

Oral health status and oral health-related quality of life of geriatric patients.

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OR10-7 Oral Health Status and Oral Health-Related Quality of Life of Geriatric Patients

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Purpose: To examine the oral health status of Chinese geriatric patients and identify its impacts on oral health-related quality of life (OHRQoL).

Method: A cross-sectional, correlational study was conducted in a geriatric setting of a regional hospital in Hong Kong, with the use of the Brief Oral Health Status Examination (BOHSE) and the General Oral Health Assessment Index (GOHAI) for data collection.

Results: A total of 155 Chinese geriatric patients (mean age = 80.0±7.2) were recruited from November 2006 to January 2007. Their oral health status were fair, with the problems of decayed teeth (22%), lack of occlude teeth (27%), coated tongue (47.7%), excessive tartar (82.6%), dry and rough red oral tissue (49.9%) and loose gum (54.8%) as more prominent. The GOHAI score (mean = 49.77±6.40) indicated their compromised OHRQoL, with the physical function (mean subscale score = 3.26±1.16) as more affected than the pain and discomfort symptom (mean subscale score = 4.36±0.65) as well as psychosocial function (mean subscale score = 4.45±0.42). By using hierarchical regression analysis to control the influence of demographic and clinical factors, this study found that less than eight pairs of chewing teeth ($\beta = -0.27$, $p < 0.001$), unhealthy gum ($\beta = -0.25$, $p = 0.03$) and perceived oral dryness ($\beta = -0.16$, $p = 0.040$) significantly accounted for 16% of variance in the OHRQoL of the Chinese geriatric patients.

Conclusion: Incorporating routine screening for dental and gum problems, providing adequate dental options to optimize the dental occlusion function, and reducing oral dryness of geriatric patients are suggested strategies for effective oral care in geriatric patients.