

Dental emergencies presenting to a university-based paediatric dentistry clinic in the West Indies

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Summary. *Objectives.* The aims of the present study were to investigate the type and prevalence of dental emergencies presenting at a teaching hospital paediatric emergency clinic in Trinidad, and to describe the socio-demographic factors related to the use of the service.

Design and methods. The authors used a prospective study of consecutive dental patients presenting to a paediatric emergency clinic. Data recorded included type of presenting emergency and socio-demographic variables.

Results. Data were available for 309 participants; 47% were male and 53% female. The average age of the participants was 8.66 years (SD = 3.75 years; range = 1–16 years). Seventy-three per cent of the participants' parents were involved in manual work or unemployed, and 21% were in nonmanual/professional employment; the occupation was not known in 6% of cases. Caries-related problems accounted for 74% of emergencies. Dental trauma mostly affected the upper permanent incisor teeth, with concussion, subluxation and intrusion being the most common injuries.

Conclusion. Dental emergencies presenting to this university-based clinic were predominantly related to caries and trauma. The service was more frequently utilized by children in the mixed dentition stage, children from lower socioeconomic groups and those living in the local area. The frequency of caries-related problems indicates the need for more community-based preventive strategies, including encouraging greater attendance for routine dental care and dental health education. Strategies for oral health promotion should also be developed to prevent dental trauma.

Introduction

Adequate provision of primary dental care must include emergency care for children. These services are often delivered within dental teaching hospitals, and together with offering a service to the public, provide clinical exposure and training for dental undergraduate and postgraduate students.

The University of the West Indies (UWI) School of Dentistry in Champs Fleurs, Trinidad was established in 1989 and is the only dental school in the

English-speaking Caribbean. The dental school occupies a site within a large general hospital that provides primary, secondary and tertiary care to the public. Trinidad and Tobago is a two-island state, and the most southerly of the Caribbean chain of islands. This developing country is a republic within the British Commonwealth, having gained independence from the UK in 1962. Trinidad covers an area of 4779 square kilometers while Tobago, the smaller island, has an area of 297 square kilometers. Twenty-three per cent of the 1.3 million population are under 15 years of age, and one-quarter of the population live in rural areas [1]. The dental hospital and school is located in the north of the island approximately 10 km east of the capital, Port of Spain.

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The UWI School of Dentistry's Child Dental Health Unit provides a 'walk-in' emergency clinic for children up to the age of 16 years. It is staffed by dental interns working under the supervision of clinical academic staff. Dental interns are new graduates of the school. Working in small groups, they undertake two, 4-week rotations in paediatric dentistry as part of their mandatory pre-registration training year. The clinic operates from Monday to Friday (08:00–16:00 h), but does not offer an out-of-hours or weekend service. Apart from a hospital registration fee (TT\$44, approximately £4), provision of dental care for children in the clinic is free.

Studies from the USA and UK have reported that pain caused by toothache/abscess and dental trauma were the most frequently presenting complaints at hospital-based paediatric dental emergency clinics [2,3]. The use of hospital/health-centre-based emergency dental care services for children has also been shown to be related to socioeconomic and demographic factors, with children from lower socioeconomic groups being more likely to use these types of services than private dental practices [2,4,5].

There are no published data on the use of primary dental care services in the West Indies or on the emergency dental care of children in Trinidad.

The aims of the present study were:

- to describe the type and prevalence of emergencies presenting at a paediatric emergency clinic in Trinidad; and
- to describe the socio-demographic factors related to the use of this service.

Subjects and methods

Between October 2002 and May 2003, information was collected on consecutive patients attending the UWI paediatric dental emergency clinic. All new emergency cases attending the clinic who consented to an examination were included in the data. Reviews and follow-up cases were excluded. The information collected related to demographic variables (i.e. age, sex, ethnicity, area of residence and occupation of the attending parent/guardian), the presenting complaint, the teeth involved, and details related to the cause, type and severity of the traumatic dental injury, if present. The criteria for ethnicity and occupation were based on Singh & Mustapha [6]. The criteria for the type of injury

were based on those described by Welbury [7]. Data were gathered by the attending dental interns and entered onto a nine-item data collection form ('Appendix 1'). All the interns were trained in the use of the data collection form by one of the investigators (R.S.N.). Approval for the study was gained from the North-west Regional Health Authority, the hospitals' governing body. In order to report descriptive statistics, data were processed and analysed using the Excel, Version 5, and SPSS, Version 10, computer programs.

Results

Data were available for a total of 309 participants. There were 143 males (47%) and 160 females (53%). Data on gender was missing for six cases. The average age of the participants was 8.66 years (SD = 3.75 years; range = 1–16 years). One hundred and seventy-six participants (57%) were of African ethnicity, 90 (29%) were Indian and 36 (12%) were of mixed race. The ethnicity of six subjects (2%) was not known.

Table 1 shows the occupation of the child's attending parent/guardian. Seventy-three per cent of participants' parents/guardians were involved in manual work or were unemployed. The locality of the residence of the participants is shown in Table 2.

The most common presenting problems were toothache and dental abscess (Table 3).

Table 4 describes the teeth involved at presentation. Upper incisors and lower molar teeth were common sites for problems. Ten per cent of the children showed evidence of rampant caries.

The mean age of children presenting with dental trauma was 8.9 years. Of the 41 children presenting

Table 1. Occupation of the participants' parent/guardian* (n = 309).

Occupation of attending parent/guardian	Participants	
	Number	Percentage
Professional	1	< 1
Middle professional	19	6
Lower nonmanual	46	15
Skilled manual	52	17
Unskilled manual	53	17
Unemployed/housewife	120	39
Retired	0	
Old-age pensioner	0	
Not known/missing data	18	6
Total	309	100

*Based on Singh & Mustapha [6].

Table 2. Locality of the residence of the participants and population/dental clinics* by county.

Area of residence (by county)	Participants (<i>n</i> = 309)		Population	Dental clinic	
	Number	Percentage		Private	Government
St George	209	68	451 306	81	18
St David and St Andrew	5	2	66 648	4	8
Caroni	60	20	198 524	26	6
Victoria	10	3	181 136	35	6
St Patrick	1	< 1	116 395		6
Nariva/Mayaro	0	–	34 249	2	6
Not known/missing data	24	8	–	–	–

*Central Statistics Office of Trinidad and Tobago, 2000 Census.

Table 3. Type of presenting dental emergency* (*n* = 309).

Type of dental emergency	Participants	
	Number	Percentage
Toothache (without abscess)	182	59
Dental abscess	45	15
Traumatic dental injury	41	13
Soft-tissue trauma	8	3
Post-extraction haemorrhage	0	
Acute herpetic stomatitis	1	< 1
Exfoliating tooth	12	4
Post-anaesthetic chewing	0	
Cervical lymphadenitis	2	< 1
Post-extraction infection	0	
Maxillary sinusitis	0	
Parotitis/mumps	0	
Erupting tooth	7	2
Other	17	6
Rampant caries (i.e. extensive caries on multiple teeth in the primary or permanent dentition)	28	9

*Participants may have presented with more than one of the items listed, and therefore, the percentages do not total 100%.

with traumatic injuries, 61% were male. Forty-nine per cent of injuries occurred at school, 44% at home and 7% in other places. Table 5 shows the proportion of different teeth involved in a traumatic

injury. Information was collected on how the injury occurred and the nature of the problem found upon examination, and this is summarized in Table 6.

Discussion

The mean age of subjects in the present study was older than that of those used in similar studies in the USA [2] and the UK [3], where 5 years was the mean age, but the findings still suggest that this service is used mainly by children in the early mixed dentition.

Trinidad has two main ethnic groups: Africans and Indians. The larger proportion of children of African ethnicity using this service is most likely related to the local demographics of County St George (the county in which over two-thirds of participants resided).

The service was more frequently used by people from lower socioeconomic groups, based on occupation of the attending parent/guardian. Although proxy measures of socioeconomic status vary between studies, i.e. use of Medicaid/public insurance programmes, or Super Profiles, this is a similar finding to both the USA [2] and the UK [3,4], where

Table 4. Teeth involved in the presenting emergency as a proportion of the teeth affected in the primary or permanent dentition.

Tooth	Primary dentition (<i>n</i> = 236)		Permanent dentition (<i>n</i> = 242)	
	Number	Percentage	Number	Percentage
Maxillary central incisor	34	14	36	15
Maxillary lateral incisor	24	10	13	5
Maxillary canine	18	8	2	1
Maxillary premolar	0	–	8	3
Maxillary molar	47	20	36	15
Mandibular central incisor	8	3	2	1
Mandibular lateral incisor	7	3	0	–
Mandibular canine	8	3	0	–
Mandibular premolar	0	–	90	37
Mandibular molar	90	38	55	23
Total	236	100	242	100

Table 5. Teeth involved in a traumatic dental injury as a proportion of all trauma cases* ($n = 41$).

Tooth	Primary dentition ($n = 236$)		Permanent dentition ($n = 242$)	
	Number	Percentage	Number	Percentage
Maxillary central incisor	8	20	29	71
Maxillary lateral incisor	2	5	8	20
Maxillary canine	2	5	1	2
Maxillary premolar	0	—	1	2
Maxillary molar	0	—	0	—
Mandibular central incisor	0	—	0	—
Mandibular lateral incisor	1	2	0	—
Mandibular canine	0	—	0	—
Mandibular premolar	0	—	0	—
Mandibular molar	0	—	0	—

*Since more than one tooth could have presented in each case, the proportions do not total 100%.

Table 6. Information about the cause and type of injury.

Type of injury	Participants	
	Number	Percentage
Cause of tooth/jaw/soft-tissue injury		
Fall	27	59
Bicycle/rollerblade/skateboard	4	9
Hit by object	5	11
Car accident	1	2
Other	9	20
Total	46	100
Type of luxation injury		
Concussion	7	23
Subluxation	6	20
Extrusive luxation (partial avulsion)	4	13
Lateral luxation	3	10
Intrusive luxation	7	23
Avulsion	3	10
Total	30	100
Dental hard tissue injury type		
Enamel infraction (crack)	0	0
Enamel fracture	6	19
Enamel–dentine fracture	13	42
Complicated crown fracture (pulp exposed)	9	29
Crown root fracture (pulp not exposed)	0	0
Crown root fracture (pulp exposed)	3	10
Root fracture	0	0
Total	31	100
Soft-tissue injuries		
Lip laceration/abrasion	16	73
Tongue laceration	0	—
Palate laceration	0	—
Cheek laceration	1	5
Other	5	23
Total	22	100
Bone injury		
Mandibular fracture	0	0
Maxillary fracture	0	0
Other	1	100
Total	1	100

most of the children using similar services came from lower socioeconomic groups.

As mentioned above, the majority of participants came from the local area (County St George). This is the most populous county in the island and includes the capital in the west (Port of Spain). Data from the UK suggest that children from lower socioeconomic groups are likely to use services close to their homes [4]. Furthermore, in Trinidad, free dental treatment for children (up to the age of 12 years) is available from Government dental clinics. However, County St George, like many areas of Trinidad, is under-served in this respect (Table 3), and this may also influence the demand for the service offered by the UWI dental school. It should also be noted that, because of the availability of materials, equipment and dental personnel, the range of treatments offered for children in Government dental clinics is smaller than that offered by the dental school.

Caries-related problems

In the present study, toothache and dental abscess were by far the most common presenting emergencies, followed by traumatic dental injury. This is similar to findings from the USA [2] and the UK [3]. However, the proportion of children presenting with caries-related problems (74%) was much higher compared to the above studies, which reported 30% and 49%, respectively.

The high frequency of caries-related emergencies might be partly explained by the caries prevalence in the population. Although no recent data exists for Trinidad and Tobago, a previous national child dental health survey reported a DMFT for 12-year-olds of 4.9, with only 14% being caries free [8],

indicating a high caries experience in the permanent dentition. In the present study, primary molars were one of the most frequent sites of presenting problems. Data on early childhood caries in the Caribbean population is scarce, but a recent study from Anguilla (another island in the British West Indies) reported a prevalence of 37% in children aged between 24 and 71 months, with most decay in the primary molars [9]. For children attending general dental practices in the UK, total decay experience in the primary molars was a significant predictor of pain and sepsis requiring extraction or antibiotics [10]. It has also been shown that children who use routine preventive dental services are significantly less likely to use emergency services for caries-related pain or problems [11]. This highlights the need to promote regular dental attendance, along with providing dental health education and advice during routine dental care, in order to reduce the incidence of dental caries and pain in young children living in Trinidad and Tobago.

Dental trauma

The incidence of dental trauma presenting as an emergency in the present study was actually much less than in similar studies in the USA [2,12], the UK [3] and Jordan [13]: US = 27% and 37%; UK = 23%; and Jordan = 31%.

It has been reported that many dental injuries occur outside of office hours [15]; however, the UWI clinic does not offer an out-of-hours service. This may have influenced the apparent lower incidence of trauma-related dental emergencies since these cases may have been seen by casualty departments in other hospitals/health centres.

Socio-cultural factors may also be influencing the use of the service. For instance, attendance for emergency treatment of dental trauma by children has been shown to be less likely if the child comes from a lower socioeconomic group, and is not concerned about the appearance of her or his teeth [14]. Children not in pain as a result of dental trauma are less likely to attend for treatment [14], and interestingly, Thomas [16] has reported that people of Caribbean origin are better able to tolerate pain than other ethnic groups.

Dental injuries presenting as an emergency were more frequent in boys, mostly occurred at school and were most often the result of a fall. This is consistent with other published reports [3,10–12,17], and also with paediatric trauma data from general

hospital casualty (emergency rooms) in Trinidad, which show that the most common causes of paediatric injury overall were falls, presenting mainly in male children in the 4- to 9-year-old age groups [18].

Again consistent with other studies [3,11,12], the teeth most frequently affected by trauma were the upper incisors, both in the primary and permanent dentition. However, the type of injury sustained was quite varied, with concussion, subluxation and intrusion presenting with about the same frequency.

With respect to the severity of hard-tissue injury, enamel dentine fractures and complicated crown fracture (pulp involvement) were the most common injury, a finding which is similar to the few similar studies which have reported the severity of dental injury [11,12].

Lip lacerations accounted for almost three-quarters of the soft-tissue injuries and were largely associated with trauma to the anterior teeth. Although, by definition, lateral luxation and intrusion injuries involve damage to the alveolar bone, in the present study, bone injury was concerned with larger fractures of the jaws. Only one injury of this type was reported, which suggests that the UWI clinic is probably not the first point of contact for more severe forms of dental/facial injury. These cases are most likely being seen in oral surgery or general hospital casualty departments in the first instance.

The present study did not investigate the treatment undertaken, but adequate care to improve the prognosis of injured teeth depends on professional knowledge, aspects of service delivery, and awareness of agreed protocols for treatment and referral [19,20]. Staff offering dental trauma services should be regularly exposed to trauma patients to maintain high-quality diagnostic and treatment skills, and ideally, be involved in the initial and definitive treatment [15]. In an effort to address the issue of quality of care, clinical guidelines have been developed describing the immediate and long-term treatment for traumatic dental injuries in children [21–23].

Provision of adequate services should also be supported by public health initiatives to prevent dental injuries in children. For example, health promotion strategies have included advocating early intervention with increased overjets, widespread use of mouth guards for contact sports, safe playgrounds, and dental health education for parents, teachers and healthcare workers on the care of damaged or avulsed teeth [24].

Delayed presentation and treatment of traumatic dental injuries may result in a reduced prognosis,

compromised aesthetics and the potential for increased costs. Therefore, highlighting the importance of immediate treatment should form part of dental health education messages. Such programmes are yet to be implemented in Trinidad and Tobago, and will require multi-sectoral collaboration between the dental profession, schools, parent groups, sports clubs, health authorities and the media.

Conclusion

Dental emergencies presenting to a university-based paediatric dental clinic were predominantly related to caries and trauma. The service was more frequently utilized by children in the mixed dentition stage, who were more likely to be from lower socioeconomic groups and from the local area. The frequency of caries-related problems indicates the need for more community-based prevention, including encouraging greater attendance for routine dental care and dental health education.

Oral health promotion strategies should also be developed to prevent dental trauma. Further research on this service should include investigating the type of emergency treatment/follow-up care undertaken, and measuring its effectiveness against international standards.

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Résumé. *Objectifs.* Etudier le type et la prévalence des urgences dentaires se présentant à la clinique d'urgence pédiatrique de l'hôpital universitaire de Trinidad et décrire les facteurs socio-démographiques liés à l'utilisation de ce service.

Protocole et Méthodes. Etude prospective des patients consécutifs se présentant à la clinique d'urgence pédiatrique. Les données recueillies comprenaient le type d'urgence et les variables socio-démographiques.

Résultats. Les données ont concerné 309 patients, 47% de garçons et 53% de filles. L'âge moyen des participants était de 8,66 ans (ET = 3,75; allant de 1 à 16 ans). Soixante trois pour cent des parents des participants avaient un travail manuel ou étaient sans emploi, 21% avaient une profession non manuelle.

Il n'y avait pas de réponse connue dans 6% des cas. Les problèmes liés aux caries représentaient 74% des urgences. Les traumatismes dentaires affectaient essentiellement les incisives permanentes maxillaires avec ébranlement, subluxation et intrusion pour les plus fréquentes.

Conclusion. Les urgences dentaires se présentant à la clinique universitaire étaient essentiellement reliées aux caries et aux traumatismes. Le service était plus souvent utilisé par les enfants en denture mixte, les enfants issus de milieux socio-économiques défavorisés et ceux habitant dans les environs. La fréquence des problèmes liés aux caries indique le besoin de plus de stratégies préventives communautaires incluant l'encouragement à plus de contrôle dentaire de routine et plus d'éducation dentaire. Les stratégies de promotion de la santé buccale devraient également développer la prévention des traumatismes.

Zusammenfassung. *Ziele.* Die Untersuchung von Häufigkeit und Form Zahnverletzungen, die in einer pädiatrischen Notfallambulanz eines Lehrkrankenhauses in Trinidad vorgestellt wurden, sowie zur Inanspruchnahme dieser Einrichtung assoziierte soziodemographische Faktoren.

Ergebnisse. Es waren Daten für 309 Teilnehmer (47% männlich, 53% weiblich) verfügbar. Das mittlere Alter lag bei 8.66 Jahren (+/- 3.75; Spannweite 1 bis 16 Jahre). Dreiundsiebzig Prozent der Eltern der Teilnehmer waren arbeitslos oder gingen einer einfachen manuellen Tätigkeit nach, 21% waren nichtmanuell/professionell beschäftigt, bei 6% war die Beschäftigung unbekannt.

Kariesbedingte Probleme lagen bei 74% der Notfälle vor. Zahntrauma betraf meist die oberen bleibenden Schneidezähne mit Konkussion, Subluxation und Intrusion als häufigste Verletzungsformen. *Schlussfolgerung.* Zahnärztliche Notfälle, welche an dieser Universitäts-basierten Einrichtung vorgestellt wurden waren meist durch Karies oder Zahntrauma bedingt. Die Einrichtung wurde meist von Kindern in der Wechselgebissphase besucht, von Kindern niedrig privilegierter sozioökonomischer Gruppen und solchen aus der unmittelbaren Umgebung der Einrichtung. Die Häufigkeit kariesbedingter Probleme weit auf die Notwendigkeit für stärkere Gruppenprophylaxebemühungen einschließlich der Förderung regelmäßiger Zahnpflege und Zahngesundheits-erziehung. Strategien der Mundgesundheitsförderung im Hinblick auf Zahntrauma sollten ebenfalls entwickelt werden.

Resumen. Objetivos. Investigar el tipo y la prevalencia de presentación de urgencias dentales en una clínica de urgencias pediátricas de un hospital universitario en Trinidad y describir los factores socio-demográficos relacionados con el uso del servicio.

Diseño y métodos. Estudio prospectivo de presentación consecutiva de pacientes dentales en una clínica de urgencias pediátricas. Los datos registrados incluyeron el tipo de urgencia y variables sociodemográficas.

Resultados. Se dispusieron los datos de 309 participantes, 47% varones y 53% mujeres. La media de edad de los participantes fue de 8,66 años (DS = 3,75, rango 1 a 16 años). El 73% de los padres de los participantes estaban implicados en un trabajo manual o estaban sin empleo, el 21% en un empleo no manual/profesional y el 6% desconocido. Los problemas relacionados con la caries ocuparon el 74% de las urgencias. El traumatismo dental más frecuente afectó a los incisivos permanentes superiores, siendo las lesiones más comunes, la concusión, la subluxación e intrusión.

Conclusión. Las urgencias dentales presentadas en esta clínica universitaria estaban relacionadas predominantemente con la caries y el traumatismo. El servicio era utilizado con más frecuencia por niños en dentición mixta, los niños de grupos socioeconómicos bajos y los que vivían en el área local. La frecuencia de problemas relacionados con la caries indica la necesidad de más estrategias preventivas basadas en la comunidad incluyendo el alentar una mayor asistencia para los cuidados dentales rutinarios y la educación de la salud dental. Las estrategias de promoción de la salud bucal también deberían desarrollarse para prevenir los traumatismos dentales.

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Appendix 1: Data collection form*(1) Patient details*

AGE: (DOB) _____ SEX: M ☐ F ☐
 ETHNICITY: African ☐ Indian ☐ Chinese ☐
 Mixed ☐ Other ☐
 OCCUPATION OF PARENT/GUARDIAN _____
 LOCALITY OF RESIDENCE (county) _____

(2) Type of dental emergency

Toothache (without abscess) ☐
 Dental abscess ☐
 Traumatic dental injury ☐
 Soft-tissue trauma ☐
 Post-extraction haemorrhage ☐
 Acute herpetic stomatitis ☐
 Exfoliating tooth ☐
 Post-anaesthetic chewing ☐
 Cervical lymphadenitis ☐
 Post-extraction infection ☐
 Maxillary sinusitis ☐
 Parotitis/mumps ☐
 Erupting tooth ☐
 Other ☐
 Rampant caries present* ☐
 (*Extensive caries on multiple teeth in the primary or permanent dentition)

(3) Tooth (teeth) involved in the presenting emergency if applicable

	Primary	Permanent
Maxillary central incisor	☐	☐
Maxillary lateral incisor	☐	☐
Maxillary canine	☐	☐
Maxillary premolar	—	☐
Maxillary molar	☐	☐
Mandibular central incisor	☐	☐
Mandibular lateral incisor	☐	☐
Mandibular canine	☐	☐

Mandibular premolar — ☐
 Mandibular molar ☐ ☐

(4) Injuries (if applicable)

Injury occurred:
 AT HOME ☐ AT SCHOOL ☐ OTHER ☐
 Cause of tooth/jaw/soft tissue injury:
 • fall ☐
 • bicycle/roller blade/skateboard ☐
 • hit by object ☐
 • car accident ☐
 • other ☐
 Type of luxation injury:
 Concussion ☐
 • subluxation ☐
 • extrusive avulsion (partial avulsion) ☐
 • lateral luxation ☐
 • intrusive luxation ☐
 • avulsion ☐
 Dental hard tissue injury type:
 • enamel infraction (crack) ☐
 • enamel fracture ☐
 • enamel–dentine fracture ☐
 • complicated crown fracture (pulp exposed) ☐
 • crown root fracture (pulp not exposed) ☐
 • crown root fracture (pulp exposed) ☐
 • root fracture (apical/middle/coronal third) ☐
 Soft-tissue injuries:
 • lip laceration/abrasion ☐
 • tongue laceration ☐
 • palate laceration ☐
 • cheek laceration ☐
 • other ☐
 Bone injury:
 • Fracture of alveolar socket wall ☐
 • Mandibular fracture ☐
 • Maxillary fracture ☐
 • Other ☐

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