



BRIDGING DENTAL CARE AND REHABILITATION: OCCUPATIONAL THERAPY IN ORAL HYGIENE OF SUD RECOVERY

Presenter: Muhammad Hammad Mursaleen

Doctor of Occupational Therapy

(DOT) 2022,

Master of Science in Public Health

(MSPH) 2025

**Authors: Muhammad Hammad Mursaleen, Dr. Nazish Anwer,
Dr Muhammad Tarique Arain, Dr. Umaiya Altaf, Dr. Sukaina
Hussain and Prof Saima Akram Butt**

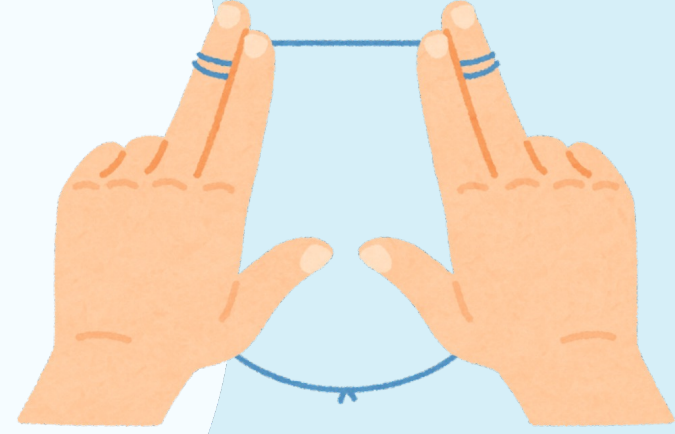
**Mental Health and Wellbeing | Public Health and Community
Development | Rehabilitation**

*This study received no external funding. The authors declare no
conflicts of interest, financial or otherwise.*



Authors: **Muhammad Hammad Mursaleen (hammadmursaleen786@gmail.com)**,
Dr. Nazish Anwer, Dr Muhammad Tarique Arain, Dr. Umaiya Altaf, Dr. Sukaina Hussain and
Prof Saima Akram Butt

INTRODUCTION & OBJECTIVE



• **SUD & Oral Health:**

- Poor hygiene, nutritional deficiencies, drug-related effects
- **Common dental issues:** plaque, caries, gingivitis, pulpitis, periodontal disease
- **IMPACT:** Oral health problems exacerbate overall health risks
- **Role of OT:** Structured interventions & behavior modification
- Rehabilitation strategies to improve oral hygiene
- **STUDY AIM:** Examine prevalence of dental issues in inpatient SUD patients
- Highlight OT's role in holistic recovery

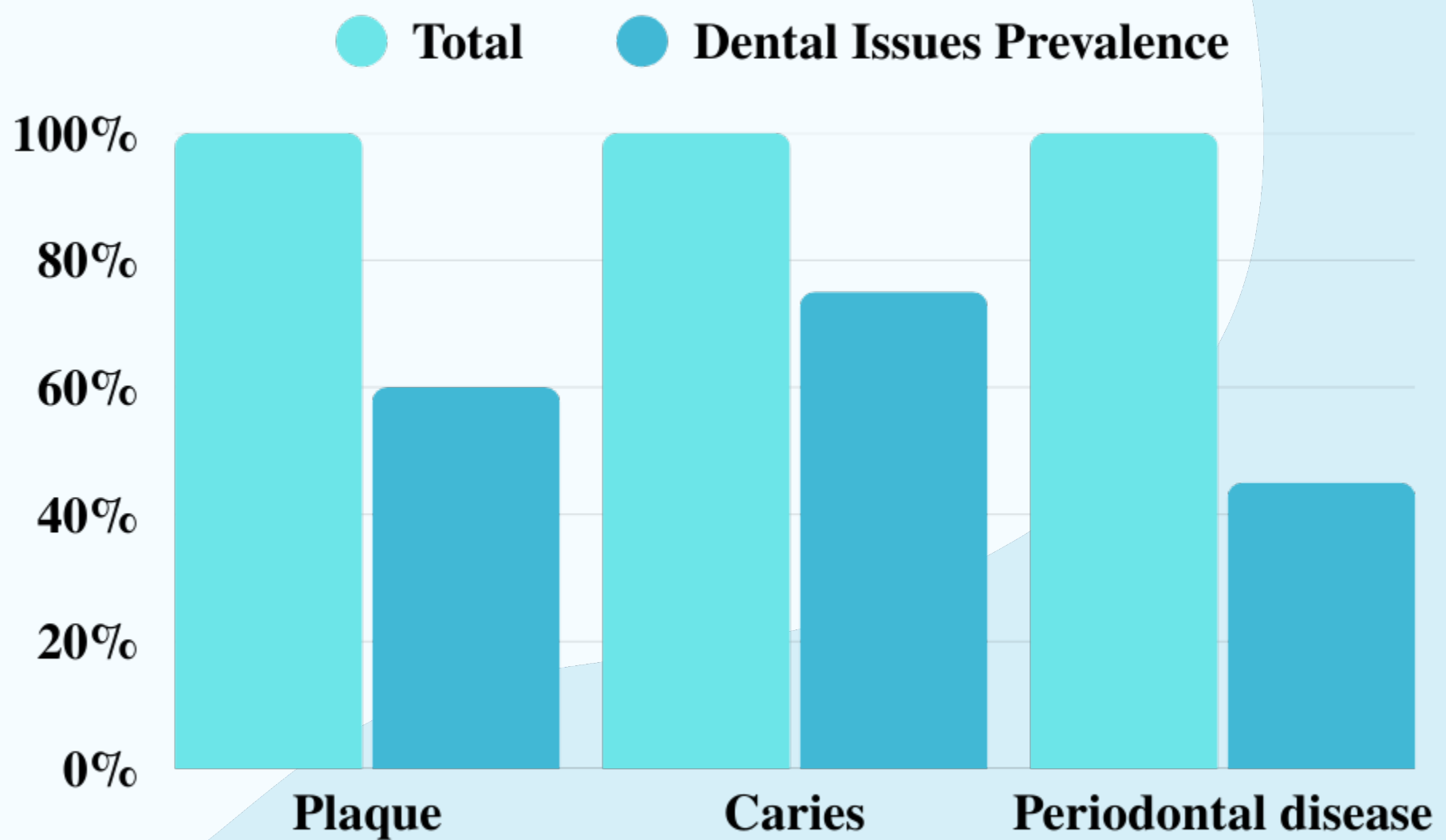
METHODS & KEY FINDINGS

- Cross-sectional analysis of 153 SUD patients (target 384)
- Structured dental exams + patient interviews
- **OT interventions:** education, adaptive techniques, behavioral strategies

RESULTS:

- Dental issues prevalence:
 - Caries: 75%
 - Plaque: 60%
 - Periodontal disease: 45%





- **Risk factors:** soft/hard drugs, poor hygiene routines
- **Positive outcomes:**
 - Increased engagement in daily oral care
 - Improved dental awareness
 - Reduced oral discomfort

CONCLUSION & OT IMPLICATIONS

- **INTEGRATING OT IN SUD REHAB:**
 - Enhances oral health outcomes
 - Addresses behavioral & cognitive barriers to hygiene
- **OT STRATEGIES:**
 - Routine-building & habit retraining
 - Sensory-based oral care
 - Cognitive-behavioral reinforcement
 - Accessible oral care tools
 - Psychoeducation: linking oral health & recovery

