



## CFAO GRADUATE STUDENT POSTERBOARD ABSTRACTS

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### Strategies to Enhance Patients' Adherence to Orthodontic: A Systematic review

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**Objective:** Non-adherence to orthodontic treatments is a critical population health issue both from the perspective of quality of life and health economics. The aim of this systematic review aimed to critically analyze the strategies developed and applied to Enhance Patient's Adherence to orthodontic treatments using removable appliances.

**Methods:** Comprehensive electronic searches of Medline via OVID, PubMed, EMBASE, and Web of Science as well as a hand search of references were undertaken to identify relevant studies. Google Scholar was the engine elected to search for grey literature. The New Castle Ottawa quality assessment tool evaluated the level of evidence. The patient's adherence during active orthodontic treatment defines as appointment keeping, cooperating in the use of removable appliances, and oral hygiene.

**Results:** Through the electronic searches, 681 articles were identified. Fourteen articles were finally included in the review reporting three main types of programs to enhance patients' adherence. The first involved specific strategies for targeted health behaviors (i.e., oral hygiene). The second was patient-education modules, and the third strategy was individual-patient focused counseling techniques (e.g. motivational interviewing).

**Conclusions:** This paper reveal the need for development and implementation of a comprehensive patient-centered program to enhance adherence to the treatment among orthodontic patients. Patient's social support (e.g. family and peers' endorsement) should also be considered while developing strategies to improve adherence.

**Keywords:** Adherence, Orthodontics, Oral hygiene, Appointment keeping, Appliance wearing