

Free Dental Camp Gorkha District

February-2019 (Falgun-2075)



Day 1 :

We started our camp from February 17 Sunday . We met around 6:40am and headed towards Andes house to meet our other three dentist (Malte, Tim & Maria).

We carried our medicines, filling materials, extraction instruments , etc.

We went there by 1:00 pm afternoon but due to thunderstorm the day before we couldn't make through cable car. Then Nikki di ,Sanjay dai along with two other gentleman helped us find a bus. Although the road was scary and bumpy we enjoyed the ride very much. It was around 30 minutes ride to the Health Post. There were significant number of patients waiting for us to check their oral status since morning. We rushed to get our instruments ready. We started looking after a patient from 2 PM onwards. It was our first day in Gorkha at Manakamana Health Post of Shahid Lakhn Gaupalika.

Our target for the first day was lesser as we arrived later than we planned to. Despite the delay we still managed 46 patients on the first day, where most of them were children of 4-13 yrs. We extracted 11 teeth among which 4 were deciduous and 7 were permanent. We restored 6 teeth;

4 permanent and 2 deciduous. We witnessed people complaining about pain along with gingival abscess, we managed those cases by draining the abscess. Out of 19 cases, 15 were minor and while rest 4 were severe.

Highlights:

1. The under 13 complained of decayed teeth, they were excavated and restored. Some patients also complained about gingival swelling with pus drainage where we drained the pus and referred to nearby hospital for further treatment.
2. Patient of 19-24 years of age complained about inflamed and painful gums, we advised them proper brushing technique focusing on those inflamed area.
3. Patient above 35 yrs complained about decayed teeth, they were excavated and restored. Patient complaining about pain or mobility were treated with teeth extraction only when the their vitals reading allowed and their medical condition where most of the people were hypertensive and some were hypotensive. So we extracted few root stumps as many were not feasible for extraction on a mobile clinic.
4. We also demonstrated brushing technique at school, Tim demonstrated while I helped him with translation. Students received the demonstration actively were very interactive and even we called a volunteer for demonstration.



Review :

First day was really in to rush but we conducted the camp well. We worked until 6 pm in evening but still it was disheartening to know that many patients had to return due to time limitations. During interactions, many patients sadly wanted their ached teeth extracted even though they could be preserved. People, specially of old age, were ignorant about their

medical conditions, for example they would not take medication for the high blood pressure because the hospital was far from their village. However, children were very conscious about their teeth specially teen agers, but again they were unaware that the fillings could restore their decayed teeth.

Day 2 :

We planned to reach health post at 9:30 am so we started at 9 AM after breakfast. We waited for our vehicle for about 10 minutes but it didn't arrive then we started walking to our clinic as we were running late. Somewhere midway while walking we wanted to take photos so we made group photos and some singles too . The roads were really confusing so we forgot which way to go and went the opposite way by mistake. We met a broken Jeep on our wrong way that helped us find the right way. We decided to divide ourselves into groups of two, a group of 4 with German dentists rode vehicle and 3 of us settled to walking. It was 10:30 am by the time we finally reached there. Patients were already lining up for check up so by 15 minutes of reaching we started our camp. We almost checked 87 patients and majority of them were children.



Highlights:

1. Patients complained about decayed teeth so we excavated and restored. We managed to restore 15 teeth where 6 were children and 9 were adults.

2. Some patients complained about pus drainage along with pain. We planned to drain the pus and advised to visit hospital for needful treatment.

3. Many patients were for extraction due to mobility, pain, gingival swelling. Many people above 40 yrs were hypotensive so we didn't perform any extractions whereas others, about 39 were extracted. Among them 7 were children and 32 were of adults.

Review:

This day we found many people were hypotensive and they don't want to visit near by hospital until and unless they have a problem. Even there is a health post nearby there home they don't have regular follow up. Hospital were really far from village so some people

discontinue their follow up . If villagers have pain or abscess they ask for painkillers but don't prefer to go hospital. Many children had lots of decayed teeth and both parents children were unaware about it . We advised many patients about keeping their oral hygiene clean and healthy and counselled them about importance of oral hygiene.

Day 3:

The next camp was a school camp. We had our breakfast at 8:00 am and we were ready for camp. We reached Shree Saraswati Secondary School at 9:30 AM. The total of 1000 students greeted us at the school but our plan was to provide treatments to those students who needed attention. We treated 124 students including staffs . Students were totally excited to know about their oral hygiene status. We started with the staffs first and then students. Most complained of sensitivity and gingival swelling and rest came with no complains at all. We checked 124 patients where 104 were students of 13-21 yrs and 20 patients were students plus staffs of 26 - 50 yrs .

Highlights

1. Many complained about decayed teeth, age group of 11-19 yrs were 62 where we excavated and restored. Some teeth weren't restored as they were too deep and were referred to the nearby clinic for needful treatment
2. Patient complaining about mobile teeth were extracted. Teeth which were hopeless and cannot be restored were extracted. We extracted 11 teeth where 4 were deciduous and 2 were root stumps .
3. One of the staff had gingival abscess which is episodic in nature were drained and advised him to visit dentist as far as possible. We asked him to visit us third day for follow up.



Review

On our first day we got to know students of school are unaware about importance of oral hygiene. They brushed their teeth once before meal but if they are running late for school they wouldn't brush at all. Also many staffs had poor oral hygiene, we advised them to maintain healthy oral hygiene. Some people had many root stumps but they didn't want any extraction as they were not having a problem. Some students were really scared because someone told that

dentist will extract their teeth or they will use syringe for treatment, we applied flouride for those patients and counselled them. There were also patients who had good oral hygiene and we motivated them.

Day 4

It was our second day at the School. We reached there at 9:30pm. It was really important day as we were checking blind-students. We realized that many of them had good oral hygiene without any decayed teeth and only one of the girl-child had multiple decayed teeth which was restored successfully. We checked mostly children under 15 years of age on this day. Some were really scared while most of them were excited. We checked 134 cases, 129 cases were of 6-19 yrs and rest 5 were of 32-59 yrs. We excavated and restored many patients. It was almost like a restoration day.

Highlights

1. Patient complaining about mobile teeth and grossly decayed that could not be restored were extracted. We extracted 11 cases where most of them were mobile teeth of under 15 years age students.
2. Patient complaining about decayed teeth were excavated and restored. We filled 68 teeth where 47 were of students and 5 were of teachers. People complaining about decayed teeth along with pain were referred to the nearby hospital.



3. Patient complaining about gingival swelling along with abscess were drained and referred them near by hospital for further treatment.

Review

We found many patients having irregularly placed teeth wanted extraction of those teeth due to their esthetic, specially teenagers, as they were unaware about orthodontic treatment. We advised them not to extract but go

for orthodontic treatment. Many students were advised to maintain oral hygiene.

Day 5

This day was the last day of our 5 day dental camp. Today we planned to distribute toothpaste and toothbrush along with demonstration to primary class students. As usual, we reached school at 9:30 am for one last time. 50+ students gathered at the assembly ground, and like the first day at the Primary school in Manakamana village, the session started with interaction with students, Tim then demonstrated the brushing technique and when we called one of the students, many students raised their hands in excitement to volunteer as a model. All the team-members clapped with joy to see cheerful children's involvement. We demonstrated Fone's method, as we were counting the brushing times, every single one along with teachers counted 20 times and each time. After the demonstrations, we distributing toothpaste and toothbrush. All the children shouted their favorite colour while picking teeny-tiny toothbrushes that would perfectly fit their equally teeny-tiny mouth. They were totally over the moon and we were more than that with the ever-joyful atmosphere they created.

After demonstration and distribution we started our camp, we treated 52 patients where most of them were students.

Highlights

1. Many patients complained about mobile teeth and root stumps where many were extracted and some were referred to near by hospital
2. Patient complaining about decayed teeth were excavated and restored. We restored 41 teeth where
3. On this day we didn't get any gingival problems.



Review

This day was really challenging as teeth that need to be extracted were multiple and tooth that need to be restored were multiple too. There were many parents who waited whole day for treatment so we did till we complete our patients. Many patients had undergone treatment but they didn't go for follow up so many patients had temporary filling and were advised to visit their doctors but as pain were relieved they didn't. Even though we told them to follow their dentist appointment but they don't want to as it was far and needs a multiple appointment.