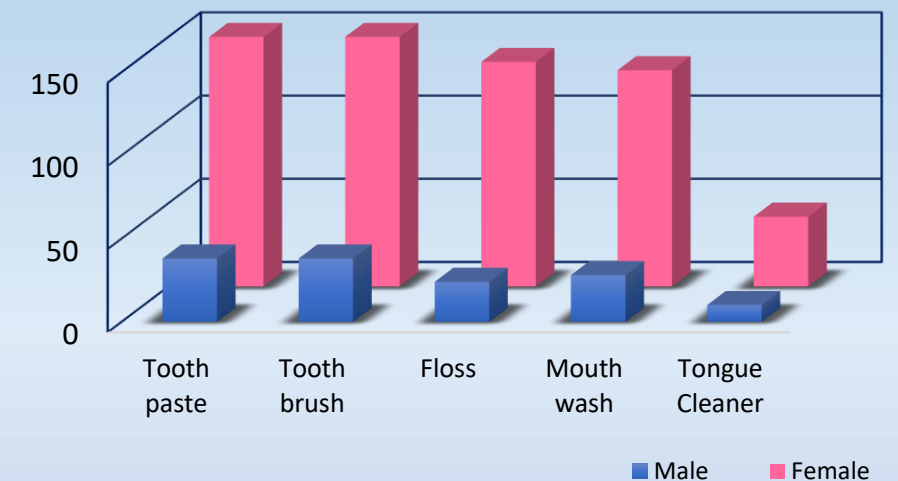


Fig 3. Oral hygiene products used according to gender



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#### Results :

#### Conclusions:

Fig. 4. Time of day preferred to perform brushing and flossing

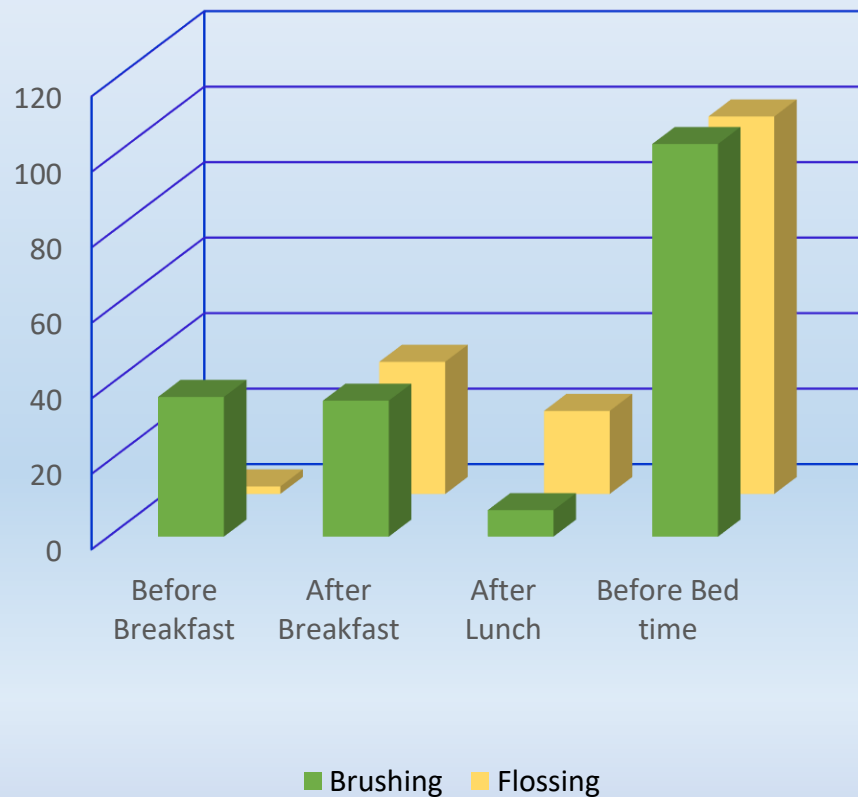


Fig 5. Presence of Changes in Oral Hygiene Routine

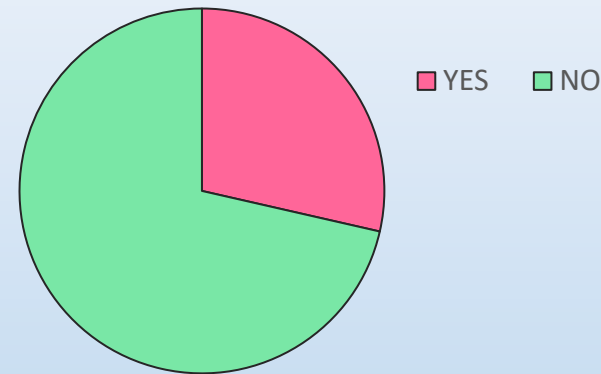
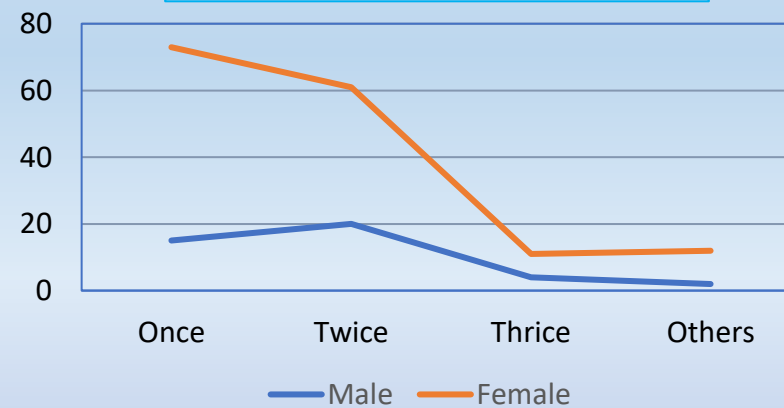


Fig 6. Frequency of Mouth rinsing According to Gender



Dentistry students maintained their oral hygiene routine even though there are changes brought by the pandemic in their:

- general environment
- study methods.



A higher percentage of females brush twice a day compared to the males.

For the other variables, there is no significant difference according to gender.