

NATIONAL TOOTH BRUSHING DAY

ORAL HEALTH EDUCATION PROGRAM

VENUE: ANNAI FATHIMA WELFARE CENTRE, KARAPAKKAM

DOCTORS PARTICIPATED:

DR.Nagappan

DR. Daya

DR. Sujitha

INTERNS PARTICIPATED :

DR. Bhagya Mathivanan

DR. Soundharya

DR.Mitul

DR.Kiruthika

DR. Prasanth

DR.Deepika

DR.Kalpana

INTRODUCTION:

We the interns of chettinad dental college wanted to spread awareness about importance of tooth brushing as a part of Tooth Brushing Day on August 1."As you sow, so you reap", as the going says we can attain a good oral health only if we educate people good oral habits. Tooth brushing is one of the basic steps to oral hygiene. So we planned to cultivate proper and effective tooth brushing among young children.

As an initiative to a nation with healthy oral cavity we planned on a oral health education program at Annai Fathima Welfare Centre, Karapakkam.

A small introduction of who the dentist are, and what the dentist do is given, and a self introduction were given.



ACTIVITIES:

ACTIVITY LIST:

Health education with Audiovisual aids

Interactive Game Session

Brushing technique Demo

Health talk

Screening

Pediatric checkup

Presents to kids

Health education with Audiovisual aids

Animated videos of functions of teeth, importance of brushing, brushing habits and food habits were played to grab the attention of the students. Different set of videos were played according to their age group.



GAMES SESSION:

Few games were conducted to interact with the kids and make them interested in the session. Different games were conducted for different groups.

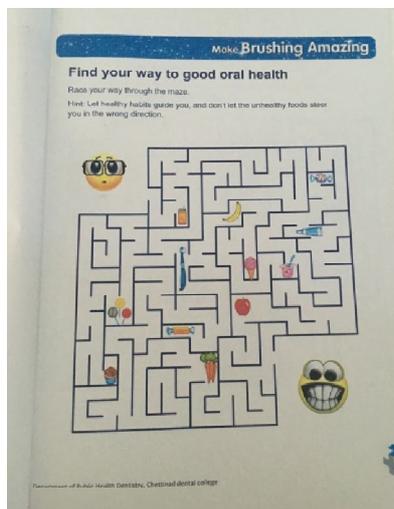
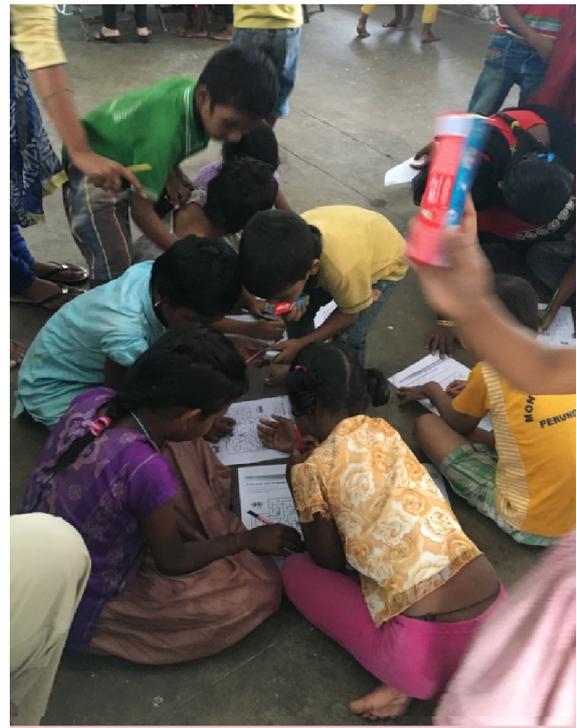
1. CONNECT THE DOTS



2.MATCH IT (Picture to Word)



2.DENTAL MAZE (Find your way to good oral health)



BRUSHING TECHNIQUE DEMO:

Fone's method of brushing was demonstrated with the help of typhodont model and toothbrush to children



HEALTH TALK:

The children were given a brief knowledge about oral hygiene maintenance, importance of nutritious diet, importance of dental visits, progression of dental caries, importance of tooth brushing and routine brushing habits. The children's doubts about their problems were addressed and various treatment plan to their problems were explained.



SCREENING :

All the children of the school were screened and those who required treatment were referred to Chettinad Health and research institute.



PEDIATRIC CHECKUP:

Apart from the dental screening the students were also given general checkup with the help of the pediatrician Dr.Sujitha.



PRESENTS TO THE KIDS

To encourage the children we had planned of giveaways for them each child was given a toothbrush and toothpaste.



CONCLUSION:

The children interacted well in the sessions. The activities and videos played a major role in dragging their attention and made them eager to listen to us. They came to know about proper brushing habits and food habits, and who dentists are, what they do and various other dental problems. The kids education program was a funfilled education program.

