

監督兒童和青少年刷牙對齲齒發生率的影響—系統性文獻回顧研究

A systematic review of the effects of supervised toothbrushing on caries incidence in children and adolescents

Ana Paula Pires Dos Santos, Branca Heloisa De Oliveira & Paulo Nadanovsky

International Journal of Paediatric Dentistry 2018; 28:3–11

研究背景：尚且不論含氟牙膏對於齲齒發生的影響效果如何，監督刷牙對於防齲的效果亦尚未明確的被證實有效。

研究目的：本研究旨在評估監督兒童和青少年刷牙，對於齲齒發生率的影響成效。

研究設計：本研究使用對照試驗進行了系統文獻回顧。以電子和手動文獻搜尋檢索了 2046 篇相關文獻，其中有 112 篇文獻由兩名審閱者完整閱讀和獨立評估，他們收集了有關參與者基本人口學特徵、介入方法、結果、追蹤時間和研究偏差的風險等相關資料。

研究結果：本研究最後納入了四項研究試驗，但沒有一項試驗具有低程度的偏差風險。這些研究試驗均在學校進行，但在兒童年齡、牙膏氟化物濃度含量、齲齒基線水平以及齲齒發生率報告方式等方面存在很大差異。在這四項研究試驗中，有兩項試驗發現監督刷牙有利於降低齲齒發生的研究結果，並具有統計上的顯著性差異，但研究缺乏有關效果量估計的大小和/或精確度的相關說明，並且在其中的一項研究試驗中沒有考慮到群聚效應(Clustering Effect)的影響。且納入的研究之間在臨床異質性和數據報告的差異，並未進行統合分析(Meta-analysis)。因此難以說明這些研究結果能夠作為刷牙監督對齲齒發生有明確影響成效的證據。

結論：沒有足夠明確的證據可以顯示，對兒童及青少年進行刷牙監督，對其齲齒發生率具有有效的影響成效

A systematic review of the effects of supervised toothbrushing on caries incidence in children and adolescents

Ana Paula Pires Dos Santos, Branca Heloisa De Oliveira & Paulo Nadanovsky

International Journal of Paediatric Dentistry 2018; 28:3–11

Background. The anticaries effect of supervised toothbrushing, irrespective of the effect of fluoride toothpaste, has not been clearly determined yet.

Aim. To assess the effects of supervised toothbrushing on caries incidence in children and adolescents.

Design. A systematic review of controlled trials was performed (CRD42014013879). Electronic and hand searches retrieved 2046 records, 112 of which were read in full and independently assessed by two reviewers, who collected data regarding characteristics of participants, interventions, outcomes, length of follow-up and risk of bias.

Results. Four trials were included and none of them had low risk of bias. They were all carried out in schools, but there was great variation regarding children's age, fluoride content of the toothpaste, baseline caries levels and the way caries incidence was reported. Among the four trials, two found statistically significant differences favouring supervised toothbrushing, but information about the magnitude and/or the precision of the effect estimate was lacking and in one trial clustering effect was not taken into consideration.

No meta-analysis was performed due to the clinical heterogeneity among the included studies and differences in the reporting of data.

Conclusions. There is no conclusive evidence regarding the effectiveness of supervised toothbrushing on caries incidence.

★本篇文章擷取自★

Dos Santos APP, de Oliveira BH, Nadanovsky P. ***A systematic review of the effects of supervised toothbrushing on caries incidence in children and adolescents.*** *Int J Paediatr Dent.* 2018 Jan;28(1):3-11. doi: 10.1111/ipd.12334. Epub 2017 Sep 21. PMID: 28940755.

短論：對於兒童及青少年進行刷牙監督目前並無明確實證能夠說明可以有效防止齲齒發生，且若潔牙時沒有搭配含氟牙膏，也僅能維持口腔清潔，無法預防齲齒發生。因此在學校時，師生能夠一同潔牙；下學後，全家人一起進行睡前潔牙，並且透過正確潔牙搭配含氟牙膏，才能夠有效的預防齲齒發生，維護全家人與學幼童的口腔健康。