

CHAPTER VI

CONCLUSION AND RECOMMENDATION

6.1 Conclusion

From the research results, it can be concluded that the “NEED” the participatory education on nutritional empowerment in elderly people with dentures program was effective in terms of oral health related quality of life, satisfaction, nutritional status, BMI, body fat percentage (skin fold thickness), and blood parameters.

When comparison was done between “IODNEED” and “CDNEED”. as we provided similar situation of knowledge and attitude towards the healthy diet and life style, we can concluded that “IODNEED” program had more effective in improvement of oral health related quality of life, mastication function, satisfaction for mandibular, nutritional status, BMI, body fat percentage (skin fold thickness), and blood parameters.

Moreover, positive correlation of cost and effective was found between “IODNEED” group and “IOD” group, and “CDNEED” group and “CD” group. From those, it can be concluded that “NEED” had not only improvement in mean scores of studied parameters but also effective by cost.

Furthermore, positive correlation of cost and effective of quality of mastication was also seen between “IOD” group and “CD” group and there was 6 times improvement of masticatory function in IOD than CD, in this study.

All of all, it could be concluded that, NEED program can improve nutritional status of elderly edentulous people with dentures not only mandibular two implant-retained overdentures but also conventional dentures.

6.2 Recommendations

Regarding the finding in our research, regular participatory nutritional empowerment and isometric exercise should be provided in conjunction with mandibular two implant-retained overdentures in elderly edentulous persons.

Moreover, in case, if we do not yet provide mandibular two implant-retained overdentures, for example waiting list in King Project, we have better provide nutritional empowerment in conjunction with conventional dentures.

Furthermore, one nutritionist should be empowered among the dental assistances in the dental team in each treatment unit.

Finally, in future research, larger sample should be recruited and stratified some variables such as gender.

6.3 Study limitation

First of all, we have limited number of participants because most of the participants want to do two implant-retained overdentures as soon as possible. Furthermore, we did not conduct every group of study in different site but we provided in separate days to prevent contamination of NEED.

Moreover, we could not compare the mean scores of same parameters between the senior people with natural dentures.