



KMCT
DENTAL COLLEGE

Recognised Research Centre of Kerala University of Health Sciences

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KMCT Medical College Campus, Mukkam, Kozhikode-673602

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Principal
KMCT Dental College
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NO. OF STUDENTS UNDERTAKING RESEARCH PROJECTS



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PG RESEARCH

KERALA UNIVERSITY OF HEALTH SCIENCES

Admission year :2020

College Name:KMCT Dental College, Kozhikode

SI No.	Title	Course Name	College
1	A COMPARATIVE EVALUATION OF QUANTITATIVE CHANGES IN THE ORAL STREPTOCOCCAL COLONIES DURING FIXED ORTHODONTIC TREATMENT AND IN RETENTION.	MDS Oral Pathology and Microbiology	KMCT Dental College, Kozhikode
2	COMPARISON OF TOPICAL AMLEXANOX 5% AND TRIAMCINOLONE ACETONIDE 0.1% IN THE TREATMENT OF ORAL LICHEN PLANUS A RANDOMIZED CONTROL TRIAL	MDS Oral Medicine and Radiology	KMCT Dental College, Kozhikode
3	COMPARATIVE EVALUATION OF BOND STRENGTH ON REATTACHMENT OF FRACTURED TOOTH FRAGMENT WITH DIFFERENT REHYDRATION TECHNIQUES-AN INVITRO STUDY	MDS Pedodontics and Preventive Dentistry	KMCT Dental College, Kozhikode
4	A COMPARATIVE EVALUATION OF QUANTITATIVE CHANGES IN THE ORAL CANDIDA COLONIES DURING FIXED ORTHODONTIC TREATMENT AND IN RETENTION	MDS Oral Pathology and Microbiology	KMCT Dental College, Kozhikode
5	QUANTITATIVE AND QUALITATIVE BACTERIAL ANALYSIS OF AEROSOL GENERATED BETWEEN ELECTRIC AND AIR TURBINE DENTAL HANDPIECE-A COMPARATIVE STUDY	MDS Conservative Dentistry and Endodontics	KMCT Dental College, Kozhikode
6	COMPARISON OF TEMPOROMANDIBULAR JOINT MORPHOLOGY IN PATIENTS WITH AND WITHOUT TEMPOROMANDIBULAR JOINT DYSFUNCTION: A CBCT STUDY	MDS Oral and Maxillofacial Surgery	KMCT Dental College, Kozhikode
7	PREVALENCE OF BIFID MANDIBULAR CANAL USING CBCT - A CROSS SECTIONAL STUDY	MDS Oral and Maxillofacial Surgery	KMCT Dental College, Kozhikode
8	COMPARATIVE EVALUATION OF ROOT SURFACE CONDITIONING EFFICACY OF SODIUM BICARBONATE, METFORMIN AND DOXYCYCLINE:AN IN VITRO STUDY	MDS Periodontology	KMCT Dental College, Kozhikode
9	EVALUATION OF SURFACE MORPHOLOGY AND STRESS DISTRIBUTION OF ORTHODONTIC MINI-IMPLANTS IN MAXILLA USING FINITE ELEMENT ANALYSIS	MDS Orthodontics and Dental Facial Orthopedics	KMCT Dental College, Kozhikode
10	COMPARATIVE EVALUATION OF ROOT SURFACE CONDITIONING EFFICACY OF SODIUM BICARBONATE, METFORMIN AND DOXYCYCLINE: AN IN VITRO STUDY	MDS Periodontology	KMCT Dental College, Kozhikode



11	ASSESSMENT OF FAILURE LOAD AND SHEAR STRESS OF STAINLESS-STEEL MINI-IMPLANTS WITH DIFFERENT DIAMETERS-AN INVITRO STUDY	MDS Orthodontics and Dentofacial Orthopaedics	KMCT Dental College, Kozhikode
12	COMPARATIVE EVALUATION OF FRICTIONAL RESISTANCE IN VARIOUS BRACKET-ARCHWIRE COMBINATIONS	MDS Orthodontics and Dentofacial Orthopaedics	KMCT Dental College, Kozhikode
13	A COMPARATIVE EVALUATION OF THE EFFECT OF DIFFERENT PREPARATION DESIGNS ON THE MARGINAL ADAPTATION, FRACTURE RESISTANCE AND FRACTURE PATTERN OF PORCELAIN LAMINATE VENEERS-AN INVITRO STUDY	MDS Prosthodontics and Crown and Bridge	KMCT Dental College, Kozhikode
14	COMPARATIVE EVALUATION OF FLEXURAL STRENGTH AND SOLUBILITY OF GLASS IONOMER LUTING CEMENT BY INCORPORATING VARIOUS NANOPARTICLES- AN INVITRO STUDY	MDS Prosthodontics and Crown and Bridge	KMCT Dental College, Kozhikode
15	COMPARATIVE EVALUATION OF BOND STRENGTH OF BIODENTINE TO COMPOSITE USING A TWO STEP SELF- ETCH ADHESIVE AND A UNIVERSAL ADHESIVE SYSTEM- AN INVITRO STUDY	MDS Conservative Dentistry and Endodontics	KMCT Dental College, Kozhikode
16	COMPARING THE SURFACE OCCLUDING CAPACITY OF TWO COMMERCIALLY AVAILABLE DENTIN SENSITISING AGENTS CONTAINING POTASSIUM NITRATE AND STANNOUS FLOURIDE - AN INVITRO STUDY	MDS Periodontology	KMCT Dental College, Kozhikode
17	PREVALENCE OF PONTICULUS POSTICUS AND ITS ASSOCIATION WITH COMORBIDITIES -A LATERAL CEPHALOMETRIC STUDY	MDS Oral Medicine and Radiology	KMCT Dental College, Kozhikode
18	ASSESSMENT OF BIODENTINE PULPOTOMY AS AN ALTERNATIVE TO CONVENTIONAL ROOTCANAL TREATMENT FOR PERMANENT TEETH IN CHILDREN-AN INVIVO STUDY	MDS Pedodontics and Preventive Dentistry	KMCT Dental College, Kozhikode
19	COMPARATIVE EVALUATION OF SHEAR BOND STRENGTH BETWEEN DENTURE BASE MATERIALS AND ACRYLIC TEETH HAVING DIFFERENT SURFACE TREATMENTS- AN INVITRO STUDY	MDS Prosthodontics and Crown and Bridge	KMCT Dental College, Kozhikode
20	EFFECT OF PROBIOTIC COCONUT YOGURT AND LACTOSE FREE YOGURT CONSUMPTION ON SALIVARY PH AND BUFFER CAPACITY IN CHILDREN-AN INVIVO STUDY	MDS Pedodontics and Preventive Dentistry	KMCT Dental College, Kozhikode
21	PREVALENCE OF DENTAL CARIES AND ITS ASSOCIATION WITH AGE, GENDER, DIET AND ORAL HYGIENE PRACTICE AMONG ADULTS-A HOSPITAL BASED CROSSSECTIONAL STUDY	MDS Conservative Dentistry and Endodontics	KMCT Dental College, Kozhikode



22	COMPARATIVE EVALUATION ON THE EFFICACY OF DENTINAL TUBULAR OCCCLUDING CAPACITY OF BIODENTINE DIODE LASER AND BIODENTINE IN COMBINATION WITH DIODE LASER/AN IN VITRO STUDY	MDS Periodontology	KMCT Dental College, Kozhikode
23	BACTERIAL COLONIZATION ON DIFFERENT INTRAORAL SUTURE MATERIALS FOLLOWING ORAL SURGICAL PROCEDURES	MDS Oral and Maxillofacial Surgery	KMCT Dental College, Kozhikode



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UG RESEARCH

PERCEIVED SOURCES OF STRESS AMONGST DENTAL STUDENTS IN DENTAL COLLEGE: A CROSS SECTIONAL STUDY

*Abhishek S Nair, *Aparna PM, **Dr.Arun Paul, ***Dr.Dhanya Muralidharan,
 *Namitha Padmakumar, *Reshma Prasad, *Aysha Suha MN

Abstract

Background: Stress is believed to cause detrimental effects on academic performance of students. Identification of the sources of stress is important in dental education program, as it gives opportunity to take various measures to prevent stress in the dental school environment. The rationale of the present study was to identify the various sources of stress among dental school students in a private dental institution in Kerala, India. **Materials and Methods:** A questionnaire based cross sectional study was conducted among final year students and interns of the dental college. Questionnaire used in the study comprised the modified version of Dental Environmental Stress questionnaire. A four point likert scale was used to record the responses from the subjects. A total of 150 subjects participated in the study. Statistical analysis was done using SPSS package version 20. **Results:** Among the participants, 24.6% (37) were males and 75.4% (113) were females. Major stress factor was academic related ($p=0.04$), lack of confidence in clinical decision making ($p=0.006$) and insecurity regarding dental career ($p=0.03$). Mean stress scores were high for academic related 3.5 ± 1.0 , followed by career related 2.9 ± 1.0 questions. **Conclusion:** It is evident that dental students encounter high levels of stress. Present study identified that the major stressors were academic related and career related rather than personal issues. Our study also focuses the importance of stress management programs to minimize the impact of stress on both academic and personal lives of the students.

Key Words: Dental students, stress, academic, interns

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Introduction

The term stress describes external demands (physical or mental) on an individual's physical and psychological well-being. It is normal for everybody to experience stress to some extent, but too much stress may be harmful. Attending a school, college or university is a rewarding experience but it

is also a time of considerable anxiety and stress for students. Students are subjected to different kinds of experiences which makes them vulnerable to undergo a lot of stress.¹

Stress in dental students may be multifactorial, arising from both the academic and socio-cultural environment, and attributable to social support issues



(emotional and financial).² There is some evidence that interpersonal factors more importantly the continuous scrutiny of staffs and excessive demands on performance made by the faculty in the dental school is highly stressful for students.³ There is a dearth of work regarding stress sources in Indian undergraduate dental students. Hence, this study was aimed to determine the potential sources of stress in undergraduate dental students. This knowledge could be used to institute requisite institutional changes, and encourage the healthy active strategies to combat stress and improve academic performance and psychological well-being of dental students. The aim of this study is to assess the factors associated with stress in dental students in a dental college.

Materials & Methods

An institution based cross-sectional study was conducted among final year students and interns of KMCT Dental College in Kozhikode, Kerala. Ethical clearance for conducting the study was obtained from the Institutional Ethics Committee. Informed consent was obtained from every subject prior to the start of the study.

The proforma was pilot tested on 10% of the population randomly selected. Study was done for a period of 2 months. Study population consisted of 4th (final year) and house surgeons of the dental college. A sample of 150 students were included in the study and participation in the study was voluntary.

Inclusion criteria: All the students from final year and Internship.

Exclusion criteria: Students not willing to participate, students absent during the day of study.

Sample size was calculate using the formula; total of 150 subjects will be selected.

$$N = \frac{Z^2_{\alpha/2} \times p \times (1-p) \times D}{E^2}$$

A self-administered questionnaire was distributed to the students in their classes prior to lectures. An opportunity to ask questions were provided and clarifications were made. Questionnaire used in the present study comprised the modified version of the questionnaire used in Dental Environmental Stress (DES) survey, which was validated and translated to suit the Indian dental environment. The responses to the items were based on a four-point Likert scale with response options of 1 = not stressful, 2 = slightly stressful, 3 = moderately stressful and 4 = very stressful.

Statistical analysis

The data will be analyzed using SPSS version 20. Descriptive statistics will be computed for all the independent and dependent variables. All the continuous variables will be subjected to test for normality and further independent t test will be performed. Level of significance kept at, $p < 0.05$.

Results

A total of 150 subjects participated in the present study, 66.7% from final year and 33.3% were house surgeons (Table 1). The

Table 1: Distribution based on year of study

Year of study	N	%
Final year	100	66.7
House surgeon	50	33.3

Table 2: Distribution of various stresses among dental students (mean score)

Academics performance	Mean	SD
Amount of assigned work	1.8	0.9
Competition with peers for grades /marks	2.7	1.0
Lack of time to do assigned work	2.2	1.0
Inapproachability of the teaching staff	3.5	1.0
Fear of failing a course or the year	2.4	0.9
Clinic/patient related stress		
Patient being late/not showing	1.3	0.9
Patient cooperation/compliance	2.3	1.0
Lack of confidence in making clinical decisions	2.9	0.9
Completion of clinical cases/quota	2.4	1.0
Personal issues related to stress		
Difficulty in making friends	1.4	1.0
Relation with opposite sex	2.1	0.8
Financial constraints	1.9	0.9
Health problems	1.3	0.9
Drinking/drug dependency	1.6	0.6
Professional/career related stress		
Insecurity concerning dental career	2.9	0.9
Unemployment fear	2.7	0.8
Possibility to pursue post graduation or Clinic Set Up	2.5	1.2
Lack of confidence in career decision	2.5	1.0

students were in the age group of 18-23 years, with mean age group 20.49. Among the 150 students, 24% (36) were males and 76% (114) were females. Female students

were more when compared to the male students in both the years.

Table 2 shows that among academic stressors the inapproachability of the teaching staff was considered as highest stress factor with a mean score of 3.5 ± 1.0 , followed by competition from peers (2.7 ± 1.0). Lack of confidence in making clinical decisions was considered stressful (2.9 ± 0.9) inside the clinics when working on a patient. Among the personal issues it was found that relation with opposite sex was causing high stress (2.1 ± 0.8) in students. Major stress factor in career related issues was the insecurity concerning the dental career (2.9 ± 0.7).

Table 3: Comparison of major stressors between both years

Major stressors	Final year Mean $\pm$ SD	House surgeon Mean $\pm$ SD	P value
Academics performance (Inapproachability of the teaching staff)	2.30 ± 1.03	1.94 ± 0.97	0.04*
Clinic/patient related stress Lack of confidence in making clinical decisions	2.47 ± 1.00	2.02 ± 0.76	0.006*
Personal issues related to stress Relation with opposite sex	1.90 ± 0.13	1.88 ± 0.12	0.94
Professional/career related stress Insecurity concerning dental career	1.59 ± 0.53	2.80 ± 1.13	0.03*

Table 3 depicts that the stress score was significantly higher in final year students in terms of academic performances ($p=0.04^*$) and patient related stress ($p=0.006^*$). Career related stress was significantly higher in house surgeons when compared to final year students ($p=0.03^*$). It was found that personal issues related stress was almost same in both the groups and showed no differences.

Discussion

Among the medical profession dental education is considered to be very stressful

for students. The findings are consistent across different countries, universities, and curriculums.^{3,5} Dental training includes clinical postings in various departments, completion of specified number of patient procedures called as "quotas", attending lectures, seminars, preclinical works and studying for examinations add to the overall stress.

This may be because the students may feel humiliated when staffs don't approve their work which they expect to do irrespective

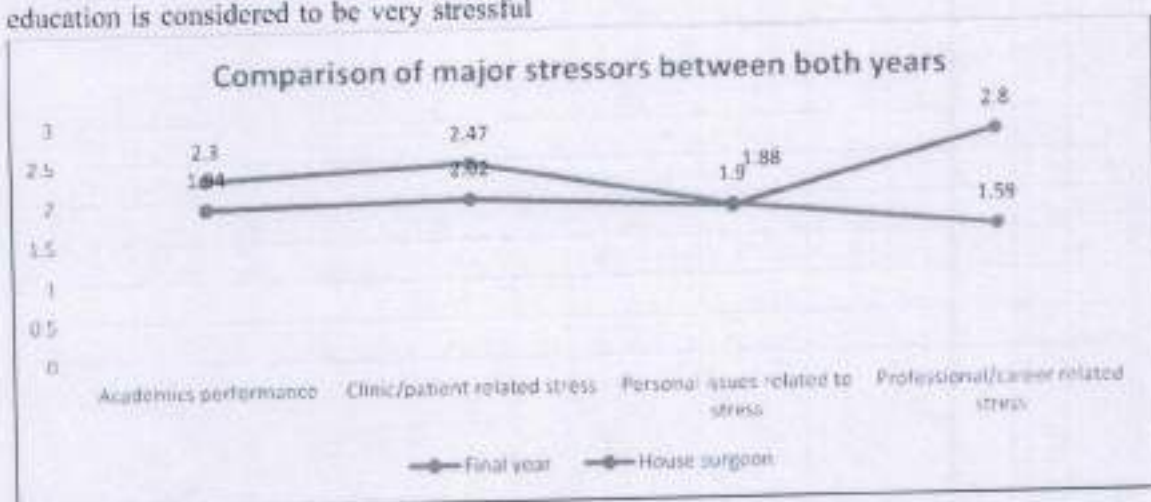


Figure 1: Comparison of major stressors between both years

of the nature of work, also when staff criticise them for their work. Unlike the other profession where the sole dependency on textbooks can cater students need in terms of knowledge but in clinics when it comes to treating a patient proper guidance from an experienced staff is mandatory to learn the skills.

During the clinical posting it's the difficulty in decision making regarding patient selection and treatments which put the students under the stress and also to cope

up with the prescribed quotas by each university. Staff insisting to complete the quotas on time was reported to be a major stressor, as every speciality have there on regulation regarding quotas. It also depends on the general out patient in that particular college and also the number of students posted.

No significant difference was found in our studies in terms of student anxiety and stress related to the personal issues. Problems like drug dependency, financial

constraints or relationship issues are not significantly causing any stress in the students. Similar findings were observed in study conducted in Bangalore, India.

Worries regarding the future after BDS is the main concern for stress among the students and this is alarmingly high in house surgeons, majority of them are insecure about the future whether to practise dentistry after the course or to do a postgraduation. Unemployment is also one of the major factors for stress among the students but this was in contrary to the study done in Malaysia.⁶

An introspection and reconsideration of the existing curriculum in the dental education system is essential to foster a regime which is more student-centred and help in coping stress amongst students. According to Schwartz et al. the establishment of student advisors and counsellors within a dental school, combined with a faculty advising system and student-oriented programmes, have contributed to an improved educational environment.⁷

Conclusion

Our study shows that the prevalence of perceived stress is high among dental students. In the present study it was found that students are worried about their academic performances, they are highly stressed in their clinical postings and academics. Insecurity regarding career was the major source of stress reported by the house surgeons. Students should be taught positive coping strategies and various stress managing techniques to improve the ability to cope with the stress in this demanding profession.

References

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Original Research

ASSESSMENT OF POST INSERTION PROBLEMS AMONG REMOVABLE DENTURE WEARERS IN THREE DENTAL INSTITUTIONS OF CENTRAL MALABAR

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*Amal Ajith, *Fathima V.V, *Prajitha T, *Shahiya K.S

Abstract

Background: Removable partial dentures are an economic and easy treatment modality for edentulous patients, but some patients may encounter few complications during their adaptation period. If these complaints are not addressed properly it can lead to patient disappointment and ultimately removable dental prostheses failure. The present study intends in providing a structuro-functional assessment of complete denture complaints as reported by patients of three Dental Colleges in the Malabar region. **Aims and objectives:** To evaluate the incidence of common post insertion problems and to point out and minimize common post insertion complaints of removable dentures fabricated in dental institutions of central Malabar. **Materials and Methods:** A questionnaire based study was conducted in three dental institutions of Central Malabar. The study was carried out on 120 patients who had undergone prosthetic rehabilitation with removable dental prosthesis from these dental colleges and the post insertion complications were evaluated between them. The questionnaire consisted of questions based on various post insertion complications like pain on insertion and removal, ulceration, aesthetics, difficulty in speech, ill-fitting dentures, difficulty in mastication, reduced tongue space. **Results:** According to the study, 95% were satisfied with the denture and only 4.2% showed dissatisfaction. 48.3% complained about ill-fitting dentures, 42.5% about loss of retention, only 27.5% about pain and discomfort, 10% about cheek bite, 2.6% about radiating pain, 92.5% were satisfied with the denture esthetics, 87.5% were satisfied with teeth shape, 90% with teeth size and 100% with the lip support and 5.8% had a negative response about the sunken cheek appearance. **Conclusions:** Ill fitting dentures were the most frequent complaint among denture wearers in the present study followed by lack of retention. Most of the patients were content with the aesthetic aspect of the denture. The most common reason why patients wanted rehabilitation of the lost dentition was for mastication. The quality of denture in the department can be assessed and further efforts can be made on improving the aspect of denture fabrication by undergraduates and postgraduates.

Key Words: Removable partial denture, Post insertion complaints, Denture wearers, Retention
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Introduction

Removable Prosthodontics denotes the branch of Prosthodontics concerned with replacement of teeth and contiguous structures for edentulous or partially edentulous patients by artificial substitutes that are readily removable from mouth by the patient. Removable dental prostheses can be partial or complete dental prosthesis. Though removable partial dentures are an economic and easy treatment modality for edentulous patients, some patients may encounter few complications during their adaptation period. The major factors that cause post insertion complaints are thick or over extended denture flanges, loose or tight fitting dentures, occlusal interferences or frenal impingement, overextended borders, impingement of clasp and entrapment of movable tissues causing pain and loose dentures due to poor seal or over extension. If these complaints are not addressed properly it can lead to patient disappointment and ultimately removable dental prostheses failure.

Determining the chief cause of a complaint is important not only for its redressal but also to avoid similar mistakes in future. No single factor appears to determine the patient's satisfaction with his complete denture; rather, a concerted action of psychological, biological, anatomical, and technical factors is decisive.

The present study intends in providing a structuro-functional assessment of complete denture complaints as reported by patients of three dental colleges in the Malabar region.

Aims and objectives

- To determine the frequent post insertion complaints associated with removable denture prostheses.
- To evaluate the incidence of common post insertion problems.
- To point out and minimize common post insertion complaints of removable dentures fabricated in dental institutions of central Malabar.

Materials and methods

Systematic random sampling was done. Patients who had worn removable dentures for at least 6 months were the minimum criterion for selection. A verbal and written consent was obtained from each patient.

The general information regarding name, age, gender, occupation address, education and socioeconomic status were collected from the patient.

A questionnaire form was designed to determine the most common problems associated with complete and removable partial dentures.

Result

Descriptive statistical analysis were done. Out of the 120 patients studied, 53 were males and 67 were females. The majority of



patients were 50 years or above, 68.3% preferred to replace the denture for improve

function, 11.7% for esthetics and 20% for phonetics. 93.3 % had used denture previously.

Table 1: The questionnaire and the response obtained

Questions asked	Response as "Yes" (%)	Response as "No" (%)
Ill-fitting denture	48.3	51.7
Retention	42.5	57.5
Pain	27.5	72.5
Cheek bite	10.0	90.0
Radiating pain	2.6	97.4
Denture esthetics	92.5	7.5
Satisfactory teeth shape	87.5	12.5
Satisfactory Teeth size	90	10
Sunken cheek appearance	5.8	94.2
Lip support	100	0
Teeth clattering	3.3	96.7
Restricted mouth closure	7.5	92.5
Food lodgment	10.8	89.2
Lisping	10.8	89.2
Whistling	1.7	98.3
Gagging	0.8	99.2

According to the study, 95% were satisfied with the denture and only 4.2% showed dissatisfaction. Assessing the most common complains; 48.3% complained about ill fitting dentures, 42.5% about loss of retention, only 27.5% about pain and discomfort, 10% about cheek bite, 2.6% about radiating pain.

92.5% were satisfied with the denture esthetics, 87.5% were satisfied with teeth shape, 90% with teeth size and 100% with the lip support and 5.8% had a negative response about the sunken cheek appearance.

Assessing the functional problems while using complete denture; food lodgment was given by 10.8%, lisping by 10.8%, restricted mouth closure by 7.5%, teeth clattering by 3.3%, whistling by 1.7% and gagging by 0.8%.

Discussion

Post insertion complications arises due to poor diagnosis, incorrect treatment planning and denture design. Therefore emphasis should be given for careful designing of the denture, improved impression technique with adequate border molding, good occlusal records, and careful denture trial and insertion followed by scheduled post insertion reviews. Patient's acceptance and motivation to use the removable dental





prosthesis also play a significant role in success.

Thus it is important that patients are rigorously counseled during the fabrication process that they will have to come and get the post insertion complaints resolved.

Conclusions

Ill fitting dentures were the most frequent complaint among denture wearers in the present study followed by lack of retention. Most of the patients were content with the aesthetic aspect of the denture. The most common reason why patients wanted rehabilitation of the lost dentition was for mastication. The quality of denture in the department can be assessed and further efforts can be made on improving the aspect of denture fabrication by undergraduates and postgraduates.

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do hereby certify that*



TIM PETER THERMADAM

has been awarded the

DEGREE OF

DOCTOR OF PHILOSOPHY

*in recognition of having fulfilled the prescribed requirements for Ph.D
on the topic*

*"CHEILOSCOPY AND DERMATOGLYPHICS FOR GENDER
DETERMINATION AND PERSONAL IDENTIFICATION: A DESCRIPTIVE
STUDY" on 13.08.2021*



Given under the seal of the University

Date of Convocation: 11th December, 2021

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