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## **EFFECTIVENESS OF ORAL HYGIENE PROTOCOL ON ORAL HEALTH FOR THE PATIENTS WITH SPINAL CORD INJURY**

By

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**Title: “Effectiveness of Oral Hygiene Protocol on Oral Health for The Patients with Spinal Cord Injury”**

**Aim of the study:** To determine the functional effect of oral hygiene protocol on oral health for patients with spinal cord injury (SCI).

**Methodology:** The study was conducted through a Quantitative type of Quasi-Experimental research where 60 samples were assigned from the inpatient of SCI unit, conducted at the Centre for the Rehabilitation of the Paralyzed (CRP) in Savar. The Oral Health Assessment Tool (OHAT) for non-dental professionals was used for measuring the change or effect on oral health before and after oral hygiene protocol and an oral hygiene protocol was the intervention of this study. For analyzing the socio-demographic data, descriptive statistics, and analysis of the hypothesis, a non-parametric statistical test had been used for this study. Statistical analysis was performed by using a statistical package for social science (SPSS) version 22.

**Result:** The result shows a significant improvement in oral health. About 78% of participants showed improvement. Particularly, lip tongue, saliva, and oral cleanliness had  $p \leq .05$ , and gum natural teeth denture dental pain has  $p \geq .05$ . Overall, OHAT scores were statistically significant for all substances  $p < 0.05$  with large effects. So therefore to prevent oral health and minimize oral problems, a simple hygiene protocol plays an important role for an individual. Oral hygiene protocol helps to improve oral health by doing daily oral care generating independently or help of caregivers

**Conclusion:** Oral health is an important concern of human life. If oral care doesn't maintain properly for individuals, it can cause severe oral health-related conditions and these can lead to death also. For a handicapped person, it would be difficult to take proper oral care. Thus, SCI patients have severe oral health problems because of their reduced mobility, effects of medications, depression, and lack of awareness. SCI patients have a high prevalence of poor oral health. Maintaining oral hygiene properly can minimize serious oral diseases. The result of this experimental study has identified the effectiveness of oral hygiene protocol on oral health for patients with SCI. It also shows that oral hygiene protocol is more effective for lip, tongue, saliva, and oral cleanliness. Oral hygiene protocol plays a significant role to minimize these oral conditions. It can be concluded that a simple and inexpensive oral hygiene protocol has promising effectiveness in rehabilitation settings. The outcome of the study will help the clinicians as well as the patients and get benefited to implement this intervention in the clinic.

**Limitation:** This is the first study on Oral hygiene protocol among people with SCI in Bangladesh. So, there were some situational limitations and barriers while considering the results of the study in different aspects. Those are as follows:

- The main limitation of this study was the conducting time, especially the data collection time was short.
- In the SCI unit, there was only an assigned intern Speech and Language Therapist at that time. So getting a schedule from the therapist was quite difficult.

- The research was carried out in CRP (Savar) such a small environment, it was difficult to keep confidential the aim of the study for blinding procedure.
- There was no available research done in the area of Bangladesh. So the relevant information related to OHP and oral health in Bangladesh was very limited in the study.

### **Recommendation:**

- As a consequence of this study, it is recommended to do further study including the comparison of conventional speech and language therapy along with the oral hygiene treatment with - a double-blinded procedure.
- To do a further study on this subject as a longitudinal type of research.
- It is also recommended to do further study with more number of subjects such as the patient with stroke.

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***[N.B. For better understanding of the study, please see hard copy & for any further information please contact: [saymaazad.slt@gmail.com](mailto:saymaazad.slt@gmail.com)]***