

ORAL HYGIENE IN 3-RD COURSE SAMARKAND STATE MEDICAL
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Annotation. Students represent a special social group, characterized by specific living conditions, forced disruption of work, rest and nutrition, and severe psycho-emotional and mental stress [1]. Dental morbidity currently remains high in the student age group and does not tend to stabilize [2]. The weakest link in the implementation of measures for the primary prevention of major dental diseases is the hygienic education of the population and sanitary educational work [3]. Basic dental diseases: dental caries and periodontal diseases remain, as before, the most common diseases of the population throughout the world, as well as in our country. A significant portion of young people neglect the prevention of dental diseases and have low motivation to maintain dental health [1, 4, 5, 6]. The choice of specific means and methods of individual oral hygiene for each patient is the responsibility of the dentist. Also, doctors of all specialties should play an active role on issues of health education and oral hygiene in hygienic motivation, training the population and maintaining their constant preventive activity. Therefore, the level of awareness of 3rd year students of the Faculty of Medicine about oral hygiene, ways to prevent The study of major dental diseases is of some interest. Goal of the work. Determination of the level of knowledge of 3rd year students of the Faculty of Medicine of the Samarkand State Medical University based on survey data on oral hygiene and prevention of major dental diseases diseases.

Keywords: oral hygiene, dental diseases, brush, dentist

Materials and methods. We conducted a survey of 350 students, 3rd year medical faculty of the Samarkand State Medical University. Among them there were 69 males and 278 females. IN the questionnaire included questions regarding: frequency of visits to the dentist; for what purpose did you visit the dentist; frequency and nature of oral care; what basic and additional oral hygiene products were used, etc.

Research results. According to the analysis of questionnaires, it was found that 8.6% of students claim that do not visit the dentist. 1.4% of students visit a dentist once every 3 months, 12.4% once every six months, and 56.71% of interviewed students visit a dentist only when a tooth hurts. The majority of students (69.8%) brush their teeth 2 times a day, and 30.2% brush their teeth once a day. After each meal, only 1.1% of students brush their teeth. 0.8% of the students surveyed sometimes brush their teeth

and 0.4% of students do not brush their teeth. The duration of brushing teeth takes 19.4% of students 1 minute, 45.2% of respondents brush their teeth 2 minutes, 23.6% brushing time lasts 3 minutes, 11.8% last 4-5 minutes or more (have orthodontic devices). 21.3% of students and 23.7% of surveyed students prefer to brush their teeth with horizontal movements. brush their teeth with vertical (sweeping) movements and 31.3% brush their teeth with circular movements. For oral hygiene, the majority of students use toothpaste (99.7%), elixirs and rinses are used by 5.3% of students, 3.5% use toothpicks, and chewing gum is preferred by 6.5%. They prefer toothpastes for oral care: Colgates (55.3%), Nasim (26.5%), Blend-a-med (6.7%), Lakalut (2.6%), "Forest Balm" (6.5%), "ROCS" (2.1%), are used by the surveyed students. The majority (36.3%) of students change their toothbrush four times a year, three times a year 31.1%, twice a year 21.8% of students and once a year 10.7% of respondents. In accordance with the survey, we found that 87.8% of students did not seek advice from a dentist and bought toothpastes themselves, and only 12.2% of students surveyed were selected hygiene products by their attending dentists. Of the students surveyed, when asked who taught you how to brush your teeth, 71.1% answered from parents, 18.6% of students answered that no one taught them how to brush their teeth, only 8.4% answered that they were taught by a dentist, 1.4% were taught by kindergarten teachers. kindergarten and 0.6% were taught by a brother, sister or teacher.

Conclusions. Thus, our survey of 3rd year students of the Faculty of Medicine of the Samarkand State Medical University revealed a low level of sanitary and hygienic knowledge of oral hygiene, the insufficiency of their medical activity in relation to maintaining their dental health, and also revealed insufficient educational work of dentists on hygienic education, nutritional education of students of our university, issues of prevention of dental diseases. Every dentist should be able to give recommendations on the rational use of oral hygiene products, know about oral hygiene products, and be able to recommend modern oral hygiene products 65 66/843 mouth and is obliged to form in medical students the correct motivated attitude towards oral hygiene, as an integral part of the body's healing.

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