

## **Oral and Dental Health Education: Oral and Dental Service Problems during the Pandemic**

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### **Abstract**

Since the gig and mouth are essential organs in humans, this essay addresses the significance of oral and dental health education in the pandemic. During the pandemic, though, oral and dental health facilities became a major issue. Because of the quick exchange of viruses, humans become susceptible to them. Dental and verbal health have a high risk of transmitting sars-cov-2 infection, also known as crown. Since the bacteria may be spread by beads or sprinkles of saliva, this substance can be sprayed onto the middle of the testing table, and is then attached to the hardware used to inspect the teeth. For the non-emergency type, people are advised to improve dental and oral hygiene on their own: avoiding plaque accumulation, flossing, etc. Brushing teeth with the right methods on a daily basis and flossing Sugar and acid-rich foods and drinks can be avoided.

**Keywords:** Community Service, Pandemic, Oral and Dental Health

### **Introduction**

Dental and oral health is part of the health of the body that cannot be separated from each other because it will affect the overall health of the body (Kohn et al., 2003; Zarco et al., 2012). Teeth are one part of the body that serves to chew, talk and maintain the shape of the face, so it is important to maintain the health of the teeth as early as possible in order to last a long time in the oral cavity. A healthy mouth indirectly will also increase the immune system / immune system so that it is not easy to get sick. When contaminated, not only is dental and oral health impaired, viruses and bacteria can also threaten the health of other important organs of the body. No exception corona virus is now a threat to people in various countries.

### **The Importance of Oral and Dental Care during the Pandemic**

In a pandemic like today, keeping your body healthy and avoiding viruses is a top priority. In addition to the mandatory use of masks when traveling and washing hands regularly, we must also be disciplined to maintain dental and oral health. Mouth is one of the transmission media and the development of viruses as well as bacteria, including coronavirus (SARS-Cov-2), so it is very risky to transmit or transmitted from the mouth of others.

During this pandemic period, it is worth delaying visiting the dentist or health facilities unless in a desperate or emergency situation the criteria that can visit the dentist is if experiencing severe unbearable pain, trauma to the teeth and jaw, severe bleeding and swelling of the gums due to infection. The World Health Organization (WHO) also urges delaying dental care if it is not really an emergency. Treatment to the dentist is very risky to contract and transmit *Covid-19*, because when the dentist performs the action, there is a potential transmission of corona virus through the air (aerosol) (Barabari et al., 2020; Peditto

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et al., 2020; Vyas et al., 2020). These aerosols and droplets contain viral particles. When dental action is performed, there is a possibility of being exposed to aerosol splashes and droplets so that the dentist can contract it from the patient and can transmit it back to another patient. Therefore, maintaining dental and oral health is a preventive measure before getting sick.

There are several ways to maintain dental and oral health during the *Covid-19* pandemic, namely avoiding plaque buildup. Plaque is a sticky layer derived from food waste that attaches to the surface of teeth and gums, and contains bacteria. Tooth plaque that is not cleaned, can gradually harden and become tartar. Plaque buildup makes viruses and bacteria easier to stick and develop into the body. Plaque buildup can be prevented by regularly cleaning the teeth and oral cavity. Brushing your teeth regularly with the correct technique, brushing teeth properly can maintain the health of your teeth and mouth. Toothbrushes are recommended twice a day, i.e. the morning after meals and the night before bedtime. Toothbrushes are carried out for a minimum of two minutes. The correct way is to rotate from the red gum area towards the white teeth. In addition, choose toothpaste that contains fluoride because it is good for dental health. If necessary, mouthwash can be used after brushing your teeth with the aim of cleaning the inner area that is not reachable by the toothbrush.

Dental floss is used to clean food waste left between teeth. Brushing your teeth is often unable to reach between tight teeth. The leftovers in between these teeth have the potential to cause cavities. Therefore, it is important to use dental floss to clean your teeth and mouth after brushing your teeth.

Foods and beverages containing high sugar such as sweets, sweet foods and beverages, can produce acidic substances in the oral cavity so that the formation of plaque is inevitable. While foods and beverages with a high acid content such as acidic foods, carbonated beverages and sodas can make the enamel layer of teeth become damaged. Therefore, reduce the intake of sugars and acids, and replace with the intake of fruits and vegetables.

Having regular dental check-ups (every six months) to the dentist is highly recommended as a prevention of dental and oral problems. But in a pandemic like today, going out of the house can be very risky, including to health facilities such as health centers, clinics or hospitals. Direct consultations are recommended to be postponed, but the public can still consult with the dentist via telemedicine or online.

### **Oral and Dental Health Services during the Pandemic**

The international committee on viral taxonomy in February 2020 announced to the public the name of the virus that causes COVID-19 is *Severe Acute Respiratory Syndrome CoronaVirus 2 (SARS-CoV 2)*. Furthermore, in March 2020 WHO declared COVID-19 as a pandemic outbreak.

The impact of the COVID-19 pandemic has affected various sectors globally and nationally, both economic, educational, social and health, and none of them have escaped the COVID-19 problem. In the field of health in the scope of dental health scale also cannot be taken for granted, healthy teeth and mouth or without complaints play an important role in one's daily activities in this pandemic.

Dental and oral health can reflect the overall health of the body including if there is a lack of nutrients and symptoms of other diseases in the body (Guzeldemir et al., 2009; Frydrych et al., 2005). Dental and oral health disorders can negatively affect daily life,

including declining general health, lowering confidence levels, and disrupting performance and attendance at school or work. This shows that people still need dentistry during the COVID-19 pandemic.

SARS-CoV2 is transferred from person to person by two routes: aerosols and droplets formed by coughing, sneezing, or chatting. Dental and oral health programs have an undeniable chance of spreading the sars-cov-2 virus, commonly known as corona. It may be transferred by the air and saliva, and thus the virus can enter the process as this substance is sprayed in the center of the test.

Dentists, and dental and oral therapists are required to use appropriate PPE. Modify the poly-tooth action room by making it a negative pressure room and there is a dressing room. With this negative pressure, air from inside the chamber that may contain infection-causing viruses does not come out and contaminate the outside air. Air pressure monitoring is carried out daily and periodically with manometers and smoke canisters on poly doors. Patients are recommended to gargle using povidone iodine gargle 1% for 15-60 seconds before treatment and the necessary times.

The use of Aerosol Suction in aerosol-induced rise actions such as teeth blurring, tartar cleaning, and odontectomy with local anesthesia. When ignited, aerosols produced and derived from the patient's mouth will be sucked by suction, then enter through the houst. This tool is equipped with Ultra Violet -C and Plasma rays work to kill viruses contained in air containing water. Filtered again with activated carbon layer and finally with HEPA filter 0.3micron. With this four-layer process, it can be ensured that the air that comes out is completely clean from viruses and bacteria. All dental equipment that has been used directly put in a dirty container and closed to be sterilized in CSSD (Central Sterile Supply Department). Cleaning the dental unit using an alcohol swab every time the patient changes. Regular cleaning of the working environment and waiting room of the patient with disinfectant fluid.

### **Problems in Oral and Dental Health Services during the Pandemic**

COVID-19 is crossing ais leading multiple priorities to intersect in the dental and psychological well-being administration (Ramos-Gomez et al., 2020; Almurisi et al., 2020). People who talk and others who have teeth will definitely get SARS-2 as far as it has been confirmed. since it can be transmitted through spit or some small drops of the preparation, in this center are the teeth being scanned

In case it's already an issue at home, you can avoid going to see the Dental Affiliation and getting help. The group of emergency procedures includes: patients who suffer inside the oral cavity, who suffer extreme pain (such as those on the front lines of war or troops under fire), people who don't have difficulty sensation through their teeth, and who have impalediments. Patients in pain due to braces A wound that affects ventilation must be detected before treatment; you have to look for it inside the mouth area.

On the off chance that the circumstance isn't an crisis, at that point it is suggested that the arrange to visit the dental and verbal wellbeing administrations is put off. And fair do individual treatment at domestic utilizing straightforward ways such as washing with salt water or taking painkillers.

There is A variety of laws that include utilizing both voice and agility while playing phonics need to be followed in order to maintain both proper oral and mental health (Talla et al., 2020; Farook et al., 2020; Peres et al., 2020). assumptions based on assumptions There is

an easy and time-proven way to figure out anyone who comes to the clinic: perform point-by-point screening Cleanse the hands with 80% of previously treated liquor or flowing water; incorporate cleansing agents that use at least 70% of such substances in order to conduct; practice quality cleaning; and instrument cleaning hack-and-and-based morality A dentist, dental nurses, and dental caregivers must use personal protective equipment According to current information, patients are told to wash with a 0.5% peroxide/1% solution for 15 to 60 seconds or with a 1% iodine solution any other times; Using elastic dams has been proposed as a protection against sickness. Using 5% sodium hypochlorite to disinfect dentistry dental equipment Seventy percent of all but the teeth, so they should all be washed with some 70% ethyl alcohol.

Table 1. Detailed Screening for Safe Protocol

Target	Substance for Cleaning	Time
<b>Patients</b>	Running Water	60 seconds 15-50 seconds
	70% Alcohol/Soap Hydrogen peroxide 0,5%-1% Iodine 1% for	
<b>Health Workers</b>	PPE rubber dams 70% ethanol	

Cleaning, hospital waiting place, medical and other places with disinfectant fluids the concentration of benzalkonium chloride in liquid pharmaceuticals comprising 2% may be 2 parts per million or less Oral hygienists, along with dentist therapists, offer hygienic are therapies and adopt the general dental hygiene practices as well. in the wake of the COVID-19 epidemic, this community hospital is lacking in service. We know that the health care phase cannot be placed on hold.

Furthermore, the Dental and Oral Hospital serves as a teaching facility for students of the dentistry. They've been told to get to work by plunging straight back into the domain of treatment. When the pandemic struck in March, however, school instruction was temporarily discarded in favor of self-study. Students are equipped with an Infection Prevention and Management course resource during their undergraduate curriculum as well. When the environment is correct, the students may like to go back to practicing and becoming practical dentists.

The problem of globalization in the field of services and the impact of globalization on health, medicine, and nursing is largely determined by the scope of the group of health services that will enter Indonesia in the era of globalization. This issue demands the readiness of human resources in Indonesia. Changing the utilization of existing resources effectively and efficiently is a smart answer step in anticipating the influence of global change. This condition requires all government and private organizations to adjust to the developments. In every organization, both government and private, it requires the professionalism of Human Resources (HR) as the most important element in the achievement of the organization. The quality of human resources itself includes mental attitude and work ethic, in addition to knowledge, skills, management skills and mastery of technology, so that there will be a skilled, educated, motivated and disciplined workforce. Human resource management as a management and utilization of existing resources in individuals (employees), need to continue to be developed to the maximum in the world of work, to achieve the organization and development of individuals (employees) itself.

## Conclusion

During the covid-19 pandemic, it is crucial to maintain dental and oral health because it affects the overall health of the body. Teeth and mouth is one part of the body that serves to chew, talk and maintain the shape of the face, so it is important to maintain the health of the teeth as early as possible in order to last a long time in the oral cavity. This is because also the transmission of the covid-19 virus is very risky to be transmitted through the mouth. So dental and oral health services provide certain criteria that are allowed to visit the dentist is if the pain is severe and unbearable, experiencing in the teeth and jaw, severe bleeding due to infection. During this pandemic, people are encouraged to maintain dental health independently, so as to prevent the chain of transmission of covid-19.

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