

INTISARI

PEMANFAATAN MODEL PROMOSI KESEHATAN GIGI DAN MULUT “SULUT LENTERA” DENGAN TELEDENTISTRY SEBAGAI UPAYA UNTUK MENINGKATKAN KUALITAS HIDUP TERKAIT KESEHATAN GIGI DAN MULUT LANJUT USIA

Latar belakang: Kesadaran, pengetahuan dan perilaku lansia terhadap kesehatan gigi dan mulut masih kurang. Pandemi covid-19 memberikan tantangan bagi penyedia pelayanan kesehatan gigi dan mulut. *Teledentistry* sebagai teknologi komunikasi jarak jauh dapat digunakan untuk memberikan pelayanan perawatan serta konsultasi kesehatan gigi dan mulut. Panduan kesehatan gigi dan mulut untuk tenaga kesehatan pengelola prolanis, panduan kesehatan gigi dan mulut untuk lansia serta video belum ada di Indonesia, sehingga diperlukan model promosi kesehatan gigi dan mulut lansia.

Tujuan: Merancang dan menganalisis pengaruh implementasi model promosi kesehatan gigi dan mulut lansia “SULUT LENTERA” menggunakan media dengan *teledentistry* pada prolanis di klinik pratama PKU Muhammadiyah dan Aisyiyah di DIY untuk meningkatkan kualitas hidup terkait dengan kesehatan gigi dan mulut.

Metode: Penelitian ini menggunakan *mixed method*. Penelitian kualitatif dengan rancangan *exploratory sequential design* dan penelitian kuantitatif dengan rancangan *quasi experiment non-equivalent control group design*. Pengumpulan data dengan wawancara mendalam, *Focus Group Discussion*, kuesioner, pengambilan data secara klinis pada saliva dan plak gigi pada 198 lansia peserta prolanis dengan *total population* pada klinik pratama PKU Muhammadiyah dan Aisyiyah, dilakukan pada bulan Maret 2022 hingga Oktober 2022.

Hasil: Penelitian ini menghasilkan model kesehatan gigi dan mulut “SULUT LENTERA”. Penelitian menunjukkan variabel sistolik $p=0,79$, $GDP=0,20$ ($p>0,05$) tidak signifikan dan variabel pengetahuan, aspek perubahan perilaku berdasarkan *health belief model*, perilaku senam mulut, perilaku menyikat gigi, laju aliran saliva, indeks plak, diastolik, OHRQoL, kualitas hidup signifikan ($p<0,05$) pada kelompok intervensi. Variabel pengetahuan, aspek perubahan perilaku berdasarkan HBM, perilaku senam mulut, perilaku menyikat gigi, laju aliran saliva, indeks plak, gula darah puasa, sistolik, diastolik, OHRQoL, kualitas hidup ($p>0,05$) menunjukkan tidak signifikan pada kelompok kontrol. Terdapat perbedaan yang signifikan pada kedua kelompok pada tahap *pre-test* dan *posttest 2* dengan nilai $p<0,05$. Program intervensi “SULUT LENTERA” $p = <0,001$ berpengaruh signifikan dan positif terhadap semua variabel setelah dilakukan pengendalian terhadap variabel konfounding. Hasil uji statistik menunjukkan bahwa, program intervensi “SULUT LENTERA”, kualitas hidup, perilaku menyikat gigi berpengaruh signifikan dan positif terhadap OHRQoL, setelah dilakukan pengendalian terhadap variabel lainnya. Berdasarkan analisis statistik yang dilakukan didapatkan nilai $R^2 = 0,677$ hal ini menunjukkan bahwa model statistik mempunyai pengaruh 67,70 % yang berarti cukup baik.

Kesimpulan: Model promosi kesehatan gigi dan mulut “SULUT LENTERA” berpengaruh terhadap pengetahuan kesehatan gigi dan mulut, perilaku menyikat gigi, perilaku senam mulut, aspek perubahan perilaku berdasarkan *health belief model*, laju aliran saliva, indeks plak, gula darah puasa, sistolik, diastolik, OHRQoL dan kualitas hidup lansia pada kelompok intervensi setelah pemberian “SULUT LENTERA”. Kelompok intervensi lebih baik daripada kelompok kontrol.

Kata kunci : promosi kesehatan gigi, *teledentistry*, lansia

ABSTRACT

UTILIZATION OF THE ORAL HEALTH PROMOTION MODEL "SULUT LENTERA" WITH TELEDENTISTRY AS AN EFFORT TO IMPROVE ORAL HEALTH RELATED QUALITY OF LIFE ON ELDERLY

Background: Lack of awareness, knowledge, and behaviour of the elderly towards oral health. The covid-19 pandemic has challenge for oral health service providers. Teledentistry as a remote communication technology can be used to provide oral health care and consultation services. Oral health guidelines for health workers managing prolanis, videos, oral health guidelines for the elderly are not provided in Indonesia. Oral health promotion model is needed for elderly.

Purpose: to design and analyze the effect of implementing the elderly oral health promotion model "SULUT LENTERA" using videos, training guides for health workers manging prolanis, oral health guidelines for elderly with teledentistry at PKU Muhammadiyah and Aisyiyah Pratama clinics in DIY to improve OHRQoL.

Methods: This study used mixed methods. Qualitative research with exploratory sequential design and quantitative research with quasi experiment non-equivalent control group design. Qualitative data collection with in-depth interviews and Focus Group Discussions. Quantitative data used questionnaires, clinical data collection on saliva and dental plaque in 198 elderly prolanis participants with total population at PKU Muhammadiyah and Aisyiyah Pratama clinics. This research was conducted from March 2022 until October 2022.

Results: This study resulted in the oral health promotion model "SULUT LENTERA" and media improvement. The study showed that the systolic variable $p=0,79$, blood sugar level $p=0,20$ ($p>0.05$) was not significant and the variables of knowledge, aspects of behavior change based on HBM, oral exercise behavior, tooth brushing behavior, saliva flow rate, plaque index, diastolic, OHRQoL, quality of life were significant ($p<0.05$) in the intervention group. Variables of knowledge, aspects of behavior change based on HBM, oral exercise behavior, tooth brushing behavior, salivary flow rate, plaque index, blood sugar level, systolic, diastolic, OHRQoL, quality of life ($p>0.05$) showed no significance in the control group. There was a significant difference in both groups at the pre-test and posttest 2 stages with a p value <0.05 . The intervention program "SULUT LENTERA" $p = <0.001$ had a significant and positive effect on all variables after controlling for confounding variables. The results of statistical tests show that the "SULUT LENTERA" intervention program, quality of life, tooth brushing behavior have a significant and positive effect on OHRQoL, after controlling for other variables. Based on the statistical analysis conducted, the value of $R^2 = 0.677$ is obtained, this shows that the statistical model has an influence of 67.70% which means it is quite good. The oral health promotion model "SULUT LENTERA" affects oral health knowledge, tooth brushing behavior, oral exercise behavior, aspects of behavior change based on HBM, salivary flow rate, plaque index, blood sugar level, systolic, diastolic, OHRQoL and quality of life of the elderly in the intervention group after the implementation of "SULUT LENTERA" and the intervention group is better than the control group.

Conclusion: The oral health promotion model "SULUT LENTERA" has an effect on increasing knowledge, tooth brushing behavior, oral gymnastics behavior, perception, salivary flow rate, OHRQoL, quality of life and reducing plaque index, blood sugar level, blood pressure of the elderly.

Keywords: dental health promotion, teledentistry, elderly