

BURDEN OF CARE RELATED TO ORTHODONTIC TREATMENT IN PATIENTS WITH UNILATERAL CLEFT LIP AND PALATE

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OBJECTIVES: The aim of this study was to evaluate the Burden of Care involved in orthodontic treatment in patients with unilateral cleft lip and palate at the HRAC-USP. **METHODS:** Data were obtained through analysis of medical records of 100 patients with unilateral cleft lip and palate who concluded orthodontic rehabilitation at HRAC between January 2011 and January 2013. Mann-Whitney test ($p < 0.05$) was used for comparison between the group that performed monthly controls at the hospital ($n=64$) and the group that had orthodontic controls at the own city in private orthodontists ($n=36$). The same statistical test was used for comparing the burden of care according to the severity of malocclusion (Goslon index). **RESULTS:** The mean orthodontic treatment length was 140.2 months (SD 42.6) for the complete sample. The average number of orthodontic appointments was 61.8 (SD 29.1) with a mean of 10.0 (SD 3.4) appliances and 6.2 (SD 1.9) orofacial surgical procedures. The mean distance the patient/family traveled for coming to the hospital during the orthodontic treatment was 38,978.5Km (SD 54,491.8). The group of patients that had monthly appointments at HRAC showed increased number of orthodontic appointments at HRAC compared to patients treated at private practices. Patients with an initial Goslon index G4, G5 patients ($n= 38$) showed an increased orthodontic treatment length, increased number of surgical procedures and distance traveled compared to G1, G2 and G3 patients ($n=62$). **CONCLUSIONS:** The burden of care related to orthodontic treatment in patients with unilateral complete cleft lip and palate is significant. Patients with more severe malocclusion and who performed the complete orthodontic treatment at the rehabilitation center had an increased burden of care.