

Assessment of preparedness and clinical practice modifications among Indian dentists during COVID-19 pandemic - A cross sectional study.

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Citation of this Article: Dr. Mohd. Mohsin Ainapur, Dr. G. Suchitra, Dr. Sulabha. A. N., Dr. Krishna Pradeep K N, “Assessment of preparedness and clinical practice modifications among Indian dentists during COVID-19 pandemic - A cross sectional study”, IJDSIR- April - 2023, Volume – 6, Issue - 2, P. No. 353 – 362.

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Type of Publication: Original Research Article

Conflicts of Interest: Nil

Abstract

Background: During the recent pandemic era, emphasis has been given on safe hygienic practices. Dentists are at higher risk of attaining infections due to proximity to patients and also dental offices pose the areas of highest risk for transmission of virus. So, modifications in clinical practices are of utmost importance.

Aims and Objective: Assessment of preparedness and clinical practice modifications among practicing dentists in India.

Materials and Methods: Web-based cross-sectional survey was conducted from 16th October 2021 to 23rd November 2021. Around 1062 dentists from all parts of India participated in the study. Structured questionnaire

with elaborative questions related to demographics and practice modification towards COVID-19 was prepared and distributed online.

Statistical analysis: Chi square test to analyze the inter group differences was done.

Results: A total of 1062 dentists responded. The analysis of questions was: 77.1 % agreed to saliva being the source of transmission. Statistically significant relation ($p < 0.05$) was established with the questions on the use of Personalized Protective Equipment and anti-biotic mouth rinse prior to procedure. Rapid Antigen test usage as chair side investigation was agreed upon by doctoral degree holders. Question on initial screening for patients had a statistically significant value ($p < 0.05$)

among most of the practitioners. Infection control strategies and use of high efficiency particulate aerosol filters ($p < 0.05$) was also commonly employed. Tele-dentistry was not very much advocated among the dentists surveyed.

Conclusion: Although dentists are aware, adequate guidelines regarding infection control for dentists, their staff and patient care can help them in rendering services more efficiently. Also, tele-dentistry guidelines can also be an optional emergency treatment mode under such pandemic situations.

Keywords: COVID-19, Infection control, Practice Modification.

Introduction

In the recent years a new pandemic has emerged, and it is still an ongoing concern. Corona viruses are a diverse group of viruses that can affect humans also. Two zoonotic origin viruses namely Severe Acute Respiratory Syndrome Corona virus (SARS-CoV) (2002) and Middle East Respiratory Syndrome Corona virus (MERS-CoV) (2012) have already caused fatal respiratory illness in humans. In December 2019, a new public health concern arose in the form of SARS-CoV2 known as Corona virus diseases 2019 (COVID-19). This has spread all over the world and has surpassed the previous two infections in terms of both infectivity and in the spread of epidemiological areas. ^[1] It was first discovered in Wuhan, China and has spread to other parts of the world. ^[2] Declared as global pandemic by the World Health Organization on March 11, 2020, it has affected every part of the globe.

The virus contains single stranded RNA of size 26-32kbs in length. The subgroups are alpha (a), beta (b), gamma (c) and delta (d).^[1] The mode of transmission of this virus is- contact through infected droplets from the upper respiratory tract while sneezing, coughing, talking

without covering the mouth and nose, hand to mouth to eye contact and through contaminated hard surfaces and close proximity.^[3] The common signs and symptoms of this disease are fever, cough, shortness of breath, myalgia, sore throat, nausea, vomiting, diarrhea, ^[4] olfactory and gustatory dysfunctions.^[5] Thus health care workers especially dental professionals are at higher risk due to proximity to patient's face and oral cavity during procedural tasks. Also, the aerosol generating procedures lead to consistent exposure to saliva and blood. ^[6, 7, 8]

Thus the concept of "infection control" has received considerable attention. There are various recommendations also, that can be employed in the regular dental practice set up. ^[9] Several modifications have now been added, such as upgrading with the Personalized Protective Equipment (PPE), use of N-95 masks, face protection or shield, gown, head cover and rubber boots. Routine dental care was also suspended during the active period of the pandemic to reduce transmission of infection. ^[10] But the ethical obligation of dentists to provide emergency services was still continued. ^[11] Therefore the onus rests on the practicing dentists to upgrade their knowledge and also develop practice modifications to reduce the infectivity rate. Despite all the available guidelines and information there seems to be still lot of ambiguity and lot of modifications has to be made for modern day practice. Hence this study was carried out with the following aims and objectives.

Aims and objectives

Assessing the clinical modifications and practice preparedness among practicing dentists in India.

Study design

The dentists including bachelor's degree, master's degree and doctoral degree holders participated in an online survey that included a questionnaire to evaluate their modifications in their infection control practice

since COVID-19 infection and their preparedness for future. This survey was conducted from 16th October 2021 to 23rd November 2021. Practicing dentists all over India, who had access to the internet, could provide informed consent and with knowledge of English were invited for survey.

Exclusion criteria

Students and interns pursuing dentistry course, persons without internet access and who could not understand English were excluded from the study.

Institutional ethical clearance was obtained. All the participants were requested to sign the informed consent to attest their willingness by answering an agree/disagree question. The anonymity of the participants was ensured and no personal identifiers like name, e-mail ID's were collected. Only one response per Internet Protocol (IP) address was allowed.

Data sources and variables

The questionnaire was developed by faculty members and experts in the field of dentistry, medical science, infection control and statistics. A group of selected experts was formed to add/modify the questions for better understanding. The survey link was disseminated through what's app groups and e-mail among the dentists. The questionnaire consisted of a total of 11 questions regarding their clinical practice modifications and 4 questions related to demographics.

Demographics

In this section their age, gender, educational qualification and zone of practice were included.

Clinical practice questions

This section evaluated the knowledge regarding the mode of transmission through saliva, use of infection control strategies for the clinician as well as patient and questions about potential risk of COVID-19 in future were assessed.

Statistical methods used

All characteristics were summarized descriptively. For continuous variables, the summary statistics of Mean and Standard Deviation (SD) were used. For categorical data, the number and percentage were used in the data summaries and diagrammatic presentation.

The difference of the means of analysis variables between two independent groups was tested by chi-square test. If the p-value was < 0.05 , then the results were considered to be statistically significant. Data were analyzed using SPSS software v.23 (IBM Statistics, Chicago, USA) and Microsoft office 2007.

Results

A total of 1062 responses were evaluated. Overall demographic status has been depicted in Table 1. Out of these 185 (17.5%) were less than 30 years, 602 (56.7%) dentists were of age range of 31-40 years and 264 (24.9%) were aged between 41-50 years [Table 1]. Male dentists constituted around 60% (637) and females about 40% (425). Almost equal numbers of dentists were bachelor's degree holders and Master's degree holders [BDS-504 (47.5%) and MDS-549(51.7%)]. Only around 9(0.8%) had doctoral qualification. According to geographic location, 109 (10.3%) hailed from central region, 145 (13.9%) from east side, 208 (19.6%) from west region, 361(34%) from south region and rest 239 (22.5%) were from northern parts of India. The types of questions used in the survey and the associated responses obtained have been tabulated in table 2. Out of the responses obtained, intergroup analysis of variables was done using chi square test by assessing each question with other demographic parameters such as age, sex and educational qualification status and the obtained results have been formulated in table 3. A statistically significant relation was obtained for question related to saliva as a potential source of transmission from dentists

with doctoral degree and dentists aged between 31 to 40 yrs ($p<0.05$) and both male and female dentists had a positive opinion regarding saliva as a source of contamination ($p=0.01$).

The second question was whether PPE kit act as a protection from transmission. A statistically significant relation was obtained from both genders ($p=0.01$) and all age range group ($p=0.02$). Dentists with the age range of above 40 years agreed that RAT (Rapid Antigen Test) could prove a useful aid in the initial screening of positive patients. [Table 3]. A statistically significant value regarding age and gender of all dentists involved was obtained when they were questioned related to initial screening for all patients [Table 3]. All dentists of all age ranges agreed to the use of antiseptic mouth rinse before any procedure ($p=0.04$) and also regarding protection for health staff the opinion of dentists has a statistically significant value ($p=0.01$).

Equipping with HEPA (high- efficiency particulate arrestor) filter was considered by dentists with all qualifications and also these filters were more commonly employed among dentists aged between 31 to 50 years [Table 3]. Infection control practice changes were also agreed upon by most dentists and also a high value was obtained with dentists above the age of 50 years [Table 3]. Emergency dental care to a positive patient was top priority among all dentists ($p<0.05$). A statistically significant relation was observed with the question regarding dealing of COVID -19 in future [Table 3]. It was also generally agreed upon that dentists are at higher potential risk of transmission than other medical groups.

Discussion

COVID-19 is still an ongoing infection and managing this public health concern relies on the health professionals. Thus efficient use of infection control

strategy, knowledge of the current practice modifications and developing newer approach will help in combating the infection by preventing its further transmission. Saliva constitutes a major transmission route. The salivary viral load during first week of onset of symptoms has been correlated with disease severity and age of patients. ^[12] Reverse transcription –Polymerase Chain Reaction analysis of nasopharyngeal swabs though widely used could be unsafe for health care professionals and thus saliva may be used as a suitable alternative for diagnosis. ^[13] Salivary diagnosis does not require close contact and hence there is less risk of transmission of virus to health care workers. ^[14] But saliva can act as a potential source of transmission in dental clinical procedures. Patients can be asymptomatic while reporting to clinic. In our study we assessed this knowledge among dentists and almost all participants agreed that saliva is a potential source of infection. There was also statistically significant relation ($p<0.5$) among the doctoral group signifying their higher knowledge levels. Although there is no evidence of cluster outbreak of COVID-19 in dental patients and health care providers, this has to be further investigated and more data collection in this regard is necessary.

To combat this health problem adopting several measures such as wearing of Personal Protective Equipment and surgical masks / N 95 respirators and shoe covers have been advocated. ^[15,16] In our survey only 41 % respondents agreed that use of PPE kit would give complete protection which is in contrast with the study by Khalifa S et al that showed 72% agreement. ^[17] This suggests that more educational sessions/ lectures should be provided regarding infection control protocols. Rapid Antigen test (RAT test) as a chair side diagnostic test was agreed upon by only 52.1% while 34.9% were unsure of its application. Therefore, practical and work

able measures must be developed and implemented so that RATs may be a helpful adjunct to establish a safer daily routine. The advantage of RATs, apart from their low cost, is their availability and flexibility, requiring no infrastructure, their ease of handling and rapid results. But additional time requirements, the incorporation of the test results in the practice workflow, additional and trained staff, space requirements need to be addressed as well. ^[18]

In the present study 88.3% dentists indicated that they practiced initial screening measures such as measurement of body temperatures which is in accordance with other studies. ^[17,19, 20]

Around 72% of dentists agreed to the use of antiseptic mouth rinse before any procedures. Our study showed significantly higher value in this parameter than studies by Khalifa et al, ^[17] Ahmad et al ^[21] and Canetti et al. ^[22] This discrepancy can be attributed to the timeline of surveys wherein earlier studies were conducted during the early periods of the pandemic. Evidence have suggested that povidone-iodine (PVP-I) based mouth washes which are 1% in concentration, have demonstrated antiviral and antibacterial properties. ^[23] Also PVP-I based products along with 70% ethanol are strongly effective in SARS-CoV inactivation. ^[24] It has been observed that other commonly used chlorhexidine mouth wash (0.2%, 15ml) for period of thirty seconds leads to fall in viral loads for 2 hours after rinse followed by a rise. ^[25] Though these need further investigation nevertheless it may be prudent to use antibiotics mouth rinses prior to dental procedures.

Only half of dentists in our survey used extra oral suction / HEPA filters in their clinics, while only one third of dentists agreed to the use of filters in study by Khalifa S et al. ^[17] Since high- efficiency particulate arrestor filter, rubber dam application and high-volume

evacuator can reduce spatter and aerosol productions more emphasis should be made for its regular use. About 87.3% of dentists and dentists aged more than 50years agreed that their infection control routine changed after the pandemic which is in accordance with Khalifa S et al. ^[17] This signifies that dentists with higher experience have greater awareness of infection control systems.

Guidice et al ^[26] have reported to the use of tele-dentistry to decrease the risk of COVID transmission. This response was relatively low in our study where only 28.8% were willing to do tele-dentistry while around 47.9% were unsure of this. Thus proper guidelines regarding this mode of emergency treatment need to be rendered. Around 57.8% were of the opinion that they will be dealing more COVID patients in the future and dentists being at a higher potential risk than other medical/ para medical professionals were also perceived by 83% of our respondents. Thus, need for revised education goals pertaining to proper infection control and safety both to the operating clinician and patients need to be elucidated.

Study limitations

short period of survey and a small number of participants. The number of questions was also limited and thus more area of coverage of the questions was not possible. The cause-effect relationship could not be studied due to the cross- sectional nature of the study. There may be sampling bias as the participants were approached by web-based platforms. Prospective studies using large representative samples and use of safety compliance during clinical practice among dentists may be further assessed.

Conclusion

Our study highlighted that dentists are more aware of the current pandemic situation and adequate guidelines need

to be emphasized more regarding infection control measures among dentists, their staff and patient care.

Also tele-dentistry guide lines can also be an optional emergency treatment mode under such pandemic situations.

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Table Legends

Table 1: Distribution of Cases according to Demographic Parameters.

Demographic Parameters	No. Of cases (N=1062)	Percent
Age		
<30 years	185	17.4%
31- 40 years	602	56.7%
41-50 years	264	24.9%
>50 years	11	1%
Gender		
Male	637	60%
Female	425	40%
Educational status		
BDS	504	47.5%
MDS	549	51.7%
Doctoral(Ph.D)	9	0.8%

Zone of Practice		
Central	109	10.3%
East	145	13.7%
West	208	19.6%
South	361	34%
North	239	22.5%

Table 2: Response of participants to the questions.

Sn.	Questions	Yes	%	No	%	Maybe	%
1	Is saliva a potential source for SARS-cov2 Virus transmission?	816	77.1	52	4.9	191	18
2	Do you agree that PPE KIT would give a complete protection from confirmed /suspected COVID-19 patients?	434	41	625	59	00	00
3	Can Rapid antigen test (RAT) be used as a chairside diagnostic test in dental clinics?	552	52.1	138	13	370	34.9
4	Do you follow initial screening measures for all patients? (Recording body temperature/ sanitizing hands/ wearing mask /maintaining social distancing)	932	88.3	124	11.7	00	00
5	Do you make patients use an antiseptic mouth rinse before any procedure in your clinic?	761	72	296	28	00	00
6	Whether all the health staff members in your dental clinic wear protective clothing?	481	45.5	576	54.5	00	00
7	Does your dental clinic have an extra oral suction / HEPA filter?	460	43.6	594	56.4	00	00
8	Did your infection control routine change after the COVID-19 pandemic?	920	87.3	134	12.7	00	00
9	Will you provide emergency dental treatment to a COVID-19 positive patient?	304	28.8	246	23.3	505	47.9
10	Do you think you will be dealing with COVID-19 patients to a greater extent in your clinics in the future?	611	57.8	157	14.9	289	27.3
11	Do you perceive that dentists are at a higher potential risk than other medical / paramedical professionals	877	83	179	17	00	00

Table 3: Statistical analysis for inter-group variables.

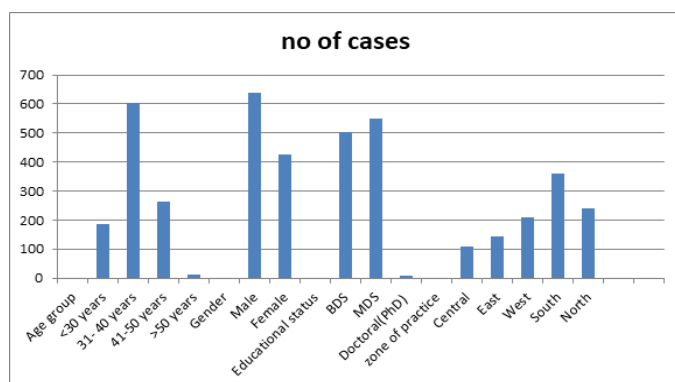
Sn.	Question	Variable	Total	Yes	P-value
1	Is saliva a potential source for SARS-cov2 virus Transmission?	Educational status			
		BDS	504	396	0.62
		MDS	549	465	0.58
		Doctoral (PhD)	10	8	0.00*
		Age			
		31-40 years	602	468	0.05*

		Gender			
		Male	637	523	0.01*
		Female	425	347	0.01*
2	Do you agree that PPE KIT Would give a give complete Protection from Confirmed /suspected COVID-19 Patients?	Age			
		All age group	1062	434	0.02*
		Gender			
		Male	637	258	0.01*
		Female	425	175	0.01*
3	Can Rapid antigen test (RAT) be used as a chairside Diagnostic test in dental Clinics?	Age			
		41-50 years	264	137	0.00*
		>50 years	11	6	0.01*
4	Do you follow initial screening Measures for all patients?	Educational status			
		BDS	504	440	0.04*
		MDS	549	490	0.08
		Age			
		<30 years	185	160	0.04*
		31-40 years	602	530	0.00*
		41-50 years	264	233	0.00*
		>50 years	11	11	0.02*
		Gender			
		Male	637	565	0.02*
		Female	425	372	0.02*
5	Do you make patients use an Antiseptic mouth rinse before Any procedure in your clinic?	Age			
		All age group	1062	761	0.04*
6	Whether all the health staff Members in your dental clinic Wear protective clothing?	Age			
		All age group	1062	481	0.01*
7	Does your dental clinic have an extra oral suction / HEPA Filters?	Educational status			
		BDS	504	220	0.00*
		MDS	549	241	0.00*
		Doctoral (PhD)	9	4	0.00*
		Age			
		31-40 years	602	260	0.02*
		41-50 years	264	116	0.00*
8	Did your infection control routine change after the COVID-19 pandemic?	Educational status			
		BDS	504	464	0.02*
		MDS	549	513	0.04*
		Age			
		>50 years	11	9	0.03*

9	Will you provide emergency? Dental treatment to a COVID-19 positive patient?	Educational status			
		All	1062	308	0.01*
		Age			
		All age group	1062	305	0.01*
10	Do you think you will be Dealing with COVID-19 Patients to a greater extent in Your clinics in the future?	Educational status			
		BDS	504	290	0.00*
		MDS	549	317	0.00*
		Age			
		All age group	1062	612	0.008
		Gender			
		Both	1062	613	0.03*
11	Do you perceive that dentist Are at a higher potential risk Than another medical / para- Medical professionals?	Educational status			
		BDS	504	414	0.03*
		MDS	549	458	0.02*
		Doctoral (phd)	10	8	0.04*
		Age			
		31-40 years	602	502	0.02*
		Gender			
		Male	637	530	0.00*
		Female	425	351	0.01*

*p value <0.05

Graph 1: Distribution of Cases according to Demographic Parameters.



Graph 2: Response of participants to the questions.

