

Social Eco Innovative Trust activity
Report on Free Dental Camp 2017
Healthy Teeth To Belhi (HTTB)

निःशुल्क दन्त उपचार र
जागरूकता शिविर



Free Dental Check-up and Awareness Camp
Organized at

Social Eco Innovative Trust
(SEIT Nepal)

Baghchauda-9, Belhi, Dhanusha, Nepal
From 12th feb. 2017 to 21st feb. 2017

Inaugurated By
Mr. Amit Shah
Chairman at SEIT Nepal

Submitted By: SEIT Nepal

Submitted To: BGN Denmark

Date of Submission: February 2017

ACKNOWLEDGEMENT

Writing this acknowledgement had our purpose not merely just to thanks people and organization for their generosity but is to let them know that we are indebted for their support and cooperation in bringing out this camp project to completion.

The program on “Free Dental check-up and Awareness Program” was organized at SEIT Nepal, Baghchauda-9, Belhi VDC of Dhanusha district from 12th February 2017 to 21st February 2017. The project has not only provided curative and preventive services to the poor and marginalized people around the VDC but also efforts were made to understand dental health situation and create awareness activities to make the project sustainable.

First and foremost our sincere appreciation go to the entire camp team for their suggestion, generous contribution, valuable time and co-operation during the period of conducting this "Free Dental check-up and Awareness Program" without which this program would not have been successfully accomplished.

Our warm and heartfelt gratitude is reserved to BGN Denmark for their sustained guidance, encouragement, valuable suggestion and support in conducting this Free Dental check-up and Awareness Program.

We should not forget support from DENTIST.DK, Colgate, Dansk Tandplejerforening, Zendium, TePe, TANDEX and Plandent.

The SEIT Nepal management has great delight to express convivial thanks to the District Public Health Office (DPHO), Dhanusha for providing support in conducting the Free Dental Camp.

Accomplishment of this project is indebted to many people to who have directly or indirectly influenced the work. We are especially grateful to all the people of Bagchauda-9, Belhi VDC and neighbour villages of Dhanusha district for their participation in Dental check-up and Awareness camp who have contributed in making the project success.

Omission of the names does not mean that the help of other persons are under estimated. So, I would like to apologize if I have inadvertently omitted anyone to whom acknowledgement is due.

INTRODUCTION

Health is a basic right for every people and dental health is a significant component of general health. Dental health is a state of complete normality and functional efficiency of the teeth and oral cavity and the supporting structures and also surrounding parts of the oral cavity and of various structures related to mastication.

In developing country like Nepal, dental diseases are one of common problems of health due to poverty and lack of awareness. Poor dental health and untreated diseased conditions can have significant impact on quality of life.

In rural and remote areas, services of health are negligible. Till now no efforts have been made to address the dental health situation of the population. Hence, organizing “Free Dental Health check-up and Awareness camp” at Bagchauda-9, Belhi in the Dhanusha district of a Janakpur will definitely be able to meet the dental health need and help to uplift dental health status of the people of the VDC. The VDC was selected for the project purposes being rural and remote in setting. The people of VDC have limited access to health services and access to the dentist on a regular basis can be difficult. Due to poor dental facility and access keep many away from receiving dental examinations for a long period of time.

The overall aim of the program was to provide an opportunity to improve dental health of those who have less opportunity to attend a dental clinic either in private or government sector.

This outreach program not only included screening for dental diseases in the community but also dental health education, dental treatment, few medicines and dental health pack (toothpaste, toothbrush, dental floss, etc.) was provided during the camp.

The severity of the problem was higher than expected because people usually ignore oral health issues and it is uncovered usually at later stages.

The information provided in the report will be of enormous help for planning next health camp as well as improving the health condition of this area quickly.

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**Free Dental Check-up And Awareness Program
at
VDC Baghchauda-9, Belhi of Dhanusha District**



Banner of Dental Camp

The Silent Features of the camp

Project Overview

- ✚ Two weeks Free Dental Check-up and Awareness Program was organized from 12th February 2017 to 21st February 2017.
- ✚ Venue - Social Eco Innovative Trust, Baghchauda-9, Belhi, Dhanusha, Nepal for Curative treatment and Shri Yadav Secondary School - Belhi, Shri Mohan Secondary School - Suganikash and Laliya Secondary School - Laliya of Dhanusha district, Nepal for preventive treatment.
- ✚ Target group: People around Baghchauda-9, Belhi VDC and School children of Shri Yadav Secondary School- Belhi, Shri Mohan Secondary School- Suganikash (Nikal) and Laliya School-Laliya.

Project Objectives

- ✚ To deliver the free dental health services to the poor and marginalized people especially Dalit group around Bagchauda-9, Belhi VDC of Dhanusha district.
- ✚ To provide basic dental health education to the school children by using posters and models and motivate dental hygiene maintenance to improve their dental health.
- ✚ To help the patient in need by spot Diagnosis, treatment, free medication and dental health pack (toothpaste, toothbrush, dental floss, etc.) supply.
- ✚ To provide both Preventive and Curative treatment for dental health problems in the community as well as school children and refer to those who require specialized treatment such as filling of teeth to the relevant center.
- ✚ To find out the prevalence of dental diseases in our area and making Statistical data.
- ✚ To conduct health awareness and consensus rising program in the camp.
- ✚ To create awareness on the need for brushing twice a day in prevention of dental diseases such as tooth ache, cavity in tooth, dental caries, e.t.c., which are prevalent in the area due to poor dental hygiene practice.
- ✚ To promote healthy eating habits among school-age youths; and discouraging smoking, tobacco chewing, betel chewing, e.t.c among community members.
- ✚ To identify the method to motivate dental health in young generation and cultivate dental hygiene for the future society.

Project Funding

- ✚ The project was funded by Dr. Flemming Topsoe and Belhi Group Nepal Denmark and supported by DENTIST. DK, Colgate, Dansk Tandplejerforening, Zendium, TePe, TANDEX and Plandent.

Educational value of project

- ✚ The person involved in the project was from rural area, where food is often deficient in those needed nutrients and hygiene standards are neglected. There we have visited in a government school where children receive education but which are insufficient in number and skills. They are in a

context of great poverty where even personal care is sporadic and inadequate.

- ✚ The risk of dental carries is high due to supply and bad habits, to give them sugars that are often given in the form of candy. It therefore becomes important to provide them with the correct habits and the correct teaching to adequate dental care, but also caregivers who will then be controller so that they could know the important of dental health and hygiene is maintained overtime.

Project Description

- ✚ People in the village were informed of the dental health camp in advance and when the team consisting of Dental doctor and Dental hygienists arrived at the village, patients were already waiting for treatment and advice related dental health.
- ✚ Patients were examined by expert Dental doctors and Dental hygienists and provided with necessary treatment and advice.
- ✚ Apart from check-up, dental health related information regarding the good food habits, danger of smoking, tobacco chewing and betel chewing and instructions on tooth brushing and maintaining dental health were given to the villagers and children.
- ✚ The school children as well as the villagers who visited the camp received one tooth brush and one paste each.
- ✚ Free dispensing of medicines.
- ✚ Patients who need more advanced treatment like filling of teeth were referred to the dental clinic in Janakpur.

Team member serving in the camp

- ✚ A total number of 15 team member were responsible to organize and manage a Free Dental Check-up and Awareness Camp.
- ✚ The team leader was responsible for the management of the whole camp activities. The camp service was provided by dental doctors and dental hygienists and supported by nurses and other staffs. Intern doctor was responsible in coordination of the camp activities. Health awareness activities were conducted by dental hygienists and supported by community relation manager.

Team Leader -	1
Dental Doctor-	2
Dental Hygienists-	3
Intern Doctor-	1
Nurses-	2
Community Relation Manager-	1
Other Staffs-	5
<hr/>	
Total team-	15

Team Leader

Sarah. K. Kisbye

Dental Doctor

Dr. Nidal

Dr. Ram Sinehi

Dr. Navneet Prasad.

Dental Hygienists

Anne Mette

Trine

Vinuja

Intern Doctor

Dr. Guru Prasant Sah

Nurses

Ruby Shah

Sapna Mainali

Community Relation Manager

Ram Sila Yadav

Other Staffs

Sunita Thakur

Dharmnath Sah

Bijay Thakur

Devendra Ishar

Dinesh Nepal



Team member of camp

Procedures

- ✚ Registration charge Rs.50 only.
- ✚ Free consultation from a no. of Dental doctors and dental hygienists.
- ✚ Referred to relevant center (Dental clinic in Janakpur) for advanced treatment like filling of teeth.

Schedule

- ✚ The entire camp duration was of seven days, from date 14-02-2017 (Tuesday) to 20-02-2017 (Monday).
- ✚ Camp was started on 14-02-2017 at sharp 10:00 am with inauguration by chairman of SEIT Nepal
- ✚ Camp schedule was from 10:00 am to 5:00 pm.
- ✚ Dental check-up and dental health awareness activities were conducted at the same time period of seven days. Health awareness activities include:
 - ✓ Awareness activities to school children.
 - ✓ Awareness activities to the local people, especially poor and marginalized people of Dalit group.

Awareness activities in the school and community were conducted by the dental hygienists in co-ordination other staffs and curative service in the camp were provided by dental doctor in co-ordination with dental hygienists and other staff.

Project tools/ materials

- ✚ Dental equipment's were taken to provide dental services in the camp. Awareness and consensus raising activities were conducted utilizing various Information Education and Communication (IEC) materials.

Project techniques/ methods

- ✚ Interview technique was forwarded to generate information from the clients. Mini lecture, discussion and demonstration were done to convey awareness messages in the camp.

Total no. of Patients in camp

- ✚ Total no. of patient registered:326
- ✚ Total no. of patient examined: 255



Rush of patients for registration

Findings of the Free Dental Check-up and Awareness Camp

I. Curative services of the camp:

SEIT Nepal organized free dental check-up and awareness camp from date 14-02-2017 to 20-02-2017 at 10:00 am to 5:00 pm in Bagchauda-9, Belhi VDC of Dhanusha district.

People Started arriving at the venue at nearly 9:00 am to ensure that they were the first in the queue. The event started with a dental check-up. Total 255 patients were directly benefited from the dental health camp, also many more school children and community people were benefited from the preventive health awareness activities conducted at 3 different school and community.

List of services in the free dental check-up and awareness camp:

- General dental health check-up.
- Dental cleanliness.
- Tooth extraction.
- Dental health counseling regarding the health hazard due to tobacco chewing, betel chewing and smoking.
- Instruction on tooth brushing techniques
- Dental health pack (1 tooth brush and 1 tooth paste) were provided to each and every participant.
- Medicine distribution.
- Referral services.
- Dental health awareness activities.

Under the supervision of team leader, our dental doctors, dental hygienist intern doctor, nurses and other staffs worked kindly and co-operatively toward achieving the dental camp objectives.

II. Findings from the Dental Health Camp:

1) Demographic findings:

a) Age-group:

Table 1: Age of the respondents

S.N	Variable	Frequency (N)			Percent (%)
		Male	Female	Total	
1.	0-4 years	1	2	4	1.17%
2.	5-9 years	8	6	14	5.49%
3.	10-14 years	4	6	10	3.92%
4.	15-19 years	6	2	8	3.13%
5.	20-24 years	12	5	17	6.66%
6.	25-29 years	10	14	24	9.41%
7.	30-34 years	15	17	32	12.54%
s8.	35-39 years	12	19	31	12.15%
9.	40-44 years	9	22	31	12.15%

10.	45-49 years	7	5	12	4.70%
11.	50-54 years	16	9	25	9.80%
12.	55-59 years	9	6	14	5.49%
13.	60+ years	26	8	34	13.33%
Grand total		135	120	255	100%

The respondents of diverged age-group were directly benefited from the curative services of the camp. Minimum age-group of the respondent was 4 years and 85 years was the maximum age-group.

Among total population, 1.17% patients are children of age-group 0-4 years, 5.49% patients are of age-group 5-9 years, 3.92% patients are of age-group 10-14 years, 3.13% patients are of age-group 15-19 years, 6.66% patients are of age-group 20-24 years, 9.41% patients are of age-group 25-29 years, 12.54% patients are of age-group 30-34 years, 12.15% patients are of age-group 35-39 years, 12.15% patient are of age-group 40-44 years, 4.70% patients are of age-group 45-49 years, 9.80% patients are of age-group 50-54 years, 5.49% patients are of age-group 55-59 years and 13.33% patients are of age-group 60+ years respectively.

From the above data, it was concluded that the majority of patients in health camp were of age-group 60+ years and the minority of patients in health camp were of 0-4 year's age-group.

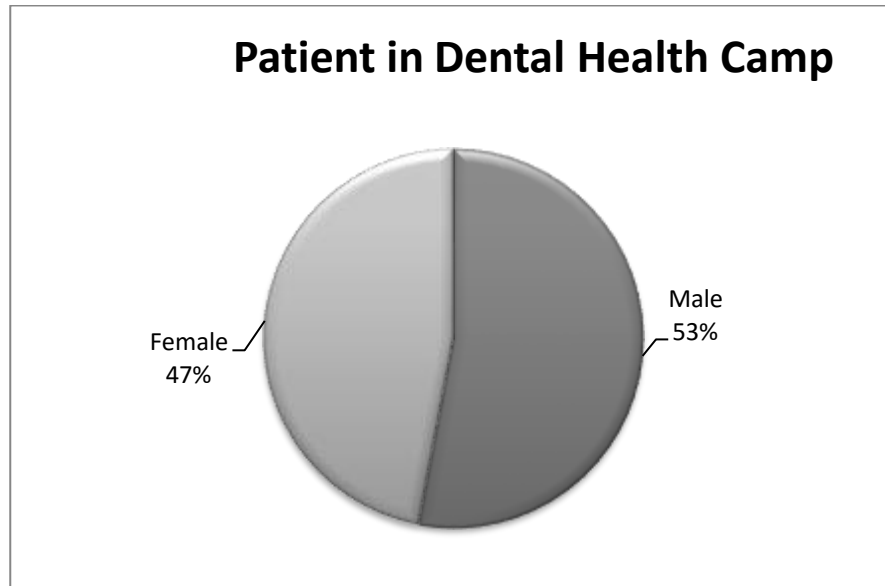
b) Gender:

Table 2: Gender of the respondents

S.N	Variable	Frequency (N)	Percent (%)
1.	Male patients	135	52.94%
2.	Female patients	120	47.05%
Grand total		255	100%

Out of total 255 respondents, overwhelming of the respondents receiving dental health services were Male i.e. 52.94% and 47.05% respondents were female.

Figure 1: Gender of the respondents



2) Dental Health Status of the respondents:

Table 3: Dental Health Status of the respondents

S.N	Variable	Frequency (N)	Percent (%)
1.	Tooth ache	52	20.39%
2.	Dental carries	43	16.86%
3.	Loose tooth	40	15.68%
4.	Bleeding gums	15	5.88%
5.	Cavity in tooth	42	16.47%
6.	Black stained tooth	45	17.64%
7.	Other	18	7.05%
Grand Total		255	100%

Out of total 255 respondents, 20.39% respondents were identified with the problem of tooth ache, 16.86% respondents were identified with the problem of dental carries, 15.68% respondents were identified with the problem of loose tooth accompanied by pain, 5.88% respondents were identified with the problem of bleeding gums, 16.47% respondents were identified with the problem of cavity in tooth, 17.64% respondents were identified with the problem of black stained tooth and 7.05% respondents were identified with

others problems i.e. Pyria, Sensitive teeth, Wound in teeth, part of teeth remaining, etc. respectively.

From the above data, it was concluded that the majority of patients in dental health camp were identified with the problem of tooth ache due to tooth decay, infection, gums diseases, etc. which is mainly due to lack of oral hygiene and minority of patients were identified with other problems.

2) Treatment requirement of the respondents:

During Seven day of outreach program 255 patients were examined, and those in need, treated.

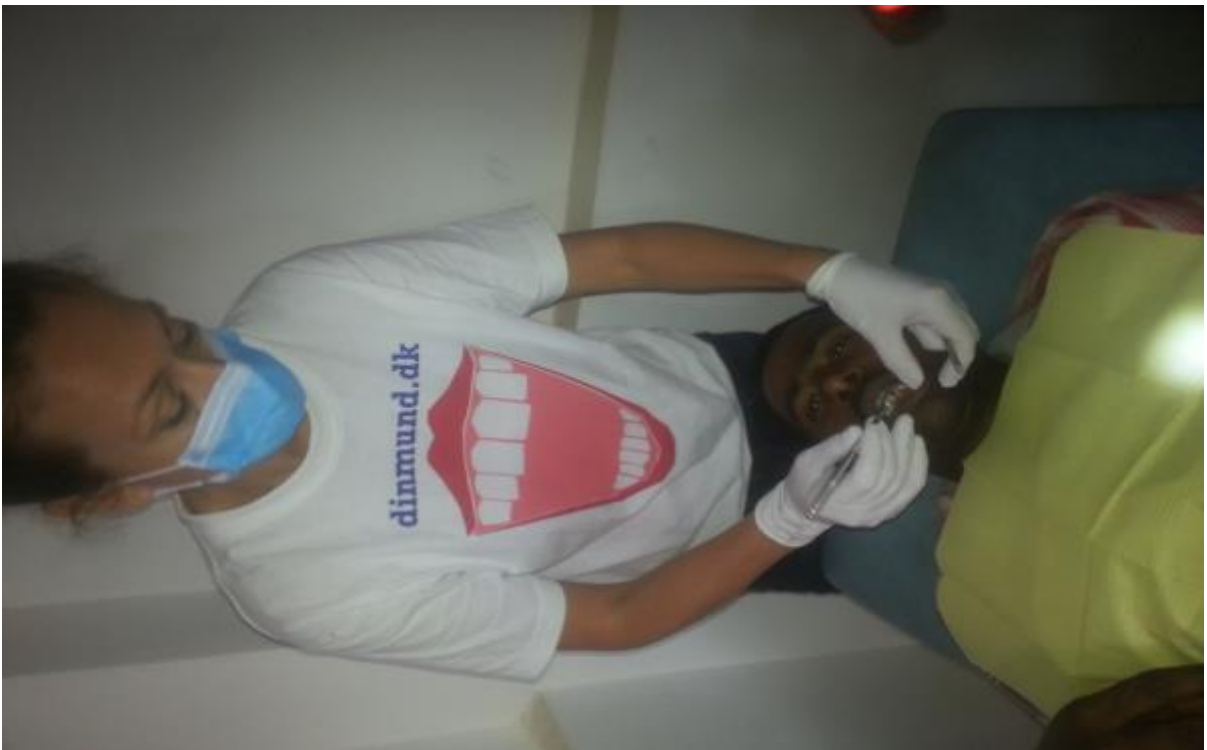


Dental check-up done by doctor

Often the treatment provide involved Manual cleaning and polishing of black stained tooth, Straight forward extraction of loose and decayed tooth and antibiotic injection were given for infected tooth.



Treatment Provided by Dental doctor



Dental cleanliness done by Dental hygienists



Tooth eruption done by doctor

Patients were also given dental health related information like danger of smoking, Tobacco chewing and betel chewing and instruction on tooth brushing and maintaining their oral health. Various medicines and dental health pack were provided.



Dispensing of Dental Health Pack



Sterilization of the equipment

III. Preventive Health Services in the Dental Camp:

“Prevention is better than cure”

A sustainable program requires coordination of both preventive and curative health services to promote and protect the health of people. With the objective we had launched our camp project. Our preventive services had major focus on dental health awareness and dental hygiene. School children and poor and marginalized community people especially of Dalit group were our major target group. We launched dental health awareness and hygiene program in the government school of Belhi, laliya and Suganikash (Nikal) as well as in street, following were the major health education components:

- Introduction of teeth and brush.
- Different layers of teeth
- Importance of brushing
- Healthy diet and its importance
- Substance abuse and its harmful effects on dental health.
- Nutrition and dental health.
- Dental carries and its causes
- Techniques of brushing using dental model.

In the co-ordination of dental hygienists and other staff, awareness on different aspects of dental health was executed. Community relation manager directly

supported the awareness activities. All the health education material was displayed sequentially as to give health education proportionately.



Dental team member visited at School

A sample of overall 1,047 school children from 3 different government schools were benefited from this dental hygiene and awareness camp. Three schools belong in a same district and same living condition.

The first school we visited is Shri Yadav Secondary School (SYSS), located at Bagchauda-9, Belhi VDC of Dhanusha district. It is a government school with very high strength and had a massive group of student from Pre KG to Grade 10. Total number of student at student at Shri Yadav Secondary School (SYSH) is 795 but we have treated only 414 students who were present that day.

The second school is Shri Mohan Secondary School, located at Nikal, Suganikash VDC of Dhanusha district. It is an average size government school with total strength of about 658 children from Pre KG to Grade 10 but we have treated only 307 students who were present that day.

The third school is Shri Rapab... school, Located at Laliya, Mithaleshwar nikas VDC of Dhanusha district. It is a small government school from Pre KG to Grade 10. Total number of students at Shri Rapab... school is 569 but we have treated only 326 students who were present that day.



School children in a class

We were unable to attend all of the school children because many of them were absent due to marriage seasoning and some of them were drop out from school. We have attended only those students who were present that day in school and the remaining students who were absent that day will be attended in next dental awareness camp. We felt that the parents of small children needs to taught about dental care so that they can guide their children in home while brushing.

All of the school were government school and children in this school belongs to a poor family whose family members are illiterate or moderately literate and are employed in ill-paid occupations that only ensure a bare survival. Hence, the personal hygiene of student was poor.



School Children

Three different methods were adopted in educating and motivating technique:

Method 1:

First of all, simply screening program is conducted with the help of school teacher to test the knowledge level about dental health and brushing method among school children.



Screening dental hygiene and knowledge regarding brushing method among school children

Method 2:

It is a program initiated with dental awareness talk and educating student about, how a tooth is made, what is bacterial plaque and what damage it can do, which food are good and bad for dental health, how to take care of dental health and proper brushing methods was delivered by dental hygienists with the help of an interpreter who translate from English to Nepali. The posters and models brought from Denmark and chalk and black board are used to explain the lesson.



Explaining about tooth structure, bacterial plaque and what damage can it do?

The dental hygienists attended the small children classes with a soft music and dance to gain their attention which is one of the most effective methods for teaching a lesson in entertaining way as well as gaining student attention.



Dental Hygienists teaching a lesson by dancing method

The dental hygienists also highlighted about the possible formation of harmful acid which develops when bacteria (plaque) get in contact with sugar in mouth which ultimately result in tooth decay. “Added sugars often are present in soft drinks, candies, cookies, pastries and therefore to help control the consumption

of sugar one must read the food labels and choose the right food and beverages that are low in added sugar”, the dental hygienists added.



Showing posters of foods and asking which are good and bad for dental health

Method 3: It had three sessions.

The first session is an interactive session that is every student got ample opportunities to interact with dental hygienists to enquire and gain knowledge concerning dental diseases. The dental hygienists corrected the wrong concepts or the misunderstandings and guided their speech every moment. It had delivery of the concepts through interactive methods

In second session, the children are motivated to take care of dental health by providing dental pack consisting of junior toothpaste and a junior brush to every children.



Distribution of junior tooth paste and junior tooth brush to every children

In third session, the demonstration of brushing technique is shown by dental hygienists to school children and return demonstration of brushing technique from each and every school children is seen and guided by dental hygienists.



Showing demonstration of brushing technique



Dental Hygienists brushing the school children teeth



Return demonstration of brushing technique seen by dental hygienists

IV. Findings of Dental Awareness and Hygiene Program among school Children:

- ✚ Almost all of the school children needed counseling and guidance on maintaining proper oral hygiene.
- ✚ Children were more curious and very active participation in all the sessions. They had moderate response on personal interaction but good grasping of the concepts. They applied the taught brushing techniques with the new brush. The result was immediately observed in return demonstration.

This data may be used for future planning of eradication/prevention of these health problems from the community by government and/or NGOs.

The success of the health camp was attributed to the high quality services and medicines as well as dental health pack provided together with the help of team member of the camp. A team member of the health camp worked nonstop from 10:00 am to 5:00 pm with a little break for a little bite and the community was greatly appreciative of their love and care.

The Principle of 3 different schools thanked the dental hygienists, Para-medical staff and the management of SEIT Nepal for rendering moral and selfless service to the school. The villagers were also very grateful and have positive response for the dental check-up and counseling and the camp was deemed successful.

This free health camp was well organized with regular meetings being held to plan for event. Identification of clear division of duties and responsibilities was agreed on by all team members. There was a steady flow of patients in the camp and it made work easier especially in the recording data and dispensing of medicines and dental health pack.

The above dental check-up and awareness camp is one of the many free social events organized by the SEIT Nepal throughout the year.



Awareness Program on street

Conclusions

- ✦ Though the project was only for a short period of time but it was really fruitful for the people living in Bagchauda-9, Belhi and neighbour village because they have learned the importance of taking care of their mouth and have received all instructions and materials to do it. For many who attended the camp, this was only the possible way to receive dental health related advice, guidance and much needed treatment.
- ✦ The prevalence of the dental health problem is higher in male in compare to female. Since majority of the respondents receiving dental service in the camp were males.
- ✦ It was evident that the treatment needs were high in school children and the oral hygiene seemed to be a neglected part in the school children due to the lack of knowledge about dental health care.
- ✦ In dental hygiene and awareness camp, motivation through method 2 was excellent because every child were very happy to brush their teeth using

the new paste and brush and asked personally to clean the cavities. The motive of dental camp was achieved to its maximum with all the people involved.

- ✚ The material will help the teachers, who educate them to continue in the job to keep getting high motivation to dental hygiene.

Recommendations

- ✚ Due to limited time, management of SEIT Nepal was unable to arrange a technical engineer, to set up the equipment for dental care at Belhi Health Clinic, which was the main constraint of the Dental Health Camp. Hence, we strongly recommend the concerned authorities to set up the equipment at Belhi Health Clinic as soon as possible.
- ✚ Considering small sample size and the duration of the camp, the number of people needing care is higher; Hence curative services is also required to start a weekly Belhi Dental Clinic to address dental health need of the community.
- ✚ The camp project has become a baseline study, which reveals the need of “Skilled dental health knowledge and practices” to improve Dental health status. Hence, we recommend the concerned authorities to implement awareness programs and do continuous follow up around the project site.
- ✚ Dental health is mostly ignored and least addressed, the problem of dental health is addressed when the magnitude and severity of the problem is higher, hence people are to be made aware to address dental health issues to receive early, steady, inexpensive and intensive dental health care.
- ✚ The finding from Dental Health Camp reveals people having little knowledge on brushing techniques, on dental health and they do brush once, hence study demands on the need of skilled dental health practices.
- ✚ Since the dental health problem is higher in the students, so we recommend concerned authorities conducting dental health awareness (School Health Program) activities at different school quarterly with continuous follow up.

Organizer of Dental Health Camp

SEIT Nepal

Baghchanda-9, Belhi, Dhanusha, Nepal

Report Prepared By