

## Quality Improvement Project - Method of Data Collection for Dietary Analysis in Dental Caries Prevention

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### Abstract

**Introduction:** According to the WHO, dental caries is the 'most common noncommunicable disease (NCD) worldwide, affecting 2.5 billion people.' Thorough dietary analysis for cariogenic features via a written diet sheet/diary is important for tailored patient education and medico-legal reasons.

**Aims/Objectives:** To audit the format of data collection for dietary analysis for patients with active caries in a general dental practice and make improvements as necessary.

**Methods:** To assess the patient compliance of diet sheet return and quality of the information recorded with the existing diet sheet template over a 6 week period. Targets - Diet sheet return = 90%, Sufficient Information recorded = 100%. An updated diet sheet template with written instructions was used in the 2nd cycle.

**Results:** Diet sheet return: Cycle 1 = 12%, Cycle 2 = 33%. Sufficient Information recorded: Cycle 1 = 25%, Cycle 2 = 100%

**Conclusion:** After updating the diet sheet template, there was slight improvement in compliance of returning the form and the target was met for sufficient information recorded. There were also uncontrollable factors such as suboptimal compliance from patients'parents/care institutions

### Keywords:

Audit, Caries, Dental, Diet, Sugar, QIP.