

Oral hygiene among hemodialysis patients

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INTRODUCTION

Dental and oral cavity diseases are common problems among patients with chronic kidney disease (CKD). Their causes are resulting from course of CKD including disturbances in: calcium and phosphorus metabolism, electrolyte balance, hematopoietic, endocrine and immune system. Oral health is also deteriorated by inadequate hygiene, what leads to inflammation and thus to worse quality of life and increased risk of cardiovascular death.

PURPOSE OF THE STUDY

The assessment of behaviors related to oral hygiene for hemodialysed patients.

MATERIALS AND METHODS

The study comprised 49 hemodialysis (HD) patients from Bielsko-Biała. The research material was collected by means of author's questionnaire, SF-36 questionnaire, blood and saliva tests results. Results of the research were subject of statistical analysis.

RESULTS

1. The study involved 49 patients undergoing hemodialysis, 17 women (34,69%) and 32 men (65,31%); mean age $59,76 \pm 14,37$ years (range 31-83 years). The mean duration of participants' requiring hemodialysis was 50,45 months (range 1-274 months). The participants' mean Kt/V was $1,21 \pm 0,21$ and mean BMI was $26,98 \pm 6,89$ kg/m².
2. The self-perceived health of 63,27% participants was fair or poor and 97,96% felt physical limitations of varying degree of intensity.
3. 75,51% of respondents reported problems with oral health, which in most cases (81,63%) appeared after the start of dialysis. Contrary to the assumptions only 18,37% reported bleeding gums during brushing teeth.
4. The majority of surveyed (59,18%) brushed teeth two times daily, while others hygienic oral treatments, such as flushing or flossing, made only 28,57%. More than a half of participants (53,06%) forgot to brush teeth before going to bed. Respondents most frequently used manual toothbrush of medium hardness (46,94%), which was exchanged every quarter (46,94%). Men less likely than women visited a dentist and longer used removable dentures. Most patients saliva pH normalized after the treatment (65,31%).

Figure 1: The frequency of brushing teeth

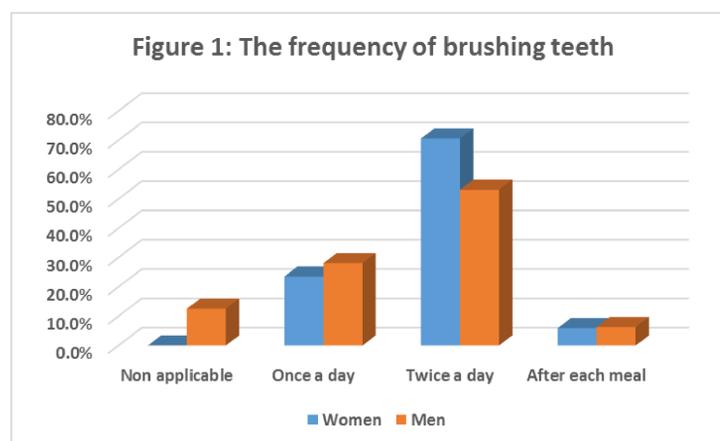
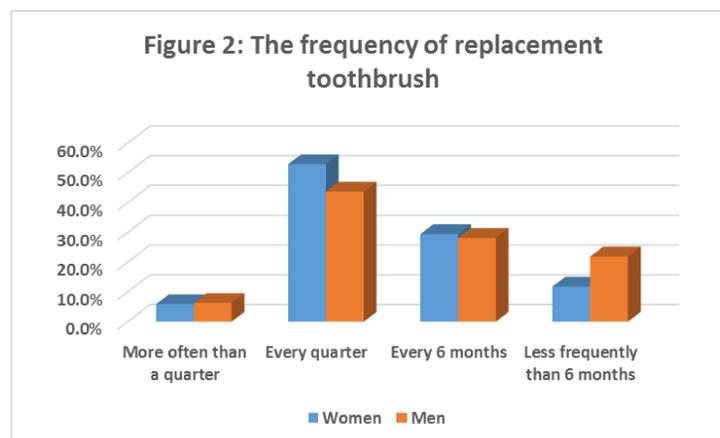


Figure 2: The frequency of replacement toothbrush



CONCLUSION

Oral health is getting worse with the start of renal replacement therapy.

The self-perceived health over the half of participants undergoing hemodialysis was fair or poor and most of them felt physical limitations of varying degree of intensity.

Although the majority of respondents reported problems with oral health and their attitudes toward oral hygiene were weak, bleeding gums had only a small group of participants.

In order to accurately investigate the health needs in this area it is necessary to perform a thorough dental examination.