

Perception About The Role of Dentist in Smoking Cessation : A Cross-sectional Study

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ABSTRACT

Introduction: With increasing use, tobacco is responsible for the greatest epidemic of the twentieth century. Dentists recognize smokers and identify the impact of tobacco use on the oral cavity. Present study aims to assess the attitude of the patients regarding dentists role in smoking cessation.

Material & Methodology: Total 513 patients participated in the present cross-sectional study. A pretested questionnaire was used assessing the patient's attitude towards the dentist's role in tobacco cessation. Chi square test was applied.

Results: Out of 516 participants, 68.97% of the non-smokers expect dentist to provide treatment & tell about smoking as compared to 57.32% of non-smokers, 90.15% of the non-smokers like the dentist who gives advice to the patient to quit and highly significant p value was obtained($p < 0.05$).

Conclusion: The patients have positive attitude towards the role of dentist in smoking cessation. It has been also seen that the attitude of the smokers is quite poorer than that of the nons-mokers so attention towards it needed to be given.

KEYWORDS: Dentist, Smoking, Smoking Cessation

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INTRODUCTION

Tobacco is responsible for the greatest epidemic of the twentieth century, and its use is still growing worldwide.¹ Tobacco is considered as the single-most preventable cause of leading global mortality. Tobacco is used throughout the world in its different forms, unawareness about the ill effects of it, strong marketing of the product, advertising skills of the tobacco companies and weak public policies might be the reason behind it.²

India is the second largest consumer of tobacco in the world. In India, it has been reported that the prevalence of tobacco use amongst the male population is almost more than 50%, among which 16.2% are current smokers, 20.5% are tobacco chewers and other types of tobacco users are also there. The current number of deaths are around 80,0000 people per year. The overall prevalence of smoking among the women is comparatively low and estimated to be 2.5%, with some states observing rates of up to 24%.^{3,4}

Ill effects of tobacco use on health are now well known. It greatly increases risk of cancer, respiratory & cardiovascular diseases and also affects reproductive system.

Among which almost 90% of the cases of various cancers were noted.^{5,6}

It has been also established that tobacco use is a principal cause of many oral diseases and adverse oral conditions. It is a risk factor for oral cancer, premalignant lesions and conditions, periodontal diseases, and congenital defects for example cleft lip and palate in

children whose mothers used to smoke during pregnancy.⁷ Dentists can recognize smokers and they are also able to identify the impact of tobacco use by examining oral cavity. It is a moral duty of the dentists to inform their patients of the options available to them for cessation.¹

The aim & objectives of the present study is to assess the attitude of the patients regarding the role of the dentists in smoking cessation/counselling.

MATERIAL AND METHODOLOGY

The present cross sectional study was carried out in the Department of Public Health Dentistry of Teerthanker Mahaveer Dental College & Research Centre. The study was done in between the month of February – May 2014. Total of 513 patients were participated 269 were males and 244 were females. The sample size was chosen based on previous studies. A pretested questionnaire was used assessing the patients attitude towards the dentists role in tobacco cessation.⁹ A set of eight questions were used to assess the response of the patients.

Ethical clearance was obtained from the institutional review board of Teerthanker Mahaveer University & informed consent was obtained from each individuals. Those patients were included who are above 18 years, those

Dentists can help patients to stop the habit of smoking by recognizing oral signs of tobacco use, by making them aware about the possible ill effects of smoking, by their counselling in dental office or by referring them to the tobacco cessation centres.⁸

who were ready to give consent and those who are able to read the questionnaire.

The statistical analysis was done by using statistical package for social sciences(SPSS), version 19, chi square test was applied and p value <0.05 was considered statistically significant.

RESULT

In the present cross sectional study total 513 individuals participated out of which 269 were males and 244 were females. Participants are further divided into smokers and nonsmokers, out of total individuals 239 were smokers and 274 were non-smokers most of the smokers were males very few females had habit of smoking. The participants above the age group of 18 years were considered.

The present study revealed significant results exist when it comes to the patients perception towards dentist, more of the participants expect their dentist to involve in tobacco cessation

activity. The positive attitude towards dentist involvement is more in nonsmokers as compared to smokers. Around 68.97% of the nonsmokers expect dentist to provide treatment & tell about smoking as compared to 57.32% of smokers. Over 69.71% of the nonsmokers expect that their dentist should show interest in smoking status of the patients than 55.65% of smokers, 78.10% of the nonsmokers expect that their dentist should make them aware about ill effects of smoking on oral health compared to 60.67% of the smokers, 60.58% of the nonsmokers think that dentist can help the patient in quitting smoking while only 43.52% of the smokers have similar thinking. 77.37% nonsmokers think that Dentists should give advice regarding how to stop smoking as compared to 61.18% smokers. 90.15% of the nonsmokers like the dentist who gives advice to the patient to quit but half of the smokers that is only 43.09% like the dentist with cessation advice, surprisingly 40.58% of the smokers said that they will change their dentist who gives advice to quit smoking & 57.33% of them said that dentist should not give advice to quit on their each visit to dentist. (Table No. 1)

TABLE No.1 Result Table

I would expect my dentist to provide treatment and tell about smoking						
	Total	Yes	No	Don't know	Chisquare	P Value
Smokers	239	137(57.32%)	79(33.05%)	23(9.63%)	7.538	0.023
Nonsmokers	274	189(68.97%)	67(24.45%)	18(6.57%)		
I'd expect my dentist to be interested in smoking status of their patients						
	Total	Yes	No	Don't know	Chisquare	P Value
Smokers	239	133(55.65%)	84(35.15%)	22(9.2%)	34.884	0.000
Nonsmokers	274	191(69.71%)	37(13.51%)	46(16.78%)		

I think dentists should explain effects of smoking on oral health						
	Total	Yes	No	Don't know	Chi-square	P Value
Smokers	239	145(60.67%)	54(22.60%)	40(16.73%)	20.222	0.0004
Nonsmokers	274	214(78.10%)	41(14.96%)	19(6.94%)		
Dentists can help patients stop smoking						
	Total	Yes	No	Don't know	Chi-square	P Value
Smokers	239	104(43.52%)	93(38.92%)	42(17.56%)	17.296	0.000175
Nonsmokers	274	166(60.58%)	84(30.66%)	24(8.76%)		
Dentists should give advice regarding how to stop smoking						
	Total	Yes	No	Don't know	Chisquare	P Value
Smokers	239	146(61.18%)	45(18.82%)	48(20.00%)	27.574	0.0001
Nonsmokers	274	212(77.37%)	13(4.74%)	49(17.89%)		
Do you like dentist who provides smoking cessation advice to smokers						
	Total	Yes	No	Don't know	Chisquare	P Value
Smokers	239	103(43.09%)	105(43.94%)	31(12.97%)	135.64	0.000
Nonsmokers	274	247(90.15%)	13(4.75%)	14(5.10%)		
Would you change to the other dentist if one dentist asks you about your smoking status						
	Total	Yes	No	Don't know	Chisquare	P Value
Smokers	239	97(40.58%)	98(41.00%)	44(18.42%)	126.305	0.000
Nonsmokers	274	9(3.28%)	231(84.31%)	34(12.41%)		
Dentist should ask about patient's smoking status on each and every visit						
	Total	Yes	No	Don't know	Chisquare	P Value
Smokers	239	76(31.79%)	137(57.33%)	26(10.88%)	21.82	0.0001
Nonsmokers	274	143(52.18%)	108(39.42%)	23(8.40%)		

*Note: $P < 0.05$ is considered significant

DISCUSSION

The present study assess attitude of the dental patient toward role of a dentist in the smoking cessation, 100% response was obtained all the

participants filled the questionnaire. Above 18 years age group was undertaken as at this particular age one become adults. The

questionnaire was filled under the supervision of the researcher.

In the present study majority of the smokers and nonsmokers shown positive attitude towards the

cessation. Results of the present study are in favor of the study done by the sood et al⁹ who have got the same results with higher percentage of the population favoring the role of the dentist in tobacco cessation, possible reason might be the regional literacy status and awareness of the community.

Also the study done by the Terrades et al¹⁰ shown that around 60% of the patients believes that dentist can help smokers to quit similar results were seen in our study with 60.53% of the nonsmokers think that dentist can help. The study done by Rikard-Bell et al¹¹ shown that 60 % of the population said that they will not change their dentist if he ask to quit smoking similarly present study shown that only 41% of the smokers will not change the dentist but 84% of nonsmokers stated that they will not change the dentist.

The study conducted by the Campbell et al¹² shown that 58% of the population thinks that the dentist should advice about the smoking cessation apart from the routine treatment, similarly present study have proven that around 78% nonsmokers and 61% of the smokers thinks in the same way, the percentage was found higher in current study.

The present study has proven that the patients perceptions towards the role of dentist is good but still the awareness and patients education is needed for further improvements. The study population was only the dental patients so the results cannot be generalized also special attention towards the lower socioeconomic group should have been given. The rural

involvement of the dentist in smoking cessation. Possible reason may be the awareness of the patients and their positive attitude towards

population can have been focused and increasing prevalence of smoking in younger age groups might have been considered during the study.

CONCLUSION

The present study has proven that the patients have positive attitude towards the role of dentist in smoking cessation. It has been also seen that the attitude of the smokers is quite poorer than that of the nonsmokers so attention towards it needed to be given. Dentist should encourage their patients to quit the habit of smoking and also make them aware about the same.

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