



By Ellie Fellows

I chose my research question because my mum works in a local dentist.

My Methods

I interviewed a dentist about the service that the practice provides. Also, I used a questionnaire and asked 20 males/females about their opinion. I made sure the questions could be understood by making them simple to read.

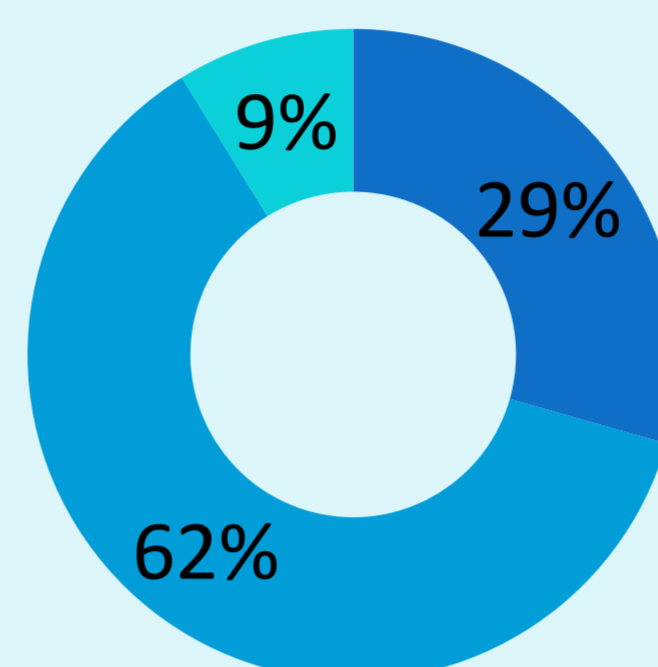
Each participant signed a consent form and all questionnaires were anonymised to make the research ethical and moral. I asked people in my village who used dentists in Bedford, using a mixture of open and closed questions. I did this in my free time. Then I analysed my data and made graphs and charts (see below).

How did you chose which dentist to use?

nice practice	4
no pain	1
recommended	4
close by	1
(NHS) space	3
in the family	9
services	1

Most people chose their dentist because of the family connection.

How do you look after your teeth?



- floss
- brush
- mouthwash

Most people look after their teeth by brushing. I was really surprised that so many people used mouthwash.



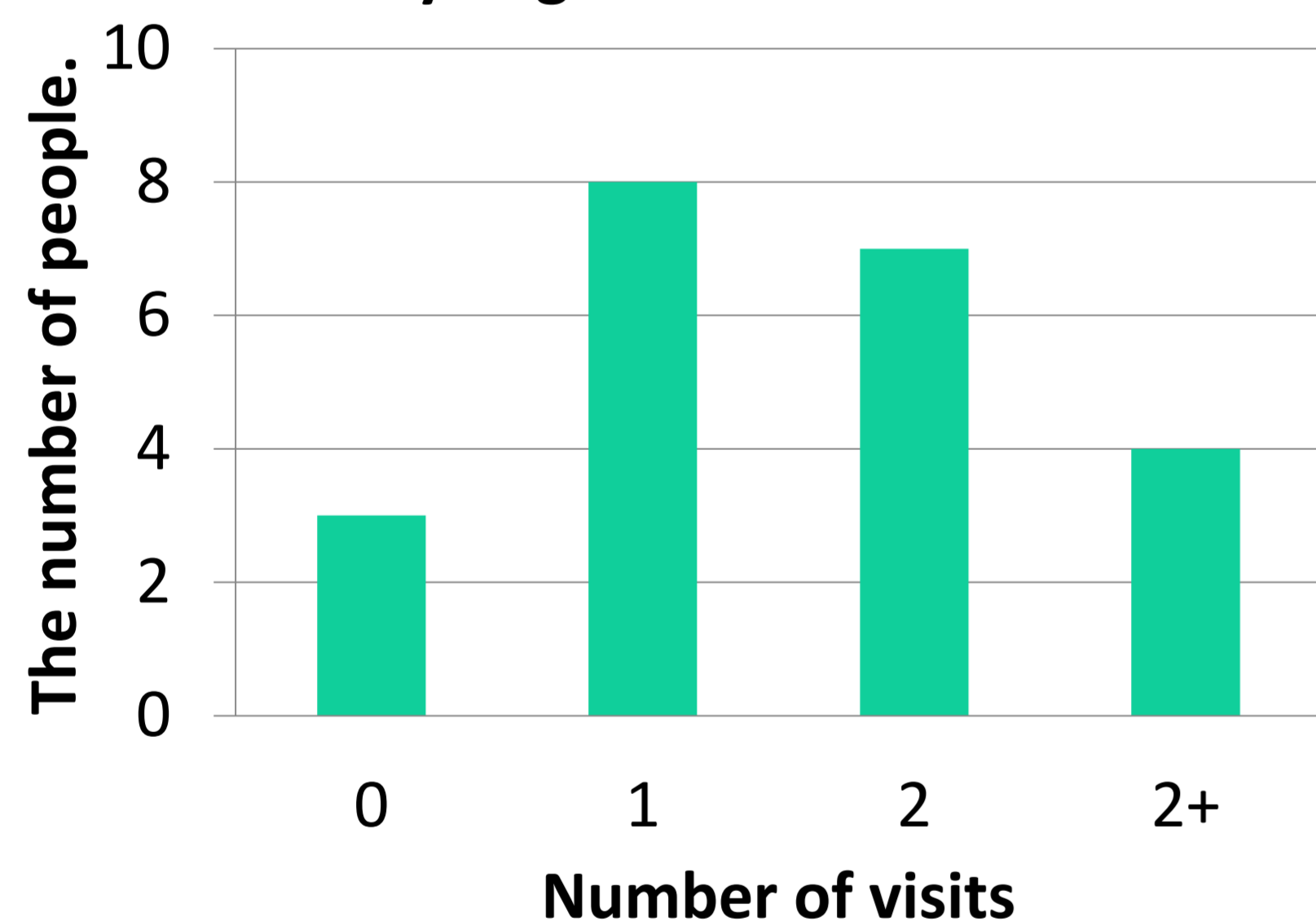
<http://www.waterer-dental-care.co.uk/another-reason-why-you-should-visit-your-dentist-regularly/>

My Findings

The dentist I interviewed said that the dental practice provides fillings, checking teeth, polishes, crowns, bridges, whitening, and treatments for Temporomandibular Joint Disorders (TMD). There is no age limit of the people that come into the practice. There are two primary dentists who see about ten patients a day. The dentist said that the dental health of the children who live in Bedford is getting better; adding fluoride to the water is really helping. Not many children are having fillings: about one in five. The dentist I interviewed think that children should be educated about dentistry e.g. food, brushing teeth and snacks.

Below are the answers that people gave to my questionnaire.

Q.1) How many times in the last year have you gone to the dentist?



Most people have visited the dentist at least once in the last year.

Responses to a question about dentist treatments

- It has a good range of treatments ranging from fillings (tooth coloured) to teeth whitening.
- Very good-there always offering more treatments.
- Amazing treatments.
- I love the treatments they offer.
- Their treatments are good.



<http://plrepress.com/>



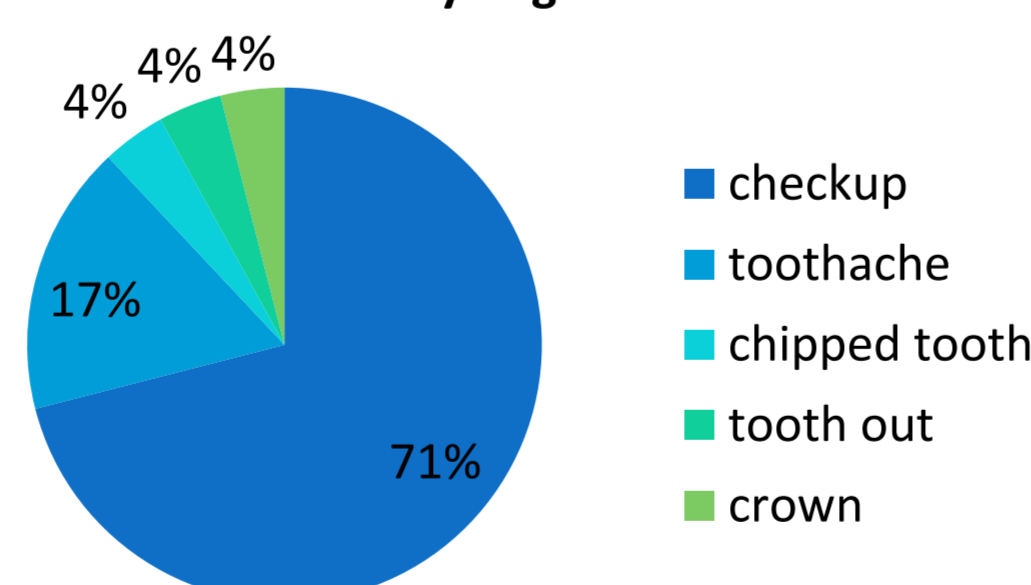
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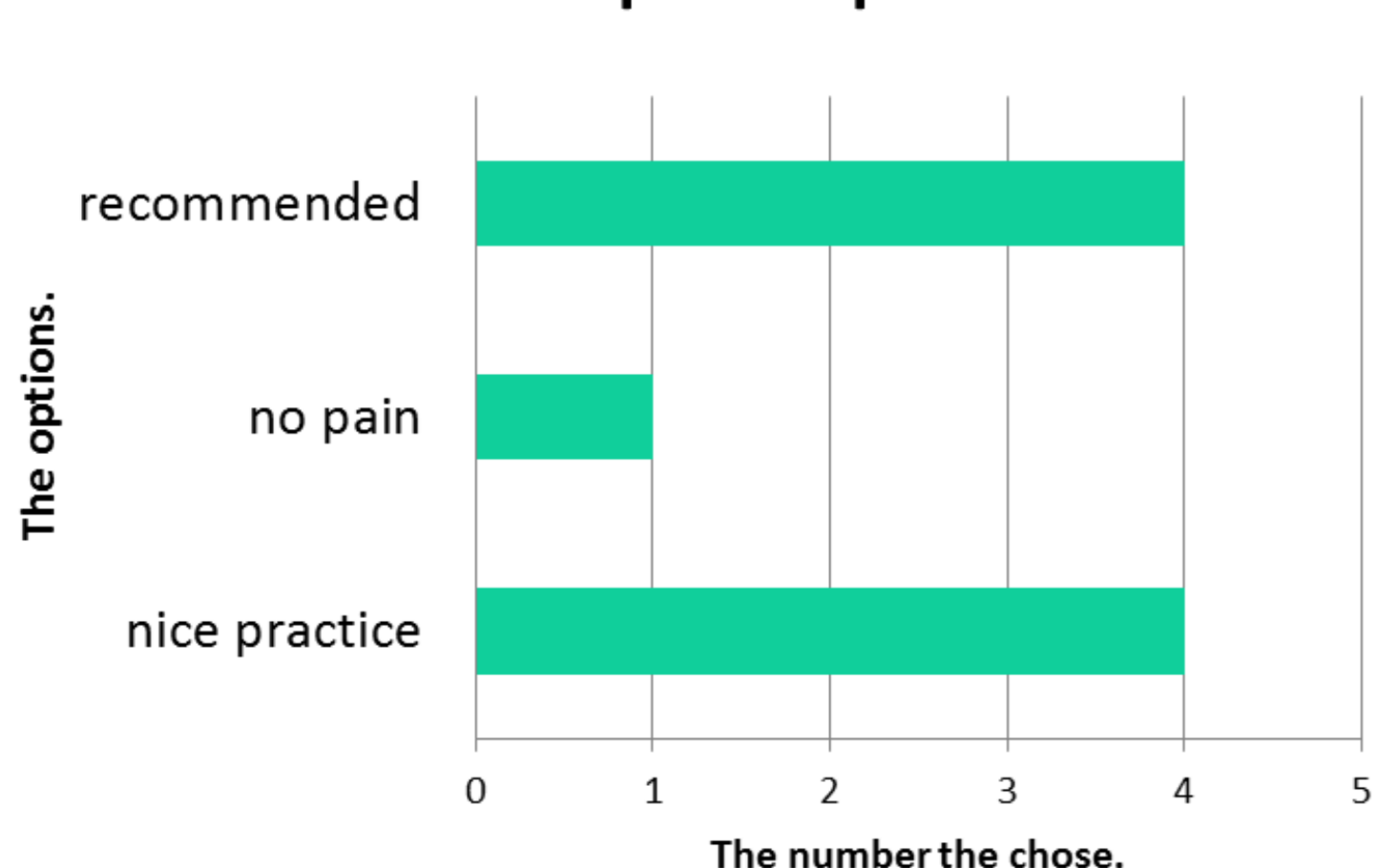
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Most people went to the dentist for a check-up.

Qu. 2 If you have visited the dentist ,why did you go?



Q.3)Do you have an NHS dentist,or do you use a private practice?



Most people chose an NHS dentist. When asked how they chose a dentist, they said that it was because it was recommended or because it is a nice practice

Conclusion

From my interview with a local dental practice I have learnt that the dental health of young children is improving, partially because fluoride is added to the water. This backs up my research which shows the main reason for having a dental appointment was for a check-up. I was surprised by this as I thought most people only went to see the dentist for a problem. The fact that most people visited the dentist only once or twice a year may show that check-ups are more common than treatment for a problem. If I had more time I would like to investigate the difference between private and NHS practices.