

Is there a correlation between course of treatment and compliance?



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Introduction

Some patients are in the need for a complex orthodontic treatment but are not willing to tolerate and accept specific treatment methods and techniques.

Aim

The aim was to evaluate an appropriate method to encourage a patient through successful stepwise treatment and positive experiences to lead the patient to an optimized orthodontic aim.

Material and Methods

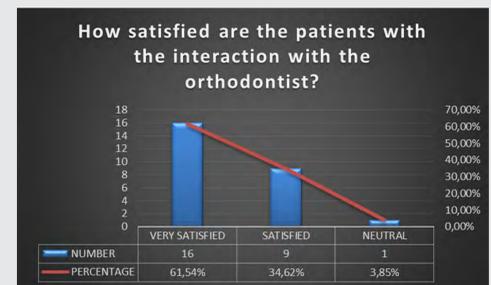
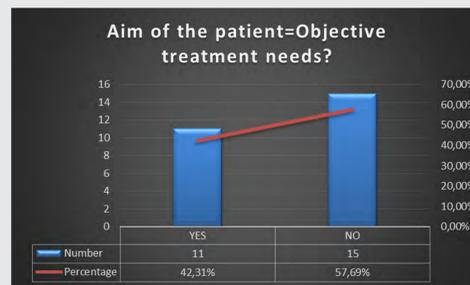
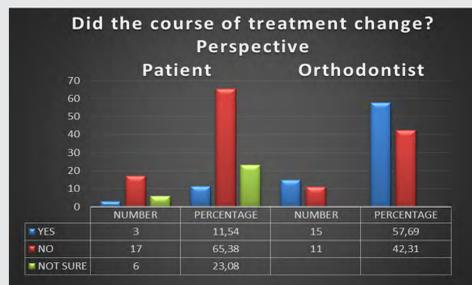
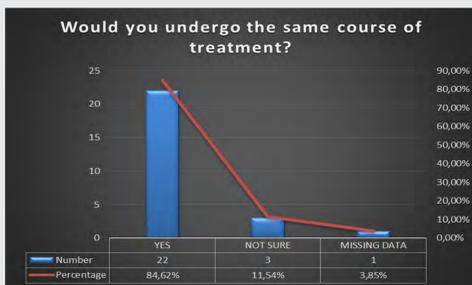
Adult patients (n = 26, 23% male, 77% female, average age 39,7 years) who rejected the full course of orthodontic treatment were treated with particular care. This includes subdivided treatment stages, well-defined interim targets, concentration on achieving partial successes as well as clear explanations and extensive partial demonstrations. In a second step these methods were verified by a standardized questionnaire covering aspects of reason of orthodontic consultation, expectations, communication with the orthodontist, perception of course of treatment and satisfaction.

Results

Patients' identification of positive treatment effects and additional explanations concerning functional and aesthetic changes provided by the orthodontist lead to acceptance and realization of before refused complex orthodontic treatment.

About 12% of the patients self-perceived changes in the course of treatment to optimize the orthodontic aim versus roughly 58% clinically observed by the orthodontist. More than 96% of the patients were very satisfied or satisfied with the interaction with the orthodontist.

Approximately 85% would undergo the same course of treatment again and approximately 12% were not sure. In 58% of the cases was a discrepancy between the aim of the patient and the objective orthodontic treatment needs.



Conclusion

The compliance of patients, who first reject a complex treatment, increases with the gradual adjustments during the treatment. The growing knowledge makes it possible to reach an optimized treatment result. According to the evaluation of specific patients, a stepwise procedure would be state of the art of orthodontic treatment.

Case example

Initial situation

- 42 year old woman
- Extreme anterior deep bite and dental attrition
- Mandibular incisors crowding
- Rotations of upper lateral incisors
- Class II
- Discrepancy in the midlines
- Gingival recession
- Retrusive maxillary and mandibular incisors

Primary concern for the patient

- Improvement of her dental appearance

Treatment objectives for this patient

- Correct excessive overbite
- Relieve the crowding
- Alignment and levelling of upper and lower dental arch
- Midline correction
- Establish a functional occlusion

Extensive explanation of treatment possibilities (twice)

Treatment progress

- Fixed appliance only in the upper arch
- Hypersensitive patient and reject certain orthodontic methods
- Wants treatment to be stopped several times
- Through motivation, explanation, subdivided treatment stages, concentration on success continuing of the treatment
- Fixed appliance also in the lower arch

Results

- Correction of deep bite and the midline
- Alignment and levelling of upper and lower dental arch
- Functional occlusion

