



# IFDH Oral Hygiene Instruction Practices Survey

## BACKGROUND

Survey #8 in a series supported by Procter & Gamble conducted in May 2023.

**Objectives:** To better understand global dental hygienists' Oral Hygiene Instruction practices.

**Survey flow:** IFDH → 34 national associations → individual members.

## RESPONDENTS

231 respondents from 26 countries

### Top 10 countries

- Canada 15%
- South Africa 11%
- Ireland 9%
- Korea 9%
- Australia 7%
- Norway 7%
- United States 7%
- United Kingdom 6%
- Israel 5%
- Sweden 4%

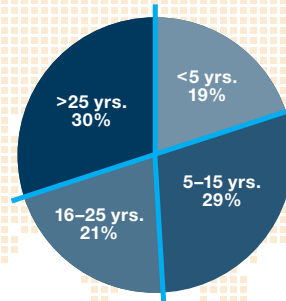
### Countries with < 3%

(in descending order):

Finland, Malta, Belgium, Italy, Japan, Latvia, Netherlands, New Zealand, Switzerland, Czech Republic, Denmark, Lithuania, Portugal, Slovak Republic, Greece, Saudi Arabia

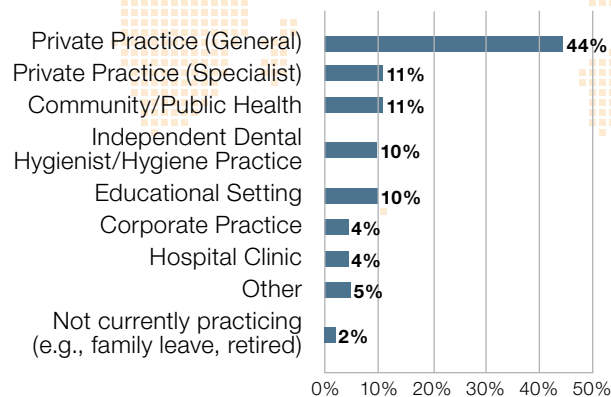
## Years of dental hygiene experience

Good balance across years of experience



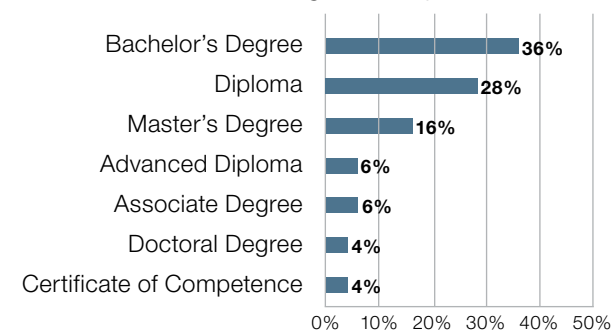
## Work setting

55% are in a private practice setting.  
10% are in independent dental hygiene practices.



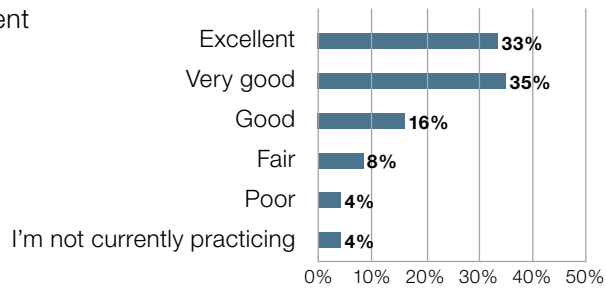
## Education

64% have Bachelor's Degree or Diploma



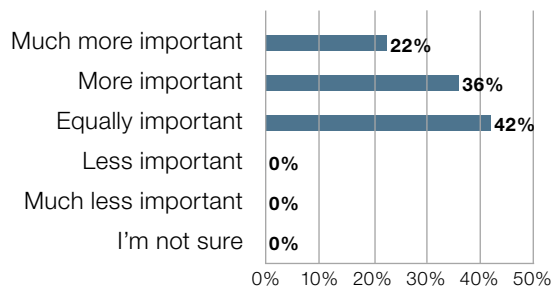
**While Oral Hygiene Instruction (OHI) is important for patients' oral health, the prioritization given to OHI as part of patient care varies across dental practices. How would you rate your dental practice for prioritizing OHI?**

- 68% rate their practice as Excellent or Very Good at prioritizing OHI



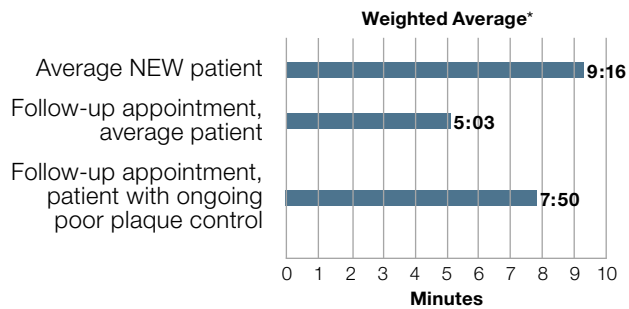
**Do you think OHI is more important, equally important, or less important than scaling and root planing as the basis for dental hygiene therapy ?**

- 58% said OHI is much more or more important than SRP as the basis of dental hygiene therapy

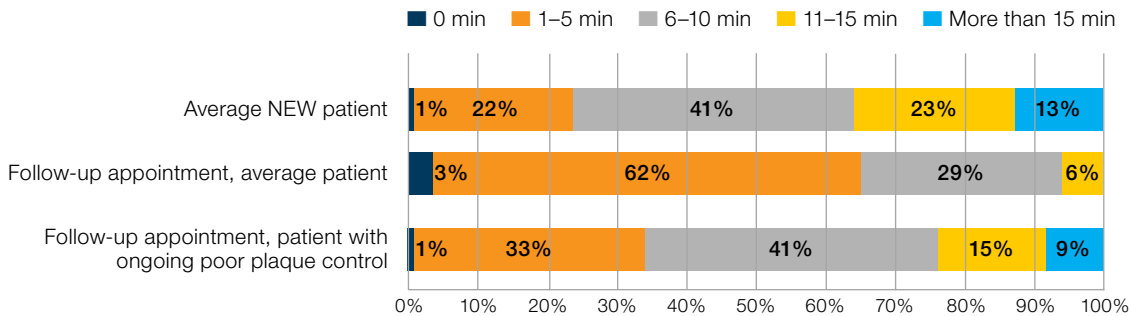


**On average, approximately how many minutes do you spend providing OHI per patient at each appointment for the following patient types?**

- Most respondents spend 5 to 10 minutes, on average, providing OHI per patient



\* See accompanying Power Point file for details on weighted average calculation.

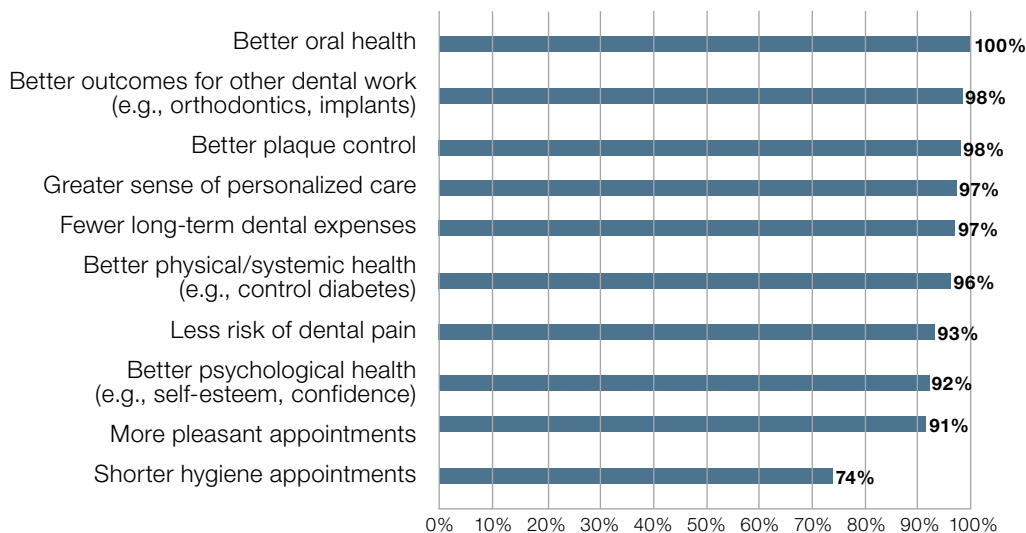


**In an average week, which of the following practices do you use at least once to provide OHI to patients?** (check all that apply)

Number of respondents	OHI Practice (% who practice weekly)
<b>Majority</b> (64% to 87%)	<ul style="list-style-type: none"> <li>• I <b>demonstrate proper oral hygiene technique</b> (e.g., brushing, interdental cleaning) to the patient. (87%)</li> <li>• I give patients <b>product samples</b> to use at home. (82%)</li> <li>• I make general recommendations for self-care products (e.g., fluoride toothpaste). (82%)</li> <li>• I demonstrate proper oral hygiene (e.g., brushing, interdental cleaning) technique to the patient <b>and</b> ask them to demonstrate it back to me. (72%)</li> <li>• I use <b>chairside educational tools</b> (e.g., flip charts, tooth models). (66%)</li> <li>• I make <b>specific brand-name recommendations</b> for products that are backed by clinical evidence (64%)</li> </ul>
<b>Half</b> (43 to 54%)	<ul style="list-style-type: none"> <li>• I use behavior change techniques, like Motivational Interviewing. (54%)</li> <li>• I teach patients about products (e.g., paste, rinse) that inhibit plaque regrowth between brushings. (51%)</li> <li>• I use plaque disclosing agents in the office to show patients problem areas. (48%)</li> <li>• I ask patients to bring their oral hygiene products to their appointment and show me how they use them. (43%)</li> </ul>
<b>Minority</b> (11% to 34%)	<ul style="list-style-type: none"> <li>• I use trial power toothbrushes so patients can experience power toothbrushing in the office. (34%)</li> <li>• I give patients plaque disclosing agents to use at home. (29%)</li> <li>• I take clinical photos to show patients before and after results of cleaning and areas of plaque. (29%)</li> <li>• I use intraoral cameras to show patients problem areas. (23%)</li> <li>• I have appointments (30 minutes or longer) dedicated to OHI. (22%)</li> <li>• I show patients how to use interactive apps to track brushing behavior. (11%)</li> </ul>

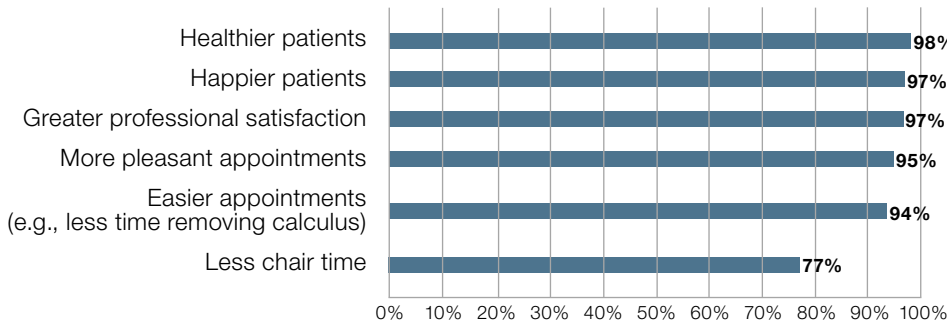
**How much do you agree or disagree that prioritizing OHI provides the following long-term benefits FOR PATIENTS?**

• Percentage that *agree* + *strongly agree*



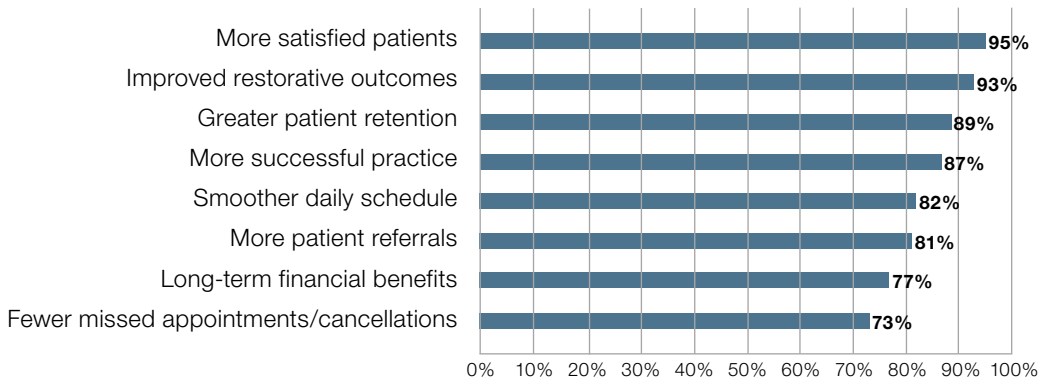
**How much do you agree or disagree that prioritizing OHI provides the following long-term benefits FOR DENTAL HYGIENISTS AND DENTAL THERAPISTS?**

- Percentage that *agree + strongly agree*



**How much do you agree or disagree that prioritizing OHI provides the following long-term benefits of FOR THE PRACTICE OWNER?**

- Percentage that *agree + strongly agree*



**How much do you agree or disagree with the following statements?**

% agree + strongly agree range	Statement (% agree + strongly agree)
72% and above	<ul style="list-style-type: none"> <li>• Giving patients samples of effective self-care products is an important part of OHI. (88%)</li> <li>• It is more important to make specific, evidence-based recommendations for self-care than to tell patients to use any oral hygiene product they like. (81%)</li> <li>• Patients appreciate the time I spend on OHI. (80%)</li> <li>• Patients comply with my self-care recommendations. (74%)</li> <li>• My dental hygiene/therapy school spent sufficient time teaching OHI techniques. (73%)</li> <li>• Patients want to learn about OHI. (72%)</li> </ul>
62%–68%	<ul style="list-style-type: none"> <li>• My dental hygiene/therapy school spent sufficient time teaching us about oral hygiene products (e.g., ingredients, technologies). (68%)</li> <li>• There are plenty of resources (e.g., CE course, articles) to help me continue learning OHI techniques. (66%)</li> <li>• Power toothbrushes should be an integral part of OHI. (65%)</li> <li>• I have enough time to provide thorough OHI to my patients. (62%)</li> </ul>
47% and below	<ul style="list-style-type: none"> <li>• Patients who use power toothbrushes need less chair time than manual brush users. (47%)</li> <li>• Patients who use calculus control toothpaste need less chair time. (27%)</li> </ul>

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## Other IFDH Survey Results

[Click here](#) to learn more about 7 other IFDH surveys:

- 2022 Sustainability in dentistry
- 2022 Elderly patients
- 2021 Pediatric patients
- 2021 Oral-systemic link
- 2020 Electric toothbrushes
- 2020 Covid
- 2019 Toothpaste

The IFDH thanks Procter & Gamble for supporting these surveys.

