

Atraumatic Restorative Technique: An evidence based approach for the management of caries in older adult patients

Abstract

Introduction:

The population is ageing and the proportion of older adults retaining their natural teeth is increasing. This means that there are increasing numbers of older adults at risk of and from dental caries for longer. This challenges traditional concepts of care delivery for older adults. The Atraumatic Restorative Technique (ART) has been proposed as an alternative to conventional restorations in the management of older adult patients in an attempt to remove some of the barriers to dental care, decrease oral health inequalities and improve oral and general health of older adult patients.

Purpose of the study/Clinical Relevance:

To encourage dental professionals to consider ART in the management of caries for older adults, the literature is reviewed specifically for the use of ART for older adults to explore the quality of the evidence that supports this approach.

Materials and Methods:

A structured search strategy was undertaken using the following databases: PubMed, Google Scholar and Cochrane library, with additional searching of reference lists. Five articles were deemed relevant. The data was extracted and tabulated. The quality of the studies was assessed narratively.

Conclusions:

Available evidence is limited but supports the use of ART restorations for older adult patients.