

PREDLOG ZDRAVSTVENE POLITIKE UNAPREĐENJA ORALNOG ZDRAVLJA DECE

CHILDREN'S ORAL HEALTH IMPROVEMENT POLICY PROPOSAL

Dušan Šurdilović, Marija Igić, Ljiljana Kostadinović, Olivera Tričković Janjić, Mirjana Apostolović

KLINIKA ZA STOMATOLOGIJU, MEDICINSKI FAKULTET U NIŠU, SRBIJA

DENTISTRY CLINIC, MEDICAL SCHOOL NIS, SERBIA

Kratak sadržaj

Kao osnovna ideja vodilja, naš predlog za odabir smera zdravstvena politike rukovodi se sa dva osnovna postulata: briga o zdravlju najmlađe populacije i preventivne mere koje će dovesti do poboljšanja oralnog zdravlja izabranog segmenta društva. Mogućnosti validne, egzaktna i permanentne evaluacije postavljenih ciljeva zdravstvene politike unapređenja oralnog zdravlja kod dece su izuzetno velike. Eventualni povoljni rezultati implementacije zdravstvene politike imali bi višestruku korist, koja bi se pored unapređenja oralnog zdravlja dece ogledala i u redukciji broja kurativnih stomatoloških tretmana - sanacije karijesa i njegovih brojnih komplikacija, što za rezultat ima i ekonomsku isplativost sprovedene zdravstvene politike.

Ključne reči: *oralno zdravlje, preventivne mere, zdravstvena politika*

Kao osnovna ideja vodilja, naš predlog za odabir smera zdravstvena politike rukovodi se sa dva osnovna postulata: briga o zdravlju najmlađe populacije i preventivne mere koje će dovesti do poboljšanja oralnog zdravlja izabranog segmenta društva.

Predlog razvoja zdravstvene politike, sa našeg aspekta, mora se bazirati na podizanju svesti pojedinca – roditelja o značaju oralnog zdravlja dece. Ovaj apsolutno zapostavljeni segment zdravstvenog biltena dece, svodi se na obavezan, zakonski definisan minimum – a to je poseta stomatologu i sistematski pregled, bez obaveznih preventivnih ili kurativnih intervencija.

Iskustva iz drugih država, evropske unije kao i država u okruženju, ukazuju da je incidenca karijesa kod dece u Srbiji između dva i tri puta veća u odnosu na pomenute ana-

Abstract

Health policy proposal is based on two main postulates which serve as the guidelines: health care for the youngest population and preventive measures that will lead to improvement of oral health in the targeted segment of the society. There are excellent possibilities for a valid, exact and permanent evaluation of the objectives of the children's oral health improvement policy. Potential favourable results of the implementation of the above health policy would have multiple benefits including not only the improvement of children's oral health but also the reduction in the number of curative dental treatments – the treatments of dental caries and its complications, thus leading to cost-efficiency of the implemented health policy.

Key words: *oral health, preventive measures, health policy*

Health policy proposal is based on two main postulates which serve as the guidelines:

- health care for the youngest population and
- preventive measures that will lead to improvement of oral health in the targeted segment of the society.

From this point of view, the proposal for development of health policy should be based on raising the level of consciousness of the individuals – namely parents about the importance of children's oral health. This neglected segment of children's health status is limited to a mandatory minimum as provided for under the law, including a dentist appointment and the examination of oral health status without any obligatory preventive or curative interventions.

lizirane države i zajednice. Razlog za ovu, može se reći, poražavajuću činjenicu leži prevažno u nedovoljno razvijenoj zdravstvenoj kulturi društva, teškom ekonomskom miljeu, opterećenom brojnim događajima u skorijoj prošlosti, koji su zasigurno uticali na depresiju oralnog zdravlja čitave nacije, pa shodno tome i populacije dece, koja je posebno vulnerabilna na ovu patologiju.

Kao svedoci tektonskih promena izvršenih u protekloj deceniji u zdravstvenom sektoru Republike Srbije, mora se priznati znatno jačanje infrastrukture primarne zdravstvene zaštite, kao i njeno definisanje u vodeću granu medicine.

Ministarstvo zdravlja, sa svoje strane, u proteklim godinama nije isticalo oralno zdravlje nacije, pa samimi tim ni dece, kao prioritet zdravstvene politike Države. Ta činjenica je umnogome uticala na trenutno stanje oralnog zdravlja, kao i na posledične rezultate nedeovanja u tom pravcu. Celokupna stomatološka zdravstvena zaštita je dovedena u sporedni kolosek prioriteta zdravlja zbog otežanog finansiranja, što dovodi i do demotivacije stomatologa u državnom sektoru. Privatni sektor stomatološke struke generalno nije fokusiran na oralno zdravlje dece, kako zbog specifičnosti ambulantnog rada sa decom, tako i zbog činjenice da su jedino deca podpala pod obavezni vid pružanja stomatoloških zdravstvenih usluga, pa su samimi tim u visokom procentu orjentisana ka državnom sektoru stomatološke zdravstvene zaštite.

Predlog mera ove zdravstvene politike imao bi za cilj unapređenje oralnog zdravlja kod dece. Ovaj opšti cilj u sebi sadrži i specifične ciljeve iz domena rada javnog zdravstvenog sektora kao i aktiviranja čitave javnosti.

Prvi specifični cilj bio bi usmeren ka roditeljima – staraocima dece u smislu permanentnog ukazivanja na značaj oralnog zdravlja. Ovaj cilj je ostvariv kroz multisekturnu aktivnost više različitih zainteresovanih strana i to: zdravstvenih ustanova, škola, sredstava javnog informisanja, lokalne zajednice i države oličene u ministarstvu zdravlja. Aktivnim propagiranjem pojma oralnog zdravlja kao i permanentnom edukacijom roditelja u školama, zdravstvenim ustanovama i medijima, ove akcije imaju za cilj podizanje svesti populacije o veličini i značaju ovog problema.

Drugi specifični cilj bio bi usmeren na stomatologe – pružaoce usluga koji bi bili, ak-

Analysis in the EU member states and in the neighboring countries indicate that caries incidence in children in Serbia is two to three times higher compared to that in the above mentioned countries and the European Union. The reasons for this crushing fact are found primarily in underdeveloped health culture of the society, in grave economic situation and the burden of numerous events in the recent past that have been adversely affecting, for sure, oral health of the entire nation and, consequently, of the population of children being particularly vulnerable to this kind of pathology.

As the witnesses of crucial changes made over the past decade in the health sector in the Republic of Serbia, we must admit a considerable improvement in primary health care infrastructure, as well as the fact that it has been defined as a leading branch of medicine.

The Ministry of Health, on its part, did not outline neither oral health of the nation nor of the children as a priority in the national health policy. This fact had a considerable impact on the current oral health status, as well as on the consequences arising out of failure to act in that respect. The entire dental health care has been brought on the sidetrack of health priorities due to financial difficulties, resulting in lack of motivation of the dentists employed with the state-owned institutions. Generally speaking, private dentists are not focused on oral health of children not only due to specific aspects of work with children in out-patient facilities but also due to the fact that only children are included in the compulsory dental care program and thus, are mostly oriented towards public dental services.

The measures outlined in this health policy are aimed at improving oral health of children. This general objective also implies certain specific objectives related to the services in public health sector, as well as in terms of involving the general public.

The first specific objective would target the parents – guardians in terms of keeping them permanently aware of the importance of children's oral health. This objective may be achieved through multi-sector activities involving several interested parties, such as for e.g.: medical institutions, schools, mass media, local communities and governments acting through the Ministry of Health. By active promotion of the concept of oral health and through permanent parental education at schools, medical institutions and in the media, the above actions are aimed at increasing the level of awareness of the population of the importance and significance of this issue.

tivnostima u prvom redu ministarstva zdravlja, sagledani kao važan instrument u sprovođenju ove politike i koji bi zakonskom regulativom bili dovedeni u situaciju da imaju radni, finansijski i organizacioni ambijent za unapređenje kvantitativnih i kvalitativnih parametara sprovođenja mera iz domena preventivne stomatologije.

Činjenica da je školska stomatološka nega, na sreću, organizovana po istočno evropskom modelu koji datira od pre četiri decenije predstavlja snagu i prednost u sprovođenju kvalitetnije stomatološke brige o deci. Naime, gotovo svaka osnovna škola u Republici ima stomatološku ordinaciju, što sa aspekta organizovanja školske stomatološke nege predstavlja izuzetne prednost. Ovi organizacioni i ljudski kapaciteti, na žalost, nisu potpuno iskorišćeni i zasnivaju se na ličnim motivacijama stomatologa u samoj ordinaciji. Zbog obimnog kurativnog dela posla, po pravilu izvršiocu – stomatolozi školske stomatološke nege zapostavljaju prevenciju, kako kod dece – pacijenata tako i kod pratioca roditelja, u smislu njihove edukacije za značaj preventivnih mera kod dece.

Na ovome mestu dolazimo i do veoma važnog pitanja, realne mogućnosti da se ovaj projekat – smer zdravstvene politike ostvari, odnosno, da li je politika izvodljiva. Već pomenuti stručni i infrastrukturni kapaciteti ne dovode u pitanje izvodljivost programa, čime je i realizacija ove zdravstvene politike realan i dostižan projekat. Aktiviranjem svih postojećih kapaciteta i ozbiljnim i odgovornim angažovanjem svih zainteresovanih strana politika unapređenja oralnog zdravlja ima realne osnove za merljiv uspeh i održivo poboljšanje merenih parametara oralnog zdravlja.

Zdravstvena politika – poboljšanje oralnog zdravlja kod dece, može se posmatrati i voditi kako na nivou lokalne zajednice, tako i na državnom nivou. U tom smislu predlažemo sledeće mere koje će dovesti do uspešnog sprovođenja ove zdravstvene politike:

- Aktiviranje lokalne zajednice koja bi propagadnim i edukativnim akcijama na lokalnom nivou dovela do poboljšanja sprovođenja preventivnih mera.

- Uključivanje različitih sredstava javnog informisanja u realizaciju politike neminovno dovodi do veće zainteresovanosti društvene zajednice za rešavanje problema kojim se zdravstvena politika bavi.

The second specific objective should target the dentists – providers of dental services who, primarily through the activities undertaken by the Ministry of Health, would be considered an important factor in the implementation of this policy and who, by virtue of legal regulations, would be brought in a position to have working environment and financial and organizational resources in order to improve both quantitative and qualitative parameters required for implementation of the measures in the field of preventive dentistry.

The fact that fortunately dental care for school children has been organized based on the East European model dating back 40 years ago, means a benefit and advantage in terms of implementing improved children's dental care. Namely, almost every elementary school in the Republic of Serbia has its own dental service, which is an extraordinary advantage in terms of the organization of school dental care. Unfortunately, these organizational and human resources have not been fully exploited and are limited to personal motivation of the dentists in such dental services. As a rule, due to extensive curative work, such dentists often neglect preventive work, both with their patients – children and with the parents accompanying the children, in terms of educating parents about the importance of preventive measures in children dental care.

At this point, we come to a very important issue – the real possibilities to implement such a project, i.e. the course of health policy. In other words, we may raise the question if the policy is feasible. The above mentioned human and infrastructural resources do not jeopardize the implementation of the program, thus turning the implementation of this health policy into a realistic and achievable project. By engaging all of the existing resources, through competent and responsible involvement of all interested parties, the policy of improving dental health boasts sound basis for a measurable success and sustainable improvements of dental health measurable parameters.

The health policy for improvement of children's oral health may be considered and implemented from the local community level up to national level. In that respect, the following measures are proposed in order to provide successful implementation of the above health policy:

- engagement of local community which could, through promotional and educational activities at the local level lead to better implementation of preventive measures;

- Zakonskim i podzakonskim aktima na Republičkom nivou motivisati izvršioce usluga da obavljaju preventivne zadatke – preventivne mere i edukacije stanovništva. Veoma važan je upravo ovaj segment u definisanju i izvršenju postavljenih ciljeva zdravstvene politike jer zakonskom regulativom treba definisati vreme i deo učinka stomatologa za rad u preventivnom delu posla, kao i zakonski definisati obim obaveznih preventivnih mera školske dece, poput zalivanja fisura zuba koje bi, kao i vakcinacija, bilo obavezno za svako dete prilikom polaska o osnovnu školu.

Mogućnosti validne, egzaktno i permanentne evaluacije postavljenih ciljeva zdravstvene politike unapređenja oralnog zdravlja kod dece su izuzetno velike. Jasno definisani statistički indeksi, mere i vrednosti, koji inače predstavljaju osnovu epidemioloških studija u stomatološkoj nauci, omogućavaju jasan uvid u rezultate implementacije zdravstvene politike. Evaluacija uspeha projekta je izvodljiva i može se u jasno definisanim vremenskim okvirima periodičnosti izvršavati. Ta činjenica omogućuje egzaktno uvid u kvalitet izvršenih mera zdravstvene politike na duži vremenski period. Uvidom u progres predložene politike, na osnovu pomenutih parametara oralnog zdravlja dece, moguće su i kasnije korekcije specifičnih ciljeva koje bi dovele do poboljšanja rezultata sprovođenja zdravstvene politike.

Eventualni povoljni rezultati implementacije zdravstvene politike imali bi višestruku korist, koja bi se pored unapređenja oralnog zdravlja dece ogledala i u redukciji broja kurativnih stomatoloških tretmana - sanacije karijesa i njegovih brojnih komplikacija, što za rezultat ima i ekonomsku isplativost sprovedene zdravstvene politike.

- involvement of various mass media in policy implementation would inevitably lead to the increased motivation of the social community to take part in resolving of health policy issues;

- laws and by-laws at the national level should motivate service providers to carry out preventive tasks – preventive measures and to educate the population. This segment, in particular, is important in defining and implementing health policy objectives, since legal regulations should determine the time the dentist's should dedicate to preventive work and the norms of such work. In addition, the laws should regulate the scope of compulsory preventive measures in school children dental health care, such as for e.g. dental sealants, which should become compulsory for each child when entering the elementary school, just like vaccination.

There are excellent possibilities for a valid, exact and permanent evaluation of the objectives of the children's oral health improvement policy. Clearly defined statistical index, measures and values, which are anyway the basis of epidemiological studies in dental science, provide clear insight into the results of health policy implementation. Project outcome evaluation is feasible and can be performed in clearly defined periodical time frames. This fact enables an exact insight into the quality of the implemented health policy measures in the long run. Based on the insight into the progress of the proposed policy and on the above mentioned parameters related to children's oral health, further corrections of specific objectives could be made resulting in better outcome of the health policy implementation.

Potential favourable results of the implementation of the above health policy would have multiple benefits including not only the improvement of children's oral health but also the reduction in the number of curative dental treatments – the treatments of dental caries and its complications, thus leading to cost-efficiency of the implemented health policy.

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Adresa za korespondenciju:
Doc dr Dušan Šurdilović
dusan.surdilovic@gmail.com

Address of correspondence:
Ass. Prof. Dušan Šurdilović, D.D.S., MSC, Ph.D.
18000, Nis, Serbia
dusan.surdilovic@gmail.com

KONFERENCIJE, KONGRESI I KURSEVI

CONFERENCES, CONGRESSES AND COURSES*

September 16, 2010 - September 18, 2010
2nd congress of the European Society of Microscope Dentistry
Vilnius, Lithuania

October 06, 2010 - October 08, 2010
Prague Dental Days
Prague, Czech Republic

October 14, 2010 - October 15, 2010
Sedation and Anesthesia in Dentistry
Evian-Les-Bains, France

October 22, 2010 - October 25, 2010
American Institute of Oral Biology 67th Annual meeting
Palm Springs, California, United States

November 11, 2010 - November 13, 2010
FTI2010-Future trends in Implantology
Florence, Italy

November 12, 2010 - November 13, 2010
F.A.C.E. 2010 - Facial Aesthetic & Cosmetic Events
Marrakesh, Morocco

November 26, 2010 - November 27, 2010
2nd Conference on Positive Aging
Vancouver, BC, Canada

November 01, 2011 - November 04, 2011
20th International Conference on Oral and Maxillofacial Surgery
Santiago, Chile

* <http://www.doeguide.com/crc.nsf/congresses>