



DEPARTMENT OF PUBLIC HEALTH DENTISTRY

WORLD ORAL HEALTH DAY 2017

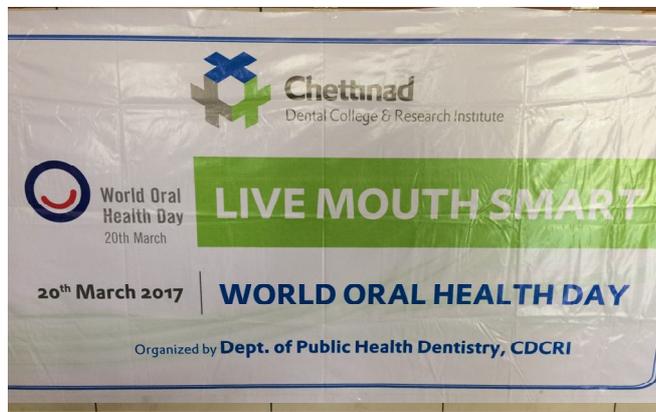
20TH MARCH 2017



INTRODUCTION

World Oral Health Day is celebrated on March 20th every year. It is an international campaign to raise awareness about various oral health issues occurring throughout the world with the intention of promoting wholesome maintenance of oral health on a regular basis. Starting from 2013, each year is given its own theme. The theme for this year -

“LIVE MOUTH SMART”



PROGRAMS CONDUCTED -

HEALTH TALK AT RURAL
HEALTH CENTER,
POONJERI

DENTAL HEALTH
CHECKUP AT POONJERI
OP

SCHOOL ORAL HEALTH
PROGRAMME AT
PANCHAYAT UNION
PRIMARY SCHOOL,
PERUMALERI

INTERNS PARTICIPATED –

- NANDINEE. V
- RANJITHA .S
- MEGHNA PRAKASH
- MANIMARAN. S
- KIRUTHIKA .E

STAFF INCHARGE –

DR. MARTINA

HEALTH TALK AT RURAL HEALTH CENTRE, POONJERI

A health talk was given in front of an audience at Poonjeri Rural health centre, which consisted of 20-25 patients, 10-12 medical professionals and 5-8 non-medical staff. The patients comprised of mainly rural population who were 55-80 years of age.



TOPIC OF HEALTH TALK -

A health talk was given with the prevalent dental problems of the local population kept in mind. This mainly included **edentulousness**, its consequences and treatment options. A detailed explanation of **dental caries** and its progression with treatment options at various stages were given to the audience. Numerous **periodontal problems** were seen in patients in the daily OP, which called for a comprehensive description of such diseases and the consequences of not maintaining oral hygiene. The methods of maintaining oral hygiene were taught which included choice of toothbrushes, brushing technique, and daily maintenance instructions. Ill effects of tobacco were outlined and the consequences of tobacco usage were elucidated. To summarize, the following topics were discussed in detail with the audience –

- Edentulousness and its consequences
- Methods of tooth replacement
- Dental caries
- Periodontal diseases
- Oral hygiene maintenance
- Ill effects of tobacco



Various aids were used to explain the concepts including models, charts, and posters. The health talks invited questions from the audience, which were clarified. Overall, the health talk was interactive, informative and relevant to the current scenario of the local population.

DENTAL HEALTH CHECKUP AT POONJERI OP

A free dental checkup was offered at Poonjeri OP for all patients. The patients coming to the medical OP were encouraged to check their oral health through a screening process at the dental OP. Emphasis was given to regular dental checkup regardless of whether the patient has a complaint. All patients were urged to have a dental checkup once in 6 months.



SCHOOL ORAL HEALTH PROGRAMME AT PANCHAYAT UNION PRIMARY SCHOOL (PUPS), PERUMALERI

A health talk for children was organized at the Panchayat Union Primary School (PUPS) at Perumaleri. The audience consisted of the Headmistress, a teacher and 21 students from classes 1 – 5.



HEALTH TALK –

An interactive session with the children was conducted and they were asked to share their knowledge about the oral cavity. After a brief introduction about the oral cavity, models, videos and pictures were used to explain the process of dental caries and plaque formation. Animated videos were used to explain the bad oral habits, which must be avoided. A brief description of dental caries was given along with the dos and don'ts of caries prevention. Proper brushing technique was demonstrated to the children with the help of mouth models and videos.



Activities were given to the children to encourage and intensify their curiosity about dental health



The student of class 1 – 3 were given activity sheets, which consisted of –

- Join the dots
- Maze game
- Find the differences in the two pictures
- Find the treats in the picture



The students of class 4-5 were taught to identify dental problems such as dental caries and calculus on their own by a **self-screening activity**. They were partnered up and shown pictures of dental caries and calculus. Having seen the pictures, they were made to look into their partner's mouth and identify such problems. This allowed them to be able to recognize the existing dental problems in their own mouth without the help of a dentist.

Towards the end, the children were asked to summarize what they learnt throughout the program, and they did so successfully. They were each given a goodie bag which consisted of a children's toothbrush, fluoridated toothpaste and a happy tooth smiley.

