



New Miles for Smiles, February 2019

United Smile e.V

Healing Hands Nepal (निको पार्ने हातहरु नेपाल)

8,9,10 - Falgun, 2075 (20, 21, 22 – February-2019)



The main objectives of the Dental mobile clinics were to provide dental disease treatments (primary and secondary) to the pupil of Shree Saraswati Secondary School during the 3 day clinic.

A team of 7; 2 dentists, 2 dentistry volunteers, 1 Health Assistant and 2 Volunteers, treated 310 students, teachers & parents, and also distributed dental kits to all the treatment recipients. That included 13 visually impaired students also.



School has facility for 13 visually impaired students belonging to the age groups of 8 to 15 years. Some of them are partially blind while others fully. They live in the school hostel and go back to their houses during long holidays.

Shyam Bhakta Kattel is a braille teacher and has tutored at this school for 22 years. When the school decided to run the facility in 2060 B.S., he was chosen by the school faculty to study braille as a 45 day course at Saichhik Janashakti Bikash Kendra in Bhaktapur. He is in charge of the branch since then.



It was a program of dental screenings, demonstrating brushing methods and oral hygiene instructions by dentists and distribution of tooth brushes & pastes. A Health assistant tracked vitals before dentists visit while Healing Hands Nepal Volunteers bridged the language barrier between doctors and recipients.

Whole program ran under the supervision of very supportive Teachers .

Project Implementation Process /Methodology

- Class teachers collected names of students who needed attention. The school has a reputation of 1200 pupils and 3-day clinic was not enough to check each mouth. The target number was 100 pupil + teachers every day.
- One of the big classes was our makeshift clinic for the 3 days.
- A Health assistant tracked vitals of all the pupils except for children below 10 prior to Dentist visit.
- Check up by Dentists followed by counseling on dental health maintenance, mainly brushing techniques and advised to brush specifically after meals.
- Every patient received toothbrushes and pastes afterwards.
- Severe cases that could not be attempted on our mobile clinics were referred to regular dentists, for example, Root Canal Treatment, inflamed gums treatment or orthodontics help.
- On the last day, the Dentists demonstrated brushing techniques & distributed more dental kits to primary class students at an assembly arena.

Problems Identified in the Project Area

- All pupils complained of caries and gum inflammation



Saraswati Higher Secondary School, Ahale, Gorkha
8th of Falgun (Wednesday) (20-02-2019)
Day 1

No. of Patients:	124
	<p>Students (13-21 years): 104</p> <p>Teachers/Staff (26-50 years): 20</p>
Extraction	11
	<p>Students 4</p> <p>Teachers 2</p>
Filling	68
	<p>Student 62</p> <p>Teachers 6</p>
Gum Treatment	
	Students
Remarks	<p>79 Cases</p> <p>Teachers mostly complained of sensitive teeth & gum. Some of them had already received various treatment.</p> <p>All the students complained of caries, sensitive teeth and inflammation of gums. Hence many pairs were restored and some stubborn ones were pulled out.</p> <p>Rest of hopeless cases that needed longer attention were referred to local dental hospitals.</p> <p>Several needed orthodontics attention too.</p>



Saraswati Higher Secondary School, Ahale, Gorkha
9th of Falgun (Thursday) (21-02-2019)
Day 2

No. of Patients:	134				
	<table> <tr> <td>Students (6-19 years):</td> <td>129</td> </tr> <tr> <td>Teachers/Staff (32-59 years):</td> <td>5</td> </tr> </table>	Students (6-19 years):	129	Teachers/Staff (32-59 years):	5
Students (6-19 years):	129				
Teachers/Staff (32-59 years):	5				
Extraction	11				
	<table> <tr> <td>Students</td> <td>8</td> </tr> <tr> <td>Teachers</td> <td>0</td> </tr> </table>	Students	8	Teachers	0
Students	8				
Teachers	0				
Filling	68				
	<table> <tr> <td>Student</td> <td>47</td> </tr> <tr> <td>Teachers</td> <td>5</td> </tr> </table>	Student	47	Teachers	5
Student	47				
Teachers	5				
Gum Treatment	(Pus Drainage)				
	<table> <tr> <td>Students</td> <td>5</td> </tr> </table>	Students	5		
Students	5				
Remarks	<p>88 Cases</p> <p>Teachers complained of caries, while some pairs were restored and rest were referred to dentist.</p> <p>All the students complained of caries, sensitive teeth and gum inflammation. Hence, many pairs were restored and many stubborn ones were pulled out. Pus drainage complains were managed by draining abscess and were referred to dental hospital for further treatment</p> <p>Many students specifically of age 15-17 years of needed orthodontics consultation.</p>				



Saraswati Higher Secondary School, Ahale, Gorkha

22nd of February (Friday) (22-02-2019)

Day 3

No. of Patients:	52				
	<table> <tr> <td>Students (6-19 years):</td> <td>46</td> </tr> <tr> <td>Parents (33-60 years):</td> <td>6</td> </tr> </table>	Students (6-19 years):	46	Parents (33-60 years):	6
Students (6-19 years):	46				
Parents (33-60 years):	6				
Extraction	8				
	<table> <tr> <td>Students</td> <td>14</td> </tr> <tr> <td>Parents</td> <td>2</td> </tr> </table>	Students	14	Parents	2
Students	14				
Parents	2				
Filling	41				
	<table> <tr> <td>Student</td> <td>41</td> </tr> <tr> <td>Parents</td> <td>0</td> </tr> </table>	Student	41	Parents	0
Student	41				
Parents	0				
Gum Treatment	(Pus Drainage)				
	<table> <tr> <td>Students</td> <td>5</td> </tr> </table>	Students	5		
Students	5				
Remarks	<p>49 Cases</p> <p>This was the most challenging day. All the students complained of severe teeth damage viz. Decay, teeth remains, gum inflammation & Irregularly placed teeth or malaligned teeth. Each students needed more than 2 extractions or the restorations or both in most of the cases. Hence, the number of patients was drastically influenced compared to the two days earlier.</p> <p>Elderly parents needed residual root extraction.</p> <p>Many students specifically of age 15-17 years of needed orthodontic consultation.</p>				



Summary



Total No. Patients	310
Problems (Evident or Underlying)	<ul style="list-style-type: none"> - Tooth decay because of not brushing/ flossing teeth properly and often not brushing/flossing at all - Gingivitis - Loose teeth - Cavity - Sensitive teeth (hot/cold/chewing/sour/sweet) - Plaque & Tartar - Cracked/Fractured teeth - Brittle teeth - Weak gum structure - Lack of dental hygiene knowledge
Extraction Performed on Children when	<ul style="list-style-type: none"> - Decayed teeth - Aching milk teeth - Fractured teeth in children, if there was possibility of growing permanents - Loose/Wobbly teeth to make room for new ones
Extraction Performed on Adults when	<ul style="list-style-type: none"> - Decayed teeth - Broken teeth remains - Residual roots - Loose/Wobbly teeth to make room for implants - Severely damaged teeth - Fractured teeth
Filling	<ul style="list-style-type: none"> - Filling - Splinting
Gum Treatments	<ul style="list-style-type: none"> - Application of medicine for periodontitis (temporary) - Pus drainage
Others	<ul style="list-style-type: none"> - Brushing demonstration & specifically instruction on brushing after meals and not in the morning as they get up. - Distribution of Dental Kit to patients + Students of Classes 1,2 & 3. - Fluoride application (temporary solution) - Dentists referral in case of severity (For eg. Some extractions were not performed due to their medical condition such as hypertension, hypotension and were referred to general physician. - Orthodontics referral



Thanks Giving

Healing Hands Nepal (निको पार्ने हातहरु नेपाल) would like to express a sincere gratitude to Shree Saraswati Higher Secondary School, Ahale, Gorkha, for their much required co-operation and time to run the camp successfully.

We hope to collaborate again in near future.



