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Review Article

Patients' Pre- and Post-Dental Implant Health Education: Based on KAP theory

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ABSTRACT

Dental implants have become one of the most common options for replacing missing teeth. Over the years, advancements in dental techniques and the dissemination of information by both dental professionals and commercial advertisements have contributed to the increased prevalence of dental implantation. To increase the success of implantation, proper patient education is needed. KAP theory which emphasizes knowledge alone is insufficient to achieve the desired outcomes of health promotion or patient education. When accompanied by the right attitude and appropriate behaviors, individuals are more likely to perform the intended health-related behaviors. We posit that Dental professionals must ensure that patients receive comprehensive information on how to care for their implants. In addition to knowledge, a positive attitude and adherence to post-operative instructions are critical for the long-term success of implants.

KEYWORDS

Dental Implants, Teeth, KAP theory, COVID-19.

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Introduction

Dental implants have become one of the most common options for replacing missing teeth. Over the years, advancements in dental techniques and the dissemination of information by both dental professionals and commercial advertisements have contributed to the increased prevalence of dental implantation.

According to a systematic review, dental implants are safe and demonstrate high survival rates [1]. However, despite patients responding positively to implant therapy, education related to the procedure remains inadequate.

A study by Ho and colleagues found that magazines are the primary source of information for most patients regarding dental implants [2]. Furthermore, many patients are unaware that procedures such as bone grafting and sedation may be involved in implant therapy. This highlights a significant need for more comprehensive and accurate patient education on dental implantation.

Literature Review

What is KAP?

The Knowledge, Attitude, and Practice (KAP) theory is widely applied in health education, particularly in fields such as health promotion and patient care. This theory posits that knowledge alone

is insufficient to achieve the desired outcomes of health promotion or patient education. When accompanied by the right attitude and appropriate practices (or behaviors), individuals are more likely to perform the intended health-related behaviors. For example, obesity is recognized as a chronic disease, and Xue and colleagues used the KAP framework to examine college students' knowledge of obesity, their attitudes toward its prevention, and the practices they adopted to mitigate its effects. Based on the study's findings, educators can design tailored health promotion programs to raise students' awareness of obesity and its consequences. Furthermore, such programs encourage students to adopt healthier lifestyles by incorporating habits such as balanced eating and regular physical activity into their daily routines [3].

During the COVID-19 pandemic, multiple studies utilized the KAP model to assess public attitudes toward the virus. These findings helped policymakers and health officials enhance public knowledge, foster positive attitudes, and promote precautionary behaviors to control the spread of the disease [4].

KAP and Dental Implantation

For dental professionals, patient education is a vital component of ensuring successful implant treatment. Before educating patients about the procedure, it is important to assess their baseline knowledge and attitudes toward dental implantation. Understanding patients' overall health status and oral hygiene habits is also crucial, especially prior to initiating treatment [5].

Numerous studies have identified risk factors—such as patients undergoing osteoporosis treatment—that should be carefully considered before proceeding with dental implantation [6]. The more familiar patients are with the treatment process, the better prepared they will be—both mentally and practically.

Beyond the technical aspects of the procedure, the success of dental implants also depends on proper post-operative maintenance. Dental professionals must ensure that patients receive comprehensive information on how to care for their implants. In addition to knowledge, a positive attitude and adherence to post-operative instructions are critical for the long-term success of implants.

There are several strategies that clinical staff can employ to conduct effective patient education. For instance, the professional team can develop a checklist to assess the patient's knowledge, attitudes, and practices related to implant treatment. Based on the patient's responses, staff can clarify misunderstandings or provide additional information. Moreover, multimedia resources—such as YouTube—can serve as valuable educational tools for patients to consult as needed.

Conclusion

To ensure the success of dental implantation, proper patient education—both before and after the procedure—is essential, alongside professional clinical techniques. Dental professionals should receive adequate training to effectively communicate with patients and guide them through the procedure. Comprehensive oral hygiene education empowers patients to maintain their oral health and enjoy an improved quality of life. Therefore, patient education is not only beneficial but indispensable.

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