

Mhealth to improve oral health in children. Literature review. [Mhealth para mejorar la higiene oral de niños. Revisión de literatura.]

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Educational interventions in oral health have changed over time, starting from the simple delivery of information, progress has been made towards programs that use psychological strategies to motivate behavior change. The incorporation of the internet in smartphones along with the wide use of them provides the opportunity to carry out innovative health interventions with mHealth (mobile health) to improve health and quality of life worldwide. The use of new technologies is present in the daily lives of children, which gives the opportunity to promote oral health in a didactic way to digital natives. The aim of this literature review is to describe the results of recent evidence of the use of mobile applications or Apps to improve oral hygiene in children. Technology with smartphones has grown at an accelerated pace along with the development of Apps, however, research has not kept pace. Standardized and specific studies are needed for each population, especially in children, before approving an App and making it available for download. In this way, effective long-term changes can be generated regarding the oral health habits of children and adults. © 2020, Ediciones Avances S.L.. All rights reserved.

Higiene oral

MHealth

Niños

Smartphone