

CHOICE OF METHODS OF CONDUCTING SANITARY AND EDUCATIONAL WORK AMONG CHILDREN OF ORGANIZED COLLECTIVES**Poltava State Medical University (Poltava, Ukraine)**

deity-881988@ukr.net

Sanitary and educational work is one of the areas of successful fight against caries and other dental diseases. To successfully solve problems, it is necessary to rationally approach the implementation of sanitary and educational work and use all available mechanisms. Unfortunately, sufficient attention is not paid to preventive measures, although the spectrum of providing information is quite wide – active form and passive. The purpose of sanitary and educational work is not only to teach children the basics and rules of oral hygiene, to get acquainted with the structure and functions of teeth, to emphasize the importance of using basic and additional hygiene items and tools, but also to practice the basics of communication, the ability to convey information, interest listeners. Such lessons show that not only children, but also their parents are not sufficiently educated about the care of teeth and oral cavity. Based on the previous experience of conducting hygiene lessons, for the maximum perception of information by students, volunteers are guided by this theory, using the most correct and adapted teaching style, presentation of information, namely: visualization, auditory, kinesthetic and digital types.

Key words: hygiene lesson, children, prevention, caries, volunteer unit.

Connection of the publication with planned research works. The work is a fragment of the research work of the Department of Children's Therapeutic Stomatology «To improve methods of prevention and treatment of diseases of hard tissues of teeth and periodontal tissues against the background of somatic pathology in children, taking into account socio-economic factors and psycho-emotional state», (state registration number 0119U102852). The work experience of the volunteer unit of the «Posmishka» faculty of dentistry, department of children's therapeutic dentistry.

Introduction. The urgency of taking measures to prevent dental diseases remains at a high level, especially, this issue concerns children. Measures aimed at preventing the occurrence of dental diseases, namely dental caries, must be started at an early age. A special emphasis in sanitary and educational work should be made for students of primary school age, because it is during this period that a permanent bite begins to form, the health of which depends on preventive measures at the time of eruption and mineralization of teeth.

To study and analyze trends in the incidence of caries and other dental diseases at the headquarters of the World Health Organization (WHO), as far back as 1969, the Global Dental Health Data Bank was created, which contains data from epidemiological studies conducted in many countries of the world [1].

According to the WHO, currently 60-90% of school-aged children around the world suffer from dental caries [2].

The World Health Organization claims that there is a significant difference in caries prevalence and intensity when examining children living in different countries of the world [3]. It is interesting that there can be a significant difference in caries indicators not only in different areas of residence, but also among residents of the same settlement [4]. The causes of this phenomenon are the influence of various factors, namely: the quality and mode of nutrition, heredity, general state of health, environment, material security and hygienic education of children and their parents.

Analyzing the data for recent years, specifically in the Poltava region, it was found that the caries prevalence rate in 6-year-old children is $6.98 \pm 3.93\%$, and in 12-year-olds – $73.5 \pm 7.68\%$. That is, the influence of endogenous and exogenous factors over a long period of time increases the prevalence rate by 10 times. In our opinion, this situation is quite alarming and requires intervention.

Dentists cannot influence: the quality and mode of nutrition, heredity, general state of health, the environment, material security, but they can join the sanitary and educational work and hygienic education of children and their parents from an early age.

Sanitary and educational work is one of the areas of successful fight against caries and other dental diseases. To successfully solve problems, it is necessary to rationally approach the implementation of sanitary and educational work and use all available mechanisms. Unfortunately, preventive measures are not given enough attention, although the range of information provision is quite wide – active form (hygiene lessons, lectures, conversations for children and parents) and passive (brochures, posters, TV and radio broadcasts, etc.).

For high-quality sanitary education, the department of children's therapeutic dentistry of the Poltava state medical university organized a student volunteer unit "Posmishka", the participants of which are all those seeking higher education in the 2nd-4th year of the faculty of dentistry.

The advantage of the volunteer squad is that the participants have been constantly, for three years in a row, conducting an active form of sanitary and educational work for the prevention of dental diseases among children of organized children's groups in the city of Poltava and beyond. The main contingent to which increased attention is paid is primary school children, because according to psychologists' research, this age is the most favorable for assimilation of new information and its implementation.

The purpose of the work of the volunteer unit is not only to teach children the basics and rules of oral hygiene, to familiarize them with the structure and

functions of the teeth, to emphasize the importance of using basic and additional hygiene items and tools, but also to practice the basics of communication, the ability to convey information, to interest listeners.

The first hygiene lessons, which were held in organized children's groups, showed that not only children, but also their parents are not sufficiently educated about teeth and oral cavity care. After conducting an anonymous survey, we found that almost 70% of parents brush their teeth incorrectly, do not know how to choose toothbrushes and pastes, do not use additional items (floss, flossets, irrigators) and hygiene products (rinsers, sprays, balms) [5]. Accordingly, the children of these parents cannot learn adequate oral hygiene because they do not have the right role model.

Main part. Hygiene lessons conducted by volunteers change, improve and adapt to a specific age every year, since the task of the unit is to supervise the children's team during their studies in primary school, i.e. from the first to the fourth grade. The development and construction of the structure of the sanitary-educational lesson is based on the theory of channels of perception, which belongs to Neil Fleming, a school inspector from New Zealand [6, 7]. The scientist claims that knowledge of the world occurs with the help of five senses. All channels are developed in mentally healthy children, but one of them always dominates.

Based on the previous experience of conducting hygiene lessons, for the maximum perception of information by students, volunteers are guided by this theory, using the most correct and adapted teaching style, presentation of information, namely: visualization, auditory, kinesthetic and digital types.

The visual type of perception is based on the demonstration of a model of the jaws and teeth in a section, where the structure and boundaries of all tissues are clearly visible (a presentation that actually duplicates everything said must be shown on the screen). Such information is perceived with the help of vision. Thanks to the eyes, various visual images are sent to the human brain, which are then processed there. Representatives of this group best perceive information presented in the form of pictures, graphs or charts. Structuring and styling information are the best tools for visuals.

The auditory type of perception is provided in the form of a story, dialogue with children, quizzes. Hearing is necessary for the perception of information that comes through speech, noise, music, and signals. Children who have this type of perception are taught or read aloud, use audio textbooks, because it is easier to remember information this way.

Kinesthetic or tactile type of perception is a demonstration of all visual materials that can be looked at, touched, applied. Organs of touch, namely receptors located on the skin, make it possible to assess the temperature of the object under study, the type of its surface, shape, etc. In order to remember the information received, such children need to feel, touch, twist the object in their hands, so further recognition of the object and its characteristics will be error-free.

Digitals are logicians who try to understand the essence of this or that rule, using all channels of perception. Such children are lucky because they compose the knowledge they have acquired and can easily perceive all types of information.

When evaluating and analyzing children's reactions to the presentation of material by volunteers, some children quickly react and interact with lecturers, while others lag behind. This happens not because of the mental activity of students, but as a result of different types of children's temperament. Temperament does not affect a person's mental abilities, but manifests itself in motor skills, physical activity, and emotionality. This is a broader concept than character. Temperament is an innate feature of the character of every person. It determines behavior, emotional state, all mental processes.

In psychology, 4 types of temperament of children are distinguished: choleric (easily excitable, restless, emotional, energetic, prone to rapid mood changes, sometimes even aggressive children, it is difficult to predict how such a child will behave in a new environment), sanguine (sociable, reserved, balanced, a smiling, cheerful, inquisitive, active child who is almost always in a good mood), phlegmatic (a restrained, diligent, thoughtful, but silent child who is peaceful, tries to avoid conflict situations and does not disturb his usual routine), melancholic (silent, a withdrawn and gloomy girl who is not confident in her own abilities and needs help when making the right choice). There is also a type called an ambivert, who can exhibit the behavior of all four temperament types depending on the situation. An ambivert is a psychotype of personality, the bearer of which is able to quickly and easily adapt to any social conditions.

Children do not have a specific type of temperament. Usually, traits of one or another type are revealed at an early age. And only one of them is dominant or leading.

Student volunteers try to choose an approach to each listener, they conduct a dialogue with children during the lecture, to establish better contact, taking into account not only the type of perception of a specific person, but also the type of temperament. For someone, sociable, productive communication is suitable, when attention is focused on the child, he is praised, his intelligence and activity are pointed out, while someone likes to keep his distance, does not like excessive attention to himself or close contact, such a child is uncomfortable to show his activity in front of others. Violating personal boundaries can easily push the child away from you, cause a stressful situation and become uninteresting for him in the future.

As always, the goal of the "Posmishka" volunteer unit is to teach children the basics of oral hygiene as much as possible, since this is one of the main links in preventing the occurrence of dental diseases. Taking into account children's fear of dentists, volunteers try to show in a gentle way how and why the carious process occurs, why, how and where the doctor performs manipulations to save the tooth. A great surprise for all children is the anatomical structure of the tooth, the functions of its tissues, the mechanism of the carious process in the tissues.

Since understanding the causes prevents the consequences, we hope that knowing the causes of the etiology and pathogenesis of the carious process, children will start to pay more attention to oral hygiene.

Indeed, working with children is not as easy as it may seem – the main sanitary and educational training is aimed at children of organized children's groups. But we believe that preventive work should be carried out

not only among children, but also for all the links that surround them: pedagogical workers, medical workers and parents. Educators and teachers are always present at our hygiene lessons, actively ask questions about oral hygiene, and are interested in various methods of preventing dental diseases.

For parents, preventive work is carried out in a passive form. In each class, after the lesson of sanitary and educational activities, volunteers leave leaflets with information on oral care, which includes the method of brushing teeth, a list of additional items and hygiene products, because most people only use toothbrushes and pastes, which are not 100% plaque is removed.

Conclusions. Therefore, sanitary and educational work among the children of organized children's teams is the main one for the "Posmishka" volunteer unit, because despite the modern assortment of dental products, the novelty of treatment technologies, the availability of passive information, the prevalence of dental diseases is only increasing.

Hygiene lessons that involve different types of perception and take into account temperament types are

much more effective than lectures that are a monotonous presentation of information.

It is important that the volunteer work under the guidance of the teacher of the department is carried out by students of higher education, because the volunteers of the unit are usually people who in the future want to choose the profession of pediatric dentist. Our specialty requires not only medical and manual skills, but also knowledge of psychology, the ability to instill trust in a child, and teach him to treat his dental health correctly. Group work skills are developed, the fear of the audience disappears, and the ability to assess the audience's needs for knowledge is developed. In the process of preparing for sanitary and educational lessons, volunteers independently prepare material, which is then summarized by the head of the unit.

Prospects for further research. In the future, we plan to conduct sanitary education lessons among children of organized teams, with the aim of preventing the occurrence of the most common dental disease – caries.

References

1. Kaskova LF, Popyk KM, Ulasevych LP, Andriianova Olu, Kulai OO. Vikovi vidminnosti pokaznykiv kariiesu postiinykh zubiv u ditei 6-16 rokov. *Visnyk problem biologii ta medytsyny*. 2019;1.2(149):353-357. [in Ukrainian].
2. Kaskova LF, Popyk KM, Ulasevych LP, Vashchenok Ilyu, Berezhna OE. Vikovi osoblyvosti stanu hihieny porozhnyny rota u ditei shkilnoho viku. *Ukrainskyi stomatolohichnyi almanakh*. 2019;2:70-74. [in Ukrainian].
3. Liakhova NO, Holovanova IA, Klymenkova LI. Medyko-hihiyenichne vykhovannya ta pervynna profilaktyka stomatolohichnykh zakhvoryuvan' v orhanizovanykh dytyachykh kolektyvakh. *Mat. Naukovo-praktychna konferentsiia z mizhnarodnoiu uchastiu Aktualni pytannia fiziologii, patolohii i orhanizatsii medychnoho zabezpechennia ditei shkilnoho viku ta pidlitkiv. Profilaktyka neinfektsiinykh zakhvoriuvan uchnivskoi molodi*; 2016 Lyst 17-18; Kharkiv; 2016. s. 47-48. [in Ukrainian].
4. Skrypnykova TP, Khavalkina LM, Rozumii AV, Putintsova OV, Tomm VO. Sanitarno-prosvitnytska robota v praktytsi likaria-stomatoloha. *Tezy dop. Vseukr. nauk.-prakt. konf. likariv-interniv Aktualni pytannia klinichnoi medytsyny*; 2019 Trav 23; Poltava. Poltava: UMSA; 2019. s. 77-78. [in Ukrainian].
5. Mosiienko AS, Boikivska OYu, Verhovskiy RO, Koval NS, Lapin AI, Pavlovska Khl, et al. Formuvannya stomatolohichnoi kultury u shkoliariv Rozsoshenskoii himnazii. *Tezy dop. Vseukr. nauk.-prakt. konf. likariv-interniv Aktualni pytannia klinichnoi medytsyny*; 2019 Trav 23; Poltava. Poltava: UMSA; 2019. s. 7-8. [in Ukrainian].
6. Aspect. Audial, vizual, kinestet abo dihital? Yakyy styl navchannia pidiide Vashii dytyni [Internet]. Dostupno: <http://www.aspect.ua/ukr/blog/porady/audial-vizual-kinestet-abo-digital/>. [in Ukrainian].
7. Smartum. U yakomu vitsi naikrashche pochynaty navchannia dytyny [Internet]. 2017. Dostupno: https://www.smartum.com.ua/about_us/blog/vospitanie-detej/v-yakomu-vitsi-naykrashche-pochinati-navchannya-ditini/. [in Ukrainian].

ВИБІР МЕТОДИКИ ПРОВЕДЕННЯ САНІТАРНО-ОСВІТНЬОЇ РОБОТИ СЕРЕД ДІТЕЙ ОРГАНІЗОВАНИХ КОЛЕКТИВІВ

Павленкова О. С.

Резюме. Актуальність проведення заходів, щодо профілактики стоматологічних хвороб залишається на високому рівні, особливо, це питання стосується дітей. Заходи, направлені на запобігання виникнення стоматологічних хвороб, а саме, карієсу зубів, необхідно розпочинати з найменшого віку. Особливий акцент у санітарно-освітній роботі треба робити для учнів молодшого шкільного віку, адже саме в цей період починає формуватися постійний прикус, здоров'я якого залежить від профілактичних заходів у момент прорізування і мінералізації зубів. Діти, які відвідують уроки гігієни стають зацікавленими у дотриманні правил догляду за ротовою порожниною, оскільки ознайомлюються із причинами виникнення стоматологічних хвороб та їх наслідками.

Метою роботи волонтерського загону є, не тільки навчання дітей основ і правил гігієни за ротовою порожниною, ознайомлення з будовою і функціями зубів, акцентування на важливості використання основних і додаткових предметів та засобів гігієни, а й практика здобувачами азів спілкування, вміння донести інформацію, зацікавити слухачів.

Уроки гігієни, які проводять волонтери щороку змінюються, вдосконалюються й адаптуються під конкретний вік, оскільки завданням загону є курація дитячого колективу під час навчання у початковій школі, тобто з першого класу по четвертий. Розробка й побудова структури санітарно-освітнього уроку базується на теорії про канали сприйняття, яка належить Нілу Флемінгу, шкільному інспектору з Нової Зеландії. Вчений стверджує, що пізнання світу відбувається за допомогою п'яти органів чуття. У психічно здорових дітей розвинені всі канали, однак завжди один із них домінує.

Грунтуючись на попередньому досвіді проведення уроків гігієни, для максимального сприйняття інформації учнями, волонтери керуються даною теорією, використовуючи найбільш коректний та адаптований стиль навчання, подачу інформації, а саме: візуалізація, аудіальний, кінестетичний та дигітальний типи.

Отже, санітарно-освітня робота серед дітей організованих дитячих колективів є основною для волонтерського загону «Посмішка», оскільки незважаючи на сучасний асортимент стоматологічних товарів, новітність лікувальних технологій, доступності пасивної інформації поширеність стоматологічних хвороб лише збільшується.

Уроки гігієни, які проходять із залученням різних типів сприйняття й враховуючи типи темпераменту набагато ефективніші, аніж просто лекції, які є монотонним викладенням інформації.

Ключові слова: урок гігієни, діти, профілактика, карієс, волонтерський загін.

CHOICE OF METHODS OF CONDUCTING SANITARY AND EDUCATIONAL WORK AMONG CHILDREN OF ORGANIZED COLLECTIVES

Pavlenkova O. S.

Abstract. The relevance of measures for the prevention of dental diseases remains at a high level, especially, this issue concerns children. Measures aimed at preventing the occurrence of dental diseases, namely dental caries, should be started at a very early age.

Based on previous experience of hygiene lessons, for maximum perception of information by students, volunteers are guided by this theory, using the most correct and adapted style of learning, presentation of information, namely: visualization, audio, kinesthetic and digital types.

Assessing and analyzing children's reaction to the submission of material by volunteers, some children react quickly and interact with lecturers, while others lag behind. This is not due to the mental activity of students, but as a result of different types of temperament of children. Temperament does not affect a person's mental abilities, but is manifested in motility, physical activity, emotionality. This is a broader concept than character. Temperament is an innate feature of each person's character. It determines behavior, emotional state, all mental processes.

In psychology, there are 4 types of children's temperament: choleric (easily excitable, restless, emotional, energetic, prone to rapid mood swings, sometimes even aggressive children, it is difficult to predict how such a child will behave in a new environment), sanguine (sociable, restrained, balanced, smiling, cheerful, inquisitive, active child (who is almost always in a good mood), phlegmatic (restrained, diligent, thoughtful, but silent child, who is peaceful, tries to avoid conflict situations and not to violate her usual routine), melancholic, closed and gloomy, who is not confident in their abilities and needs help when you need to make the right choice).

Consequently, sanitary and educational work among children of organized children's groups is the main one for the «Posmishka» volunteer squad, since, despite the modern assortment of dental products, modern medical technologies, and the availability of passive information, the prevalence of dental diseases is only increasing.

Hygiene lessons, which involve different types of perception and taking into account the types of temperament, are much more effective than lectures, which are monotonous presentation of information.

Key words: hygiene lesson, children, prevention, caries, volunteer unit.

ORCID and contributionship:

Pavlenkova O. S.: 0000-0003-1405-7182 ^{ABCD}

Corresponding author

Pavlenkova Oksana Sergiivna

Poltava State Medical University

Ukraine, 36011, Poltava, 23 Shevchenko str.

Tel.: 0669197197

E-mail: deity-881988@ukr.net

A – Work concept and design, **B** – Data collection and analysis, **C** – Responsibility for statistical analysis, **D** – Writing the article, **E** – Critical review, **F** – Final approval of the article.

Received 06.03.2022

Accepted 16.09.2022