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## Opinion among interns regarding opting orthodontics and dentofacial orthopaedics as their MDS option: A questionnaire survey

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### Abstract

**Background:** Orthodontics is among top most priority as a career option, especially due to various innovations as well as increase in demand outside India, Especially in countries like Australia and New Zealand.

**Objective:** To assess the Perception of Intern Dental Students from Southern Bangalore as well as under graduates on selecting Orthodontics as a future MDS career option.

**Materials and Methods:** A Questionnaire was prepared regarding opting MDS in orthodontics as a career option, having 3 options to and was send to interns via whats app, convience sampling technique was taken into consideration, a time of 3 days was given to respondents.

**Result:** Showed maximum study participants were interested to opt Oral and maxillofacial surgery as a career option followed by conservative and endontics and 3<sup>rd</sup> choice of option was orthodontics and dentofacial orthopaedics.

**Conclusion:** Orthodontics and Dentofacial Orthopaedics can be considered as a career option for MDS as a choice among top 3 selection, Though socioeconomic factors also plays a vital role in deciding the same for few students.

**Keywords:** Orthodontics, MDS options, socioeconomic status

### Introduction

Dentistry is an art and orthodontist are specialised artist of dentistry.

Orthodontia, also known as orthodontics and dentofacial orthopedics, was the first specialty created in the meadow of dentistry.

Orthodontists deal with treatment of malocclusions, which may be a result of tooth irregularity and/or disproportionate jaw relationships.

Malocclusion is not a disease, but an anomalous alignment of the teeth and the way the upper and lower teeth fit together. The prevalence of malocclusion varies, <sup>[1, 2]</sup> but using orthodontic treatment indices <sup>[3, 4]</sup> which categorize malocclusions in terms of severity, it can be said that nearly 30% of the population present with malocclusions severe enough to benefit from orthodontic treatment <sup>[5]</sup>.

Orthodontics has gained immense popularity as a postgraduate dental specialty program in Saudi Arabia as well as in India due to aligners as newer in modern orthodontist <sup>[6]</sup>. To be precised Orthodontics are the one who can make permanent smiling face for those having malalinged teeth.

Thus, this digital survey was carried out to know the opinion of young upcoming dentist regarding their perception to opt Orthodontist as a career option, though there can be multiple factors for an individual as well as their guardian in opting MDS OPTION as socio economic factors can also play a vital role in deciding the career of an individual student post BDS.

### Aim

To know the interest of Interns in opting Orthodontics as aMDS career option

**Materials and Methodology**

**Questionnaire**

**Methodology**

1. A WhatsApp survey was done among interns across colleges from South Bangalore Only.
2. For one word response where 3 options were given to study participants as well as detail response participants were asked to respond via WhatsApp platform only.

**Inclusion criteria**

- Dental students pursuing their internship only in south Bangalore.
- Those Interns who were approached via WhatsApp and responded on time.

**Exclusion criteria**

- Students from First and second year of BDS as well as those interns who are pursuing internship from other areas of Bangalore.
- Those participants who responded post 3 days were excluded from study.

**Results**

Table 1 shows distribution of study population according to age and gender. In a total population of subjects, maximum were females by n=65 (65%). Table 2 shows Distribution of

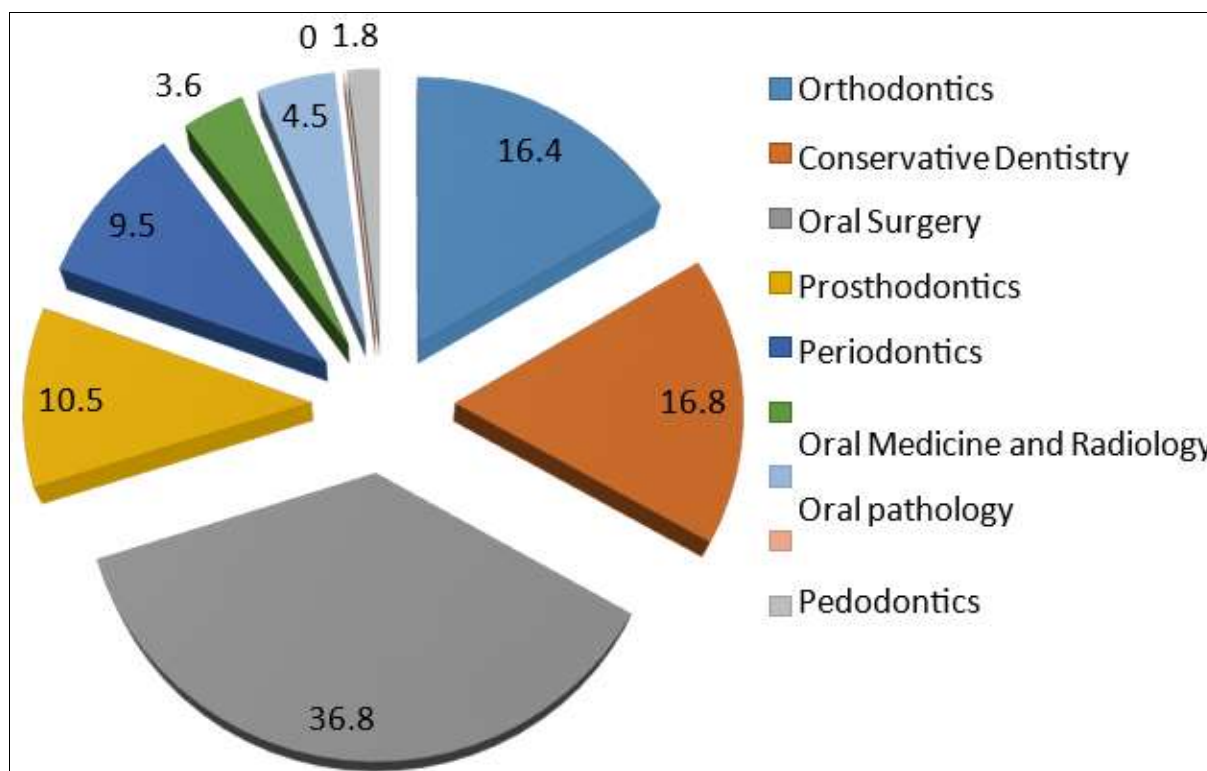
subjects choice of interest among Interns where maximum study participants were interested in Oral and maxillofacial surgery (36.8%) whereas none of the study participants were interested in oral pathology, and 16.8% were interested in opting Orthodontics as a MDS career option.

**Table 1:** Distribution of study population according to gender

Gender	Total Number (n)	Percentage
Male	35	35
female	65	65
Total	100	100

**Table 2:** Respondents showing choice of subject as a MDS career option.

Subject of interest	Percentage
Orthodontics	16.4%
Conservative Dentistry	16.8%
Oral Surgery	36.8%
Prosthodontics	10.5%
Periodontics	9.5%
Oral Medicine and Radiology	3.6%
Oral pathology	0%
Pedodontics	4.6%
Public health dentistry	1.8%
Total	100



**Graph 1:** Choice of subject as MDS career option during internship

**Discussion**

Orthodontist and Dentofacial Orthopaedics is one of the various disciplines in dentistry. Three previous studies [6-8] conducted among orthodontic residents in USA, UK, and Saudi Arabia had shown that job satisfaction was the most common reason for selecting the specialty of orthodontics. Internship is the period where the dental students get ample amount of time to make some serious decision regarding their future. It is the transition period of a student to a doctor. Every intern student gets an opportunity of 1 year to apply their theoretical knowledge practically and make themselves

responsible enough for the community. This one year period benefits the student to make a self-perception regarding each department/subject and eventually aid them in planning their future. Henceforth, the rationale of conducting the present study on the interns was due to the fact that, the interns have an insightful of each subjects more precisely as compared to other undergraduate students.

In a study done by Noble *et al.* [9] and Yemitan *et al.* [10] where the “passion or orthodontics” emerged as the most important factor (20.29% and 42.9%, respectively) influencing the decision to pursue orthodontics as a career.

Noble *et al.* reported that about 48% of residents in Canada <sup>[11]</sup> and 66% of residents in USA <sup>[9]</sup> chose orthodontic specialty for monetary benefits.

In the present study, none of the students opted for orthodontics because of better monetary benefits, which was entirely different from the finding of the previous study conducted in Saudi Arabia by Al-Hamlan *et al.*, <sup>[12]</sup> wherein 25% of the Saudi residents chose orthodontic specialty for monetary benefits.

Similar in present study nearly 17% were interested in pursuing MDS in orthodontics in future, though this tally is less as compared to previous study and this disparity may be due to fact that this study was conducted among interns across south Bangalore only which has very less sample size a convenience sampling technique was taken into account whereas in previous study sample size was relatively higher as compared to present study.

Other reason can be socio economic status as those Students who fails to get government seat or under those colleges having semi-government quota, on having verbal interaction, opinion was also focused to avoid certain branches of dentistry as a MDS career option due to high academic fee structure which is direct in correlation with socio economic status of an individual.

Above all in present study maximum of study participants were willing to opt oral surgery as a career option, though same reasons were cited for unable to opt such branches of dentistry as a career option where they require higher fees to be paid.

In present Among study 100 participants majority of the respondents were female which is in accordance of the study results of Sharma *et al.* (2016), Naidu *et al.* (2014) and Aditya S (2013) <sup>[13-15]</sup>.

In present study, specialty of interest in pursuing post-graduation, majority of the total population were inclined towards choosing other clinical disciplines like oral surgery, endodontics and orthodontics were at top of the priority, which was in accordance with the study conducted by Sharma *et al.* (2016) <sup>[13]</sup> and Naidu *et al.* (2014) <sup>[14]</sup>. Maximum of the study participants were more interested in oral surgery followed by conservative dentistry which was in parallel to the study results of Faisal MR *et al.* (2017) <sup>[16]</sup>, Gadve VR *et al.* (2016) <sup>[17]</sup> and Purver J *et al.* (2016) <sup>[18]</sup>.

Also, the present survey found that majority of the study population considered the Orthodontics as an interesting and good one. The positive attitude can be attributed to the teaching quality of the colleges and their insight regarding the scope and opportunity as a future option.

## Conclusion and Limitation

### Conclusion

Overall attitude of Intern dental students towards Orthodontics as a career option was decently across colleges of south Bangalore. For those who were interested in pursuing MDS socio economic status also plays a vital role in deciding the same.

### Limitation

The drawback is that the study has been conducted only in college across south Bangalore, so results cannot be generalized to all dental colleges of India. As the questionnaire was close ended it might include certain options which do not match up to their attitude of response, Above all as convenience sampling technique was included certain interns from south Bangalore might also be excluded from study if

they were not in contact by a primary researcher.

## Conflict of Interest

Not available

## Financial Support

Not available

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