

# AN EXPERIENCE WITH A ONE-DAY FREE DENTAL CAMP

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## Introduction

Dental camps play an important role in prevention, treatment and patient awareness of dental disease in underprivileged and geographically inaccessible Nepalese population. It is a matter of appreciation that the government, various social organizations, NGO's, INGO's are organizing free dental camps in different parts of the country. Here I am presenting my experience with a single day free dental camp organized solely by myself.

## Personal Experience

I believe, it is our moral responsibility to involve in social services. I have been fulfilling my duty and of course my hobby also by engaging myself in social activities with different social organizations serving the people in the field of oral health. Among them, Sanepa Free Clinic and Pragyandanda Smriti Free Clinic have provided me a continuous platform for free dental service since 2050 B.S. on various occasions. It gives me an immense pleasure to serve the needy people of different villages voluntarily during the health camps organized by these social organizations.

As I am working in military service; every year we have to fly in helicopter to different barracks in villages of Nepal for health check-up to the army personnel and their family members as well as the villagers nearby. Here the experience is different, the tour ranges from Mechi in east to Mahakali in west, visiting different places gives knowledge about the geographic diversity of the country and socio-economic & health condition of the people.

But here I am presenting my unique experience about a single-day free dental camp in my birth place, *Dupat tole*.

## Dupat Tole: An introduction

Dupat tole is situated in Lalitpur sub-metropolitan city, it is one of the biggest *toles* in Lalitpur with approximately 2000 population and inhabited with *Newar* community of *Maharjan* cast. The people here are changing with time, they have started to give education to children and their traditional way of earning livelihood have changed from agriculture to trade business, government service and industries.

## Objectives

The main objective of the one-day free dental camp was to impart health education to general public about prevention of dental diseases and to provide best possible dental service.

## Methodology

Before starting the dental camp, oral health education was given. Following are the topics that were discussed:

1. Brief discussion of the oral and dental diseases, their cause, signs and symptoms with treatment and prevention.
2. Harmful effects of smoking, *pan*, *khaini*, betel nut chewing habits etc.
3. Importance of diet in prevention of dental diseases.
4. Importance of tooth brushing and quality of tooth brush.
5. After oral health education program, dental camp was carried out.
6. Local volunteers' assisted in medicine distribution and sterilization of instruments in dental camp.

## Results

1. Total number of 65 patients were examined and treated.
2. Extractions were carried out for 30 patients.
3. Rest of the patients were treated for other dental problems with hand scaling, and temporary fillings.
4. Free medicines were distributed and necessary oral health instructions were given.
5. The program was conducted smoothly.

## Conclusion

Even a small scale free dental camp described as above can give a great benefit to the common people and is believed to decrease the growing oral health problems of the country to an extent. So, it is advisable to our interested colleagues to carry out such a single day free dental camp, which is simpler to organize, provides service to the needy section of the society and gives satisfaction to the doctor.