

Mobile Smartphone Apps Fororal Dental Health-Review Article

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Abstract

Oral diseases affects many people worldwide and smartphone apps use is on the rise, so the market for well-designed and effective oral health apps is substantial. There is an increase in the number of peoples using mobile health apps in recent years. The smartphone apps have the potential to transform the standard practices of dentistry to next level. We detailed the efficiency , advantages and disadvantages of these mobile apps along with recommendations as a review article.

Keywords: Mobile Apps, Mobile Health, Oral Dental Apps.

INTRODUCTION :

The Smartphone mobile dental app could be a software application used on a mobile device for medical procedure purposes and it is the wireless technology to deliver the health services and knowledge details for the patient with mobile communication.¹ In this generation, it is essential to use the prevailing technology to spread dental health education through a smartphone app for oral dental health are now being increasingly utilized in dentistry to assist the patient to realize their oral dental health.² Mobile apps promote oral hygiene, eliminates fear regarding the treatment for the patients and to gain clinical knowledge of the most recent trends within the field.^{3,4} There are numerous dental-

related detailed explanations and pictures for various dental treatment, and also allow the patient to report dental emergencies and for prior appointments.²³⁴

Significance Of Oral Health:

The WHO defines Oral Health is a state of oral infections, Pain, Oral and Throat Carcinoma, Periodontal Diseases, Tooth decay, Tooth loss, and other disorder. In 2014, World Dental Federation reported that in a worldwide survey, the most common oral diseases recorded are dental caries (cavities, decay), periodontal (gum) disease, carcinoma, oral infectious diseases, trauma from injuries and hereditary lesion.⁵ Oral health is crucial for achieving good general health.⁶ Oral diseases and disorders often causes other systemic diseases.⁷

Mobile Dental Apps Available:

1. DDS GP
2. CDT code check
3. Le xi -dental
4. I Rome xis
5. My dentist
6. Dental sat
7. Dental manager
8. I care
9. Dental RX
10. Dental Expert.

Highly Used Dental Apps By The Patients and Dentist:

1. Brush DJ properly brushing your teeth is more complicated than simply scrubbing yourtoothbrush across each tooth.
2. Bone Box TM dental lite
3. Dental dictionary
4. Brush up
5. Practo

Individual Calendar	For a dental treatment a patient makes the following appointment with the dentist at the clinic. The scheduled days on the patient's calendars would be circled by a red color.
Schedule Remainder	One week before every scheduled appointment Dental Calendar would remind patients Automatically and confirm whether they can come to the dental clinics or no.

Symptoms Report	In addition to conveying patient's answers regarding visiting the dental clinics the app would request patients to require pictures and write messages about their oral conditions. That information would be sent to dentists through cloud services.
Appointment Notification	If patients are uncomfortable in attending the appointments dentists can fix other appointments and dental calendar would notify patients automatically.
Private Messages	After examining the reported symptoms dentists can give some instructions regarding oral hygiene care or arrange earlier appointments for patients.

Motivating Scenario:

1. Dental calendar in a mobile app specifically designed for patients.
2. Patient can install it on their mobiles, and they can make appointments with the dentist.
3. It automatically reminds the patients before one week and confirms whether they would be able to visit or not.
4. If patients unable to attend their scheduled appointment, they can reschedule the appointments with the dentist.
5. The apps are provided with a camera to take photographs of their signs and symptoms to get immediate first aid from the dentist.
6. It also provides with call facilities to contact dentist from being in their home during this COVID-19 pandemic.
7. It helps dentist to send the prescription and bill receipt to the patient without any discrepancy.
8. It helps the dentist and patients to file their previous records, and x-rays, which helps their further treatments.

ADVANTAGES:

1. To know the availability of dentist in prior.
2. It reduces the waiting time in this our busy lifestyle.
3. It helps in receiving first aid and reduces complication before the appointment.
4. It helps in recording the previous reports of consultation.
5. It provides with easy bill mailing option which facilitates the patient with their insurance issues.

DISADVANTAGES:

1. Making Appointments from home delays the consultation of the dentist.
2. App users have a fear of hacking their personal details, and reports.
3. Uses login into the app, disturbs with frequent messages and calls.

4. Patients with similar names get confused with each other if they forget their ID number.
5. Dentist cannot reschedule a patient's Appointment if they receive any emergency cases.

CONCLUSION:

To develop a comprehensive dental app, a prototype application which incorporates certain features and styles that are useful for both patients and doctors. Dentists on the other hand they need to realize that they have to embrace this upcoming technology to advance their treatment.⁸ Therefore, it is safely assumed the mobile apps play an increasingly important role between holistic patients and dentists.⁹

RECOMMENDATION:

DIET CHART: Adding diet chart to the app which can be updated or modified by the dentist, this will facilitate the patient to get recover soon.

AWARENESS VIDEOS: The apps can get updated with the awareness videos created by dentist regarding oral health which will educate the patient with knowledge.

TREATMENT VIDEOS: The apps can provide patients with simple treatment procedure videos to avoid their anxiety level towards the treatment.

ONLINE PAYMENT: The app can provide online payment options, so that, patient can pay their fees to the dentist for their online appointments in this pandemic.

QR CODE : The apps can provide QR code to the patients according to their ID number so the receptionist in the dental clinic can scan the patients QR code to get their details immediately which help in avoiding confusion between patients with a same name and there will be no need for remembering the ID number.

DIAGNOSTIC LABORATORY CENTERS: These apps can also collaborate with diagnostic centers to have easy contact between dentists, patient, and laboratories to discuss and deliver the reports immediately to the patients and dentists without any delay.

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