

# ORALNO ZDRAVLJE UČENIKA ŠKOLSKOG UZRASTA U SKOPLJU

## ORAL HEALTH OF SCHOOL-AGE CHILDREN IN SKOPJE

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### SAŽETAK

**Uvod:** Zdravlje usne suplje predstavlja jedan od ključnih pokazatelja opšteg zdravlja i kvaliteta života, posebno u ranom uzrastu kada se postavljaju temelji za dugoročne navike i zdravstveno ponašanje. Tokom poslednjih decenija, u Makedoniji su sprovedene brojne inicijative s ciljem unapređenja oralnog zdravlja, među kojima se izdvaja Nacionalna strategija za prevenciju bolesti usne suplje. Ova strategija, koja se sprovodi već petnaest godina, ima za cilj smanjenje prevalencije karijesa i unapređenje oralne higijene među najmlađom populacijom. Ova studija se fokusira na stanje oralnog zdravlja školske dece u tri opštine u Skoplju, pružajući uvid u rezultate dosadašnjih preventivnih aktivnosti, kao i u potrebu za daljim unapređenjem strategija očuvanja oralnog zdravlja.

**Metode:** Ova prekogranična studija je sprovedena od strane kalibrisanih stomatologa u Skoplju 2023. godine, u Odseku za dečiju i preventivnu stomatologiju u Poliklinici Cair. Koristili su se stomatološka sonda i ogledalo, a podaci su zabeleženi pomoću standardizovanog upitnika SZO. Uslovi za uključivanje su bili deca uzrasta 10 i 13 godina, oba pola, nasumično podeljena u dve grupe od po 60 dece. Određivao se indeks KEP (karijes ekstrakcija, plomba). Sprovedena je deskriptivna analiza podataka.

**Rezultati:** Studija je obuhvatila 60 učenika petog razreda i 60 učenika sedmog razreda. Prosečna starost učenika bila je 10,2 godine za mlađu grupu i 12,6 godina za stariju grupu. U mlađoj grupi, 56,6% učenika imalo je karijes, s prosečno 2,5 zahvaćena trajna zuba. U starijoj grupi, 84,5% je imalo karijes, s prosečno 5,6 zahvaćenih zuba. U obe starosne grupe, više od dve trećine karijoznih lezija bilo je nesanirano (72%), dok je učestalost komplikacija povezanih sa karijesom iznosila 8,9%.

**Zaključak:** Stopa karijesa u obe ispitivane grupe je visoka, što dovodi do zaključka da su potrebne dodatne i češće edukativne aktivnosti u okviru Nacionalne strategije.

**Ključne reci:** karies, KEP indeks, prevencija

### ABSTRACT

**INTRODUCTION:** Oral health is one of the key indicators of general health and quality of life, especially during early childhood, when the foundations for long-term habits and health behaviors are established. Over the past decades, numerous initiatives have been implemented in Macedonia aimed at improving oral health, among which the National Strategy for the Prevention of Oral Diseases stands out. This strategy, which has been in place for fifteen years, aims to reduce the prevalence of dental caries and improve oral hygiene among the youngest population. This study focuses on the oral health status of schoolchildren in three municipalities in Skopje, providing insight into the outcomes of previous preventive activities, as well as the need for further improvement of oral health preservation strategies.

**METHOD:** This cross-sectional study was conducted by calibrated dentists in Skopje in 2023, at the Department of Pediatric and Preventive Dentistry at the Chair Polyclinic. A dental probe and mirror were used, and data were recorded using the standardized WHO questionnaire. Inclusion criteria were children aged 10 and 13 years, of both genders, randomly divided into two groups of 60 children each. The DMFT (Decayed, Missing, and Filled Teeth) index was determined. A descriptive analysis of the data was performed.

**RESULTS:** The study included 60 students from the 5th grade and 60 students from the 7th grade. The average age of participants was 10.2 years for the younger group and 12.5 years for the older group. In the younger group, 56.6% of the participants had caries, with an average of 2.5 affected permanent teeth. In the older group, 84.5% had caries, with an average of 5.6 affected teeth. In both age groups, more than two-thirds of carious lesions were untreated (72%), while the frequency of caries-related complications was 8.9%.

**CONCLUSION:** The caries rate in both examined groups is high, leading to the conclusion that additional and more frequent educational activities are needed as part of the National Strategy.

**KEY WORDS:** caries, DMFT index, prevention