

Title: Decadal comparison of Oral Health Literacy among the employees of postal division, Udupi taluk, Karnataka state – A Cross-sectional study

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Questionnaire

This study will assess your knowledge and literacy levels in relation to oral health.

This will help us to take appropriate measures and support accordingly.

Thank you for your valuable time.

Demographic details:

Name:

Occupation:

Age:

Education:

Gender:

Medical history:

Dental history:

Family history:

Siblings-

Marital status-

Children (if any)-

- How often do you brush your teeth?
 - a. Never
 - b. Once a day
 - c. 2-3 times a day
 - d. 2-3 times a week

- What do you use to clean your teeth?
 - a. Toothbrush with toothpaste
 - b. Chewsticks/neem leaves/neem chewstick
 - c. Charcoal/brick powder
 - d. Any others

- How often do you change your toothbrush?
 - a. Every 3 months once
 - b. Every 6 months once
 - c. When the brush bristles fall off
 - d. Never

- How often do you use a tongue cleaner?
 - a. Never
 - b. Once a day
 - c. 2 times a day (every time after brushing)
 - d. 2-3 times a week
- Do you use dental floss in your daily life?
 - a. Yes
 - b. No
 - c. Once a day
 - d. 2-3 times a week
- Any habit of smoking / smokeless tobacco?
 - a. Yes
 - b. No
- Any habit of drinking Alcohol?
 - a. Yes
 - b. No
- Any problem or stress faced during working hours?

Oral health literacy questions:

1. Tooth decay is one of the most prevalent oral diseases. Brushing teeth with toothpaste containing _____ is beneficial.
 - a. Flavors
 - b. Whitening
 - c. Fluoride
 - d. Do not know
2. Each adult individual has thirty-two _____ teeth.
 - a. Deciduous
 - b. Permanent
 - c. Do not know
3. Avoiding a diet rich in _____ and brushing at least twice a day helps in the prevention of tooth decay.
 - a. Spices
 - b. Fat
 - c. Sugar
 - d. Do not know

4. Is consuming cold beverages beneficial for your dental health?

- a. Yes
- b. No, they cause damage to the outer layer of teeth

⇒ **Sodium fluoride mouth rinse 0.2% usage instructions:**

- Once a week, preferably at bedtime swish 2 teaspoons (10ml) in your mouth and rinse for 1 minute, and spit
- After this, do not eat or drink anything for 30 minutes

5. Can you swallow/drink this mouth rinse?

- Yes
- No

⇒ **Post extraction instructions:**

- After getting your tooth extracted, Bite hard for 30 minutes on a gauze pad at the tooth extraction site.
- Consume cold, soft foods like ice cream or cold soup, and do not spit out / rinse for 12 hours.

6. At 11 a.m., if your tooth extraction was performed, when should you remove the gauze from your mouth?

- At _____
- Do not know

7. Can you consume meals at 1 p.m., if your tooth extraction was done at 11 a.m.?

- Yes
- No
- Do not know

8. If there is some bleeding in your teeth following brushing or flossing, which is the recommended decision?

- a. Do not brush and floss daily
- b. Rinse your mouth with warm salt water
- c. Consult a dentist
- d. Do not know

9. What is your action plan, if there is pain/swelling in your mouth?

- a. Taking antibiotics
- b. Taking analgesics or pain killers
- c. Consult a dentist
- d. Do not know

10. Do you experience any issues with your Temporomandibular joint (TMJ)?

- a. I have pain in opening my mouth
- b. I can hear clicking sounds while opening my mouth
- c. I cannot bite properly
- d. No relevant history

11. How can you reduce dental hypersensitivity in your teeth?

- a. Brush your teeth twice daily to remove plaque
- b. Using a desensitizing toothpaste/agent
- c. Have less sugary foods, fizzy and acidic drinks
- d. All of the above

12. Which of the following methods best removes stains and calculus from your teeth?

- a. Use of a mouth rinse/mouthwash
- b. Using an extra whitening toothpaste/brightening agent
- c. Getting your teeth cleaned by a dentist
- d. Do not know

13. From your perspective, when we say, "I have a history of allergy to some drugs?", what does it mean?

- a. I feel difficulty in speaking and communicating after consumption of some drugs
- b. I get severe chest pain after consumption of some drugs
- c. I am unable to breathe with redness of my skin after consumption of some drugs
- d. Options a, b and c

⇒ **Instructions:**

- **Diagnosis: Infection and intraoral swelling in your lower right posterior teeth**
- **Prescription: Amoxicillin (antibiotic) 500mg capsules, take one tablet every 8 hours once before food**
- **Ibuprofen and paracetamol combination (pain killer) 650mg tablets, take one tablet every 6 hours once after food**

14. When should you take the next capsule, if you took the first one at 2:00 p.m.?

- a. At ____.
- b. Do not know

15. Should you stop taking the medication if your symptoms disappear before you finish all the capsules?

- a. Yes
- b. No
- c. Do not know

16. Based on the practice guideline provided by the patient, which option is the most accurate?

- a. It is not necessary for the pregnant patient to notify the dentists before dental treatment.
- b. Always notify your dentists about your illness and any medicine taken.
- c. Both items a and b are correct
- d. Do not know

17. How does smoking cigarettes impact your mouth?

- a. Increases bleeding on brushing
- b. Causes stains / brown, black discolorations on my teeth
- c. Causes bad breath
- d. Smoking does not affect my teeth

18. Why should you get your teeth cleaned every six months?

- a. To avoid stains and debris in areas that brushing and flossing can miss
- b. To prevent cavities and the onset of any gum diseases
- c. To improve overall dental health
- d. All of the above

19. Why is it important to treat milk teeth (primary dentition) that have decay?

- a. They maintain space for the permanent teeth
- b. If baby teeth are removed or lost early, they cause misplacement of the teeth
- c. Can cause damage to the permanent teeth
- d. None of the above

20. If you see a white or red patch on your tongue/inner cheeks, do you feel further investigation is required?

- a. Yes, urgent investigation and appropriate treatment is required
- b. No
- c. I can wait and watch, until the size of the white or red patch increase
- d. I do not know