

Evaluation of Parental Acceptance of Different Behaviour Management Techniques used in Pediatric Dentistry: A Cross Sectional Study

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Citation of this Article: Dr. Saisri Rao Thandra, Dr. Hima Priya Telu, Dr. Vitta Nikitha Reddy, Dr. Bhavya Sri Kakumanu, Dr. Ramasahayam Snigdha, Dr. Bandreddy Sowgandhika, “Evaluation of Parental Acceptance of Different Behaviour Management Techniques used in Pediatric Dentistry: A Cross Sectional Study”, IJDSIR- March - 2023, Volume – 6, Issue - 2, P. No. 10 – 13.

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Type of Publication: Original Research Article

Conflicts of Interest: Nil

Abstract

Aim: To assess the level of parental acceptance for various behaviour management strategies applied in pediatric dentistry.

Material and Method: In Present study 100 parents having children aged between 6-10 years were included. In the period between September 2022 and January 2023, study was conducted at the department of pedodontics and preventive dentistry. Ten images were created to highlight the various behavioural management strategies included Tell show do, tell play do, Modelling, Distraction, Positive reinforcement, Voice control, Hand over mouth exercise, Physical restrain, Conscious sedation, General anaesthesia. The parents were provided with an assessment form containing the names of the techniques

with two parameters “Accept or Reject” and after watching image of each behavior management technique parents were asked to give their opinion.

Result: The most accepted methods of management which was widely accepted by parents were tell-show-do (91.5%), Tell play do (88.5%) and positive reinforcement (87%). Distraction (78.5), Modelling (76.4%), Voice control (71.3%) were moderately accepted by the parents whereas Conscious sedation (42.4 %), General anaesthesia (38.5%) Hand over mouth exercise (31.3%), Physical restrain (28%) were least accepted method by the parents.

Conclusion: From the result of our study we can concluded that Tell show do, tell play do and positive reinforcement techniques are more acceptable to parents

were as physical restraints, hand over mouth exercise are least acceptable methods.

Keywords: Behaviour, Behaviour Management Techniques, Tell play do

Introduction: Every dentist faces a significant problem when treating young patients who have dental anxiety. The child's lack of cooperation may make it difficult to give dental care effectively, which could lower the standard of care. Pediatric dental practise must include the management of the child patient's behaviour. The dentist must use additional behaviour management strategies in place of or in addition to communicative management for a youngster who is unable to cooperate.¹

The American Academy of Pediatric Dentistry had suggested a number of behaviour management techniques for Pediatric patient, including voice control, tell-show-do, modelling, distraction, nonverbal communication, the hand-over-mouth technique, physical restraint, and pharmacological strategies like conscious sedation, nitrous oxide, and general anaesthesia.²

Without the parents' knowledge and approval, dentists are no longer permitted to perform these procedures. They shouldn't presume that the parents of young children fully understand and concur with these methods. Before beginning any behavioural therapy with a patient, health practitioners should acquire fully informed agreement from the parents or legal guardians of the young kid. If a management approach was used on the patient without the parents' permission, the health care provider could be held accountable. Therefore, the purpose of this study is to evaluate parents' attitudes regarding various behaviour management strategies.

Material and Method

Ethical approval for the present research was obtained from the Institutional Ethical Review Board. In Present study 100 parents having children aged between 6-10

years were included. Study was carried out in Department of Preventive and Pedodontic Dentistry from September 2022 to January 2023. The study only included parents whose children had received dental care for the first time. The parent was made aware of the study's objectives before initiating the research.

Ten images were created to highlight the various behavioural management strategies included Tell show do, Tell play do, Modelling, Distraction, Positive reinforcement, Voice control, Hand over mouth exercise, Physical restrain, Conscious sedation, General anaesthesia. Parents were given an assessment sheet that listed the names of the behaviour management approaches along with the parameters "Accept or Reject"; after viewing images of each technique, parents were asked to provide their opinion.

Result

SPSS software (Version 28.0.1.0, IBM, USA) was used to record and evaluate the level of significance using the Chi Square test. Present study showed that tell-show-do (91.5%), Tell play do (88.5%) and positive reinforcement (87%) were most accepted methods of behaviour management by parents. Distraction (78.5), Modelling (76.4%), Voice control (71.3%) were moderately accepted by the parents whereas Conscious sedation (42.4 %), General anaesthesia (38.5%) Hand over mouth exercise (31.3%), Physical restrain (28%) were least accepted method by the parents. (Table 1)

Table 1: Parental Response to Various Behavior management Techniques

Behavior management Techniques	Acceptance %	Rejection %	P value
Tell Show Do	91.5%	8.5%	< 0.001
Tell Play Do	88.5%	11.5%	< 0.001
Modelling	76.4%	23.6%	< 0.001
Distraction	78.5%	21.5%	< 0.05

Positive Reinforcement	87%	13%	< 0.05
Voice Control	71.3%	29.7%	< 0.05
Hand Over Mouth Exercise	31.3%	68.7%	< 0.05
Physical Restrain	28%	72%	< 0.05
Conscious Sedation	42.4%	57.6%	>0.05
General Anaesthesia	38.5%	61.5%	>0.05

Discussion

Behavior management approaches is exceptionally useful in some pediatric patients if they are reluctant to cooperate.³ These methods serve as supplements or alternatives to the clinician to providing effective dental care.⁴ Various researches revealed that not all BMT were equally acceptable to parents and few approaches were typically rejected.⁵

Children's dental appointments are always attended by their parents. Many aspects of decision-making and care delivery worry them. In order to lower a child's fear and enable the pedodontist to form a therapy relationship, parents play an essential role. In the past, dental staff deliberately prevented parents from communicating with their children and severely limited that connection. Parental participation has increased as a result of shifting social attitudes. It is now standard practise to involve the parent in treatment decisions through permission.^{3,4}

Based on our results tell-show-do was considered as the most acceptable approach followed by, tell play do, positive reinforce, distraction, modelling , voice control, conscious sedation, general anaesthesia, hand over mouth exercise, physical restrain. Form the observation from our study we can conclude that the tell-show-do technique is the most acceptable to parents followed by tell show do technique. Result of our study are in accordance to the most previous studies conducted by Boka et al.⁶ Murphy et al.⁷, Alammouri M⁸, Eaton et al.⁹

In Our study we also observed that physical restraint and hand over mouth exercise was not usually well accepted by the parents. Finding of our study in accordance to study conducted by Thirunavakararu R et al. in 2021.¹⁰

Tell show do, Tell play do and Positive reinforcement techniques are more child friendly and also inspires the child for future dental treatments and thus are more acceptable behavior management techniques to the parents which is evident with the data received after the study.

Conclusion

New behaviour management approaches that are both simpler to use and more agreeable to parents and children have been developed as a result of advancements in the field of paediatric dentistry. Nowadays, parents are more concerned with the rights of their kids and tend to use more encouraging methods, such as demonstrations catered to the kids' comprehension levels. From the result of our study we can concluded that Tell show do, Tell play do and positive reinforcement techniques are more acceptable to parents were as physical restraints, hand over mouth exercise are least acceptable methods. Parents prefer a management strategy that necessitates interaction and communication between the dentist and their child.

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