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Background

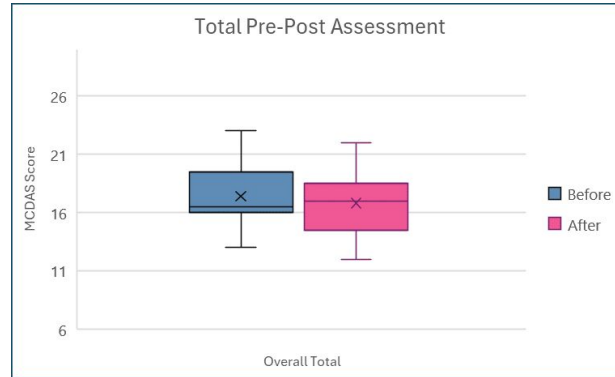
- Behavioral management in pediatric dentistry often utilizes audio, visual or tactile distractors during treatment.
- The utility of these distractors for self-soothing during restorative procedures is unknown.

AIM

- This pilot study aims to assess the use of a tactile object to reduce stress in children undergoing dental procedure and determine if they use the object to self-soothe.

Methods

- Sample consisted of patients aged 7-9 yrs
- Same provider conducted initial exam and restorative procedure; SSC, direct restorations.
- Given the choice of three objects; Fidget spinner, pop-it toy, or fidget stretch toy.
- MCDAS scale was given to assess anxiety pre- and post-treatment. Overall score ranging from 6-30 points; higher scores indicating increased anxiety.
- Three additional questions were asked after the procedure to assess patient perceptions of the intervention.
- Results are presented descriptively



Results

- 10 patients: 9 male, 1 female
- The median difference in MCDAS scores pre- vs. post-procedure results was +1.00.
- 90.0% of the subjects reported the toy helped with anxiety after the procedure.
- 60.0% stated the toy helped “a little” during the procedure.
- 80.0% thought the toy would help other kids with anxiety associated with dental work.

Discussion

- The results of this study could inform a future randomized study assessing the use of a tactile object to reduce stress in children undergoing dental procedure.
- Many patients previously had restorative/extraction procedures completed at an earlier age that resulted in current poor behavior.
- Due to high caries risk, many patient needed restorative in addition to extractions and/or pulp therapy in each quadrant.
- The pilot study was successful in determining the limitations in a behavioral study.
- Giving the patient the choice of the tactile object could have given them a sense of control over a procedure that mandatory for them
- Overall, the children felt the tactile objects helped with their anxiety with dental procedures.

References

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