

International Nepal Dental Outreach Volunteering Projects

2017-19

GO NEPAL



**Dental
Volunteering**

"I hear and I forget. I see and I remember. I do and I understand."



What does Around Good People do?

Welcome to another epic session of Around Good People Volunteering; an incredibly fulfilling and worthwhile experience for the community and the volunteer. The Nepal experience will be important, relevant and helpful to the community they serve as all of our (grassroots) projects are initiated, owned and sustained by the community themselves, ensuring that the time the volunteers spend within the projects will benefit the community in a sustainable manner at the same time instil a much valuable confidence for professional experience and sense of purpose to the participating student or dental/oral hygiene practitioner.

Around Good People is a non-profit and grassroots dental organization servicing thousands of people at no charge throughout the mountain communities of Nepal. We bring together supervising dentists and staff trained in Nepal with international dental volunteers who come to share in two week programmes that provide essential treatment to those who need it most. The outreach provides access into the beautifully rich culture of the Nepali people, and a chance to explore the outdoors and breath-taking Himalayas. Facilitating free dental treatment for the local people is key, whilst also ensuring that our volunteers have every opportunity to make the most of what Nepal has to offer!

We've conceived this Fact Sheet to help you get the information and prepare for your trip and get the most out of your experience in Nepal.

We provide you the marvel of volunteering in a dental mission that stands head and shoulders above all the rest. We make experiential learning a reality in a unique way of international mission of compassion.

NEPAL DENTAL OUTREACH VOLUNTEERING

IMPACT 2014-2017

- **Free screening, prevention, diagnosis, and treatment of dental diseases.**
- **10096 hours of humanitarian dental volunteering by 382 Australian, New Zealander, British, American (USA), Canadian, Singaporean & Nepalese professionals/students.**
- **A staggering 22352 procedures on 21061 patients.**
- **OHI to 11415 students from 68 schools.**

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METHODOLOGY

Dental Mission

In order to provide sustainable health solutions, we aim to empower volunteers to facilitate dental care, such as fillings, sealants, cleanings, fluoride and extractions and increase prevention of oral diseases through education. Apart from this the outreach also trains a local girl/boy to become a barefoot dentist to provide basic rudimentary preventive oral healthcare delivery including simple restorations on a long term sustainable basis. Long after the international volunteer leaves the outreach village, the good work will continue with the same zeal and motivation, however, this time by one of their own community member! This is real empowering the community in self-reliance.

Programme Description

In Nepal, due to the challenges of the mountainous topography and the non-availability of the resources being a developing country, access to dental clinics are scarce, dental care visits and medicines are almost non-existent, costly if available in the nearest urban center. The existing clinics (if available in nearest urban center) are often underfunded and under staffed, as a result of which most of the mountainous communities have not seen a dentist or have had access to a dental care delivery! In working closely with the Dental Hospitals, the Nepal Dental Outreach Volunteering program has been able to determine through consultations and observations that a variety of different dental services are needed in partner communities spread out in the far flung villages of Nepal. Many clinics located near partner communities may be staffed with a dentist, but only have enough resources and materials to be able to perform extractions and not restorative or preventative services. Without restorative services, community members are left with no other option besides tooth extraction, which later results in dentures. This practice does not emphasize the importance of teeth and how it can affect your confidence and over-all health. The Nepal Dental Volunteering program seeks to improve the overall oral care of under-resourced rural communities through access to quality services and preventative education.

Nepal Dental Outreach Volunteering Project focuses primarily on the oral issues that communities currently face due to limited access to dental care and education. Without access to dental care and services, many of the oral diseases, such as

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gingivitis and dental caries, worsen. These diseases cause infections, which in turn cause other chronic diseases. AGP Nepal Dental Volunteering Program addresses oral health problems by providing immediate dental care and preventative treatments and education through mobile medical clinics in partnership with the host outreach community. Mobile medical clinics, which include dental stations, are provided to communities through the utilization of student and health/dental professional volunteers during 10/12/14 day trips to Nepal called **Nepal Dental Outreach Volunteering Project**.

Program Components

Community Organization

Before each outreach Project, the AGP team conducts a series of community visits involving the Village Council of Elders, Mothers' Group, Youth Clubs, Thrift/Credit Societies, Cultural Groups, Village Health Volunteers, Farmers' Club, local school teachers, traditional healers, community police, local health post officials and the officials of the Local Government officials. The community visit consists of a meeting with community leaders and volunteers, to prepare them for the upcoming outreach and outline their contribution to the outreach project. During AGP Nepal Dental Volunteering Program, community volunteers may help to organize, clean working spaces, etc. In these visits community volunteers are also trained to give health education workshops for adult community members, increasing sustainability of the program by ensuring that the knowledge and leadership of the educational portion of the outreach stays in the community once the outreach is finished.

The physical site of the dental outreach and details of setup will vary depending on the community and available resources. Most often, the site will be a school in the community. Spatial areas or different rooms will be designated for distinct functions (e.g. Registration of the patients, Screening to draw Treatment Plan, OHI, Scaling, Restorations, Extractions, Medication, Sterilization of equipment used, Floor management of the patients flow and rotation of volunteers in different treatment bays of the clinic, etc.) and documentation and management of the clinical procedures performed and recall schedules. Similar to a traditional hospital, patients will be transitioned through the different stations/bays of the mobile clinic requiring different procedures in an organized and structured fashion.

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Mobile Dental Clinics

Mobile dental clinics and preventative health workshops are implemented within partner communities through the utilization of student and health professional volunteers participating in 7-10 day programs are also combined with a Medical Outreach to also provide doctor consultations to patients as well.

Nepal Dental Outreach Volunteering Project

are typically made up of about 12 to 20 university or more student volunteers and a mix of local and international dentists, accompanied by translators, local pharmacists and other members of the Global AGP Nepal Dental Volunteering Program team. Typically the volunteer to staff ratio is about 3:1 and volunteer to supervisor ratio is 4 to 5:1 Depending on the duration and the location of the village from the nearest urban centre, each volunteer fundraises between \$1,400-\$2,200 which covers the entire cost of implementing the outreach clinics, airfare for the participants, and the follow-up and support initiatives such as the *Community Oral-Health Program of Barefoot Dentistry*. Some of the specific costs are: medicine, oral healthcare professionals including dental supervisors, collaboration and post-outreach follow-up support of the partner dental hospital, dental supplies, travel insurance, meals, lodging, interpreters, coordinators, ground transportation, training of community volunteers, and program staff salaries to make evaluation and improve sustainability. Depending on the number of volunteer groups, and weather limitations, two- four day-long mobile follow-up clinics are implemented in each partner community at least twice a year.

Nepal Dental Outreach Volunteering Project seeks to improve oral health for rural community members by offering dental services and oral health education. During the outreach, Nepal Dental Outreach Volunteering Projects sets up a mobile dental clinic, which provides, depending of the diagnosis of the patient, important immediate services such as cleanings, fillings, and extractions. Nepal Dental Outreach Volunteering Project provides oral health education, sealants and fluoride treatments to children in order to protect and slowdown the onset of dental caries. Each partner community is visited every 4-6 months at 6-month intervals on average.

With these immediate and preventative services, Nepal Dental Outreach Volunteering Project emphasizes the importance of oral health through education in order to break the cycle of continuous decay. The preventive services and education is the most sustainable portion for the communities.

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In partnership with the participating international dental/oral hygiene students and dentists and the host communities, the dental clinic offers comprehensive care during the outreach via intake, triage, general dentist consultation, dental care, separate educational oral-health presentations for children and adults, and a pharmacy.

- **Intake:** Community volunteers record the patient's name, age, gender, and community on the Patient Form. After the initial station with community members, 2-3 foreign volunteers (each with a computer) verify that patients are already in the Data Informatics System, or create profiles for new patients. Also the same process will be performed in paper in case the computerized registration is not available
- **Triage:** Comprised of nurses and skilled volunteers, this is the next stop for patients after intake. In triage, patients relay their symptoms and ailments while foreign volunteers take blood pressure and vitals for those over 40 and pregnant women.
- **Consultation:** This station is comprised of supervising dentist and assisted by 2 international student volunteers who attend to patients after they have been through triage. Foreign and local dentists screen, diagnose, and draw out a treatment plan to prioritize the various clinical procedures that are required to be performed on the patient. Nepalese translators are also stationed at the spot. Each dental clinician is also partnered with a Data Entry Clerk (each with a computer) who fills out the electronic patient form or in case the same is not available, the Treatment Plan is filled out.
- **Dental Clinic Bay:** Led by supervising dentists, patients receive various dental care procedures.
- **Pharmacy:** Prescriptions are filled under guidance of a pharmacist or the supervising dentist to approve the finished bags and answer volunteers' questions. Volunteer then take the finished bags to each patient and explain with the assistance of the interpreter as to what each medications is for and how to use it.
- **Oral Hygiene Education Workshops:** Children are provided education on proper care for their teeth. And to encourage them to brush their teeth after every meal, they are given a tooth-brush and fluoride toothpaste.

Each patient leave the outreach clinic with a complete consultation and oral treatment from a dentist, preventative education, and appropriate medicine for current problems presented during consultation and to prevent common oral problems that may arise before the next outreach in that community. Implementation

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involves volunteer work, medical and dental professional expertise, and medical and dental supplies and medication fundraised by volunteers (by way of either contributing towards the Programme Fee or by bringing in physical dental supplies).

Barefoot Dentistry

Community Oral Health Volunteers

To complement mobile dental clinics, the program implements a Community Oral Health Workers (Barefoot Dentists) program. Initiated in 2015 by a group of Australian/New Zealand students, the program trains and empowers community-elected volunteers to be first-responders, oral-health educators, and overall health promoters. The programme aim to provide basic oral health care delivery, monitor chronic oral hygiene conditions, and serve as point persons for oral healthcare issues from within their homes year-round. Currently there are 7 Barefoot Dentists serving 11 communities with plans of aggressively expanding into all AGP dental villages countries by 2020.

The Barefoot Dentists receive approximately three months of training, a comprehensive guidebook, and telephone numbers of full-time licensed dentists to ensure patients receive adequate follow-up between AGP Nepal Dental Volunteering follow up Program. Furthermore, the Barefoot Dentists help to prevent potential oral health complications in their communities through emergency treatment, and oral healthcare education. Apart from basic oral hygiene and rudimentary restorative skills of scaling and temporary cold restorations, they are trained in first aid and wound care, treatment of tropical diseases, STD transmission and prevention, family planning, nutrition, hygiene, and other topics depending on the need of the region.

Patient Referrals Programme

Our Post Outreach Dental program is actually saving lives and the cornerstone to getting severe dental complications patients the care they need is our referral program. It also supports the sustainability of our program by ensuring that patients receive necessary care, even if that care extends beyond the means of a typical outreach or scope of the Barefoot Dentistry program.

During a Dental Outreach, AGP Nepal Dental Volunteering Program dentists identify patients who cannot be fully treated during the outreach. For an emergency case, a staff member or a local village volunteer will take the patient to the nearest dental

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clinic or AGP partner dental hospital to receive care that cannot be administered on the outreach site. For cases that require follow-up within a few weeks, the AGP Nepal Dental Volunteering Program dentist will give the patient a referral form/note, which guarantees the patient an appointment at the partner dental hospital. The patient is then advised to go to their referral appointment within a couple weeks of the outreach. The Patient Referral program follows up with patients after an outreach season to assess the status of the consultations and determine if further care is needed, as well as discuss any problems within the logistics of the consultation. Depending on the outcome of the consult(s), the program determines if it is feasible to open a patient case for the referral system (i.e. duration of care, costs of care, type of condition/illness). Often times, student (international volunteering) groups who meet these patients during their clinic days are interested in sponsoring the case to achieve the necessary care. The program is dependent on that extra support from the volunteers and AGP Nepal Dental Volunteering Program acts as the liaison for these groups once they return home to maintain communication with the group through their fundraising efforts.

During or at the end of every AGP outreach, a participating international volunteer can review the Patient Referral register maintained at the outreach clinic for more details about the program, patient cases, and what can be done to get involved. On an average each outreach project has 35 to 50 patients out of total approximately 800 to 1500 screened patients who receive a referral to one of these clinics or hospitals in which they receive the care they need.

Many of the cases are made possible by the dedication and fundraising efforts of the dental schools/universities the volunteers come from.

Monitoring & Electronic Record System Project

For every dental outreach beginning from December 2017, upon entering the outreach clinic every patient receives a Dental Treatment Plan Patient form. These forms are utilized at every treatment bay of the outreach and collected at the end of the outreach, recorded and stored. Depending on the group size, patient records are electronically recorded at different stations throughout the outreach and/or post-outreach. Paper copies of the forms will be stored for up to a year while the electronic versions are compiled and analyzed by the AGP Data Informatics Lead. The compiled data can be used to show trends in a specific community over time and impact that the International Nepal Dental Volunteering Program, among other programs, has on a community.

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Role in Sustainable Transition Strategy

Access to routine dental care and education for preventive oral care is essential to progressing a community's goals of sustainability in oral health and overall economic development, ultimately leading to the exit of International AGP Nepal Dental Volunteering programs from a community. AGP will find a new community, region and country to roll out and replicate the successful community/grassroots based and community owned Dental Health care deliveries. This is reframing community dentistry with the help of international dental volunteers.

Dental Outreach Calendar

SN	From				To						Remarks
	Year	Month	Date	Day	Year	Month	Date	Day	codes		
1	2017	June	24 th	Saturday	2017	July	3 rd	Monday	1718-07		
2	2017	July	10 th	Monday	2017	July	23 rd	Sunday	1718-08	14 day	
3	2017	July	26 th	Wednesday	2017	August	4 th	Friday	1718-09		
4	2017	August	7 th	Monday	2017	August	16 th	Wednesday	1718-10		
5	2017	August	19 th	Saturday	2017	August	28 th	Monday	1718-11		
6	2017	August	30 th	Wednesday	2017	September	8 th	Friday	1718-12		
7	2017	September	11 th	Monday	2017	September	20 th	Wednesday	1718-13		
8	2017	October	6 th	Friday	2017	October	15 th	Sunday	1718-14		
9	2017	November	1 st	Wednesday	2017	November	10 th	Friday	1718-15		
10	2017	November	13 th	Monday	2017	November	22 nd	Wednesday	1718-16		
11	2017	November	25 th	Saturday	2017	December	4 th	Sunday	1718-17		
12	2017	December	7 th	Tuesday	2017	December	16 th	Saturday	1718-18		
13	2017	December	19 th	Tuesday	2017	December	28 th	Thursday	1718-19		
14	2018	January	2 nd	Tuesday	2018	January	11 th	Thursday	1819-01		
15	2018	January	13 th	Saturday	2018	January	22 nd	Monday	1819-02		
16	2018	January	24 th	Wednesday	2018	February	2 nd	Friday	1819-03		
17	2018	March	5 th	Monday	2018	March	14 th	Wednesday	1819-04		
18	2018	April	4 th	Wednesday	2018	April	13 th	Friday	1819-05		
19	2018	May	4 th	Friday	2018	May	13 th	Sunday	1819-06		
20	2018	June	3 rd	Sunday	2018	June	12 th	Tuesday	1819-07		
21	2018	June	24 th	Sunday	2018	July	3 rd	Tuesday	1819-08		
22	2018	July	5 th	Thursday	2018	July	14 th	Saturday	1819-09		
23	2018	July	16 th	Monday	2018	July	25 th	Wednesday	1819-10		
24	2018	July	27 th	Friday	2018	August	5 th	Sunday	1819-11		
25	2018	September	1 st	Saturday	2018	September	10 th	Monday	1819-12		



26	2018	September	15 th	Sunday	2018	September	24 th	Monday	1819-13	
27	2018	October	25 th	Thursday	2018	November	3 rd	Saturday	1819-14	
28	2018	November	14 th	Wednesday	2018	November	23 rd	Friday	1819-15	
29	2018	November	25 th	Sunday	2018	December	4 th	Tuesday	1819-16	
30	2018	December	6 th	Thursday	2018	December	15 th	Saturday	1819-17	
31	2018	December	17 th	Monday	2018	December	26 th	Wednesday	1819-18	
32	2019	January	2 nd	Wednesday	2019	January	11 th	Friday	1920-01	
33	2019	January	13 th	Sunday	2019	January	22 nd	Tuesday	1920-02	
34	2019	January	24 th	Thursday	2019	February	2 nd	Saturday	1920-03	

***Highlighted Outreaches are now open for registration and sign up**

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A quick Fact Sheet about the Australian Nepal Dental Outreach Volunteering Placement

Description

In the winter (Nepal) of 2017-18 and thereafter, we run a series of non-profit Dental Outreach Projects in Nepal in



active collaboration with the Dentists/Dentistry/Oral Hygiene students from Australia/New Zealand. Teams of fresh dentists and dentistry/Oral Hygiene students join professional *in-country* dentists to screen and treat rural villagers that have little or no access to dental healthcare. Everything is provided to them free of charge, and it is common for patients to travel for days to attend the clinics.

The group will have a project leader and qualified dental supervisors. Participants are accommodated in the village Programme House (for some outreach villages, It is a tented accommodation) and the price includes meals and transportation. Internal domestic flight is not covered (round trip costs approx. US\$ 250). Please note that you must have completed a Dental-

related Degree/Course of at least 2yrs in order to be accepted onto this programme.

We are a community owned, rural based, self-reliant and sustainable non-profit social enterprise, geared up to act as catalysts - empowering the people to retool the socio-economic life skills for a dignified living fully in harmony with the environment. We provide culturally sensitive, region-specific health care solutions through initiatives which are self-sustainable and rooted in education/training by local health care workers in non-conventional ways. Our Dental Outreach is a stand-alone unique enterprise. It not only brings in much needed succour to the unserved people, but also encourages to building a leadership legacy in these communities. We aim to train and expose local youths to get organised and take up the leadership roles to eventually be able to shape their own future, as they mould and carve out a place for themselves in the world outside. The stakes are high!

Why the grassroots activism dental outreach?

Community engagement is a critical component of any public health strategy. In resource-poor mountain farming communities, improving basic

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oral health effectively requires engaging the neighbourhood residents at the local level. By utilizing a powerful community engagement strategy, we can empower the locals to address social determinants of health and hygiene by instilling resident-driven plans to improve the local context for oral health care. When the entire community is motivated, they get galvanised to address the problem themselves, and come forward seeking help, such as the proposed Dental Outreach. This is real empowerment, and a sustainable approach to bring a semblance of oral health care in these marginalised communities. Around Good People is thus committed to bring this mission to the stake holders of the professional fraternity of dentistry, synergising the demand-driven local community endeavour with a keen global response of humanity from dentistry schools from everywhere. Challenges are formidable – but humanity always triumphs.

Our Mission

The mission of Around Good People is to address to the abysmal gap in oral healthcare infrastructure in Nepal. We believe that both the social need of the unprivileged/marginalised mountain communities and the continued learning needs of the dentistry students can straddle well. We strive to bring the volunteering international dentistry students with clinical experience to meet the basic dental care needs of the

resource poor Nepal in a sustainable way. We want to show that the synergy between international volunteerism and empowered grassroots level initiative can be a viable model, and a tool that can cross over into a social good.

Vision

Our vision is to be able to provide preventive oral health care education and basic public dental care services directly (or indirectly) to the most unprivileged and marginalized communities in the mountain villages of Nepal in a sustainable way.

Goal:

We impact the lives of the participating international volunteers and the patients they treat in the villages immensely. We aim to be the most trusted grassroots level activists working in the field of oral health care delivery in Nepal, collaborating with partner dentistry schools/students/practitioners from all over the world.

The age-old Nepalese value system has its imprint on Around Good People value system too. AGP promotes a healthy learning and working environment, which encourages and fosters a climate of openness, respect and innovation, along with Integrity, Leadership, Ownership and Trust.

Integrity: AGP respects honesty within and outside the organisation. AGP

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practices ethical business principles in dental outreach, medicine, treatment, law and spirit, and strives for patient/partner delight.

Fostering leadership and volunteerism is the essence of AGP growth. Through continuous collaboration with the partner communities and the overseas volunteers, we are always striving for innovation, research, networking, knowledge sharing and alliance, to bring the best dental outreach in the uncovered areas of mountain Nepal. AGP strives to excel and stay ahead.

Ownership: AGP drives the sense of ownership for its volunteers and partners, providing opportunities for learning, knowledge enhancement and continuous growth.

Trust: A strong foundation of trust encourages our volunteers to deliver their best. This trust is also extended to reflect in our endearing relationship with our ever increasing patient base. Because of this, more and more villagers want us to organize our outreach in their areas.

In all we do, we strive for Respect, Innovation and Excellence...

Our Outreach

It has always been, and will always be, about Impacting the lives of the unprivileged people in the mountain villages of Nepal in oral health care

through volunteering from the global Dentists/Dentistry students/nurses/hygienists/therapists and oral health care professionals/students. We're passionate about treating the unprivileged mountain community patients with great care and commitment, to ensure that they always get high quality basic dental services completely free. This will be matched by the need of the dentistry students/professionals to be exposed to the skill enhancements and confidence-instilling exercises, while they volunteer in these much needed communities. We facilitate to synergize the skills/work hours of the dental professionals/students to the ever increasing need for basic oral health care delivery need of the unprivileged community in the mountain villages of Nepal. We care deeply about all of this; our work is never done.

We are Partners

You, us and they (villager patients) become We. We all are partners, because it's not just a job, it's our passion. Together, we embrace the synergy and diversity to create an opportunity where each of us can generate impacts in one another's lives. We always treat each other with respect and dignity. And we hold each other to that standard.

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Our Patients

When we are fully engaged, we connect with, laugh with and uplift the lives of our patients – even if just for a few moments during which the person is getting treated. Sure, it starts with the promise of a perfect dental treatment, but our work goes far beyond that. It's really about human connection. Traditionally, the Nepalese community is very benign, gentle and easy going. They are always very grateful for the succour that you bring to them, without which they would be left with the pain shadowing their burdened lives to go on. Such is the impact of being a part of healing that you bring to them that feeling; it is so empowering and humbling. Suddenly, dentistry makes sense to you and it enables you to reconnect with your chosen field of profession.

Our Clinics

Physically, our clinics are housed temporarily in a nearby primary/high school building or a community centre. The facilities are always run down as Nepal is a resource poor country. However, this presents a challenge to us to convert the place into an opportunity to bring forth the power of grassroots level activism. We quickly set up different work spaces, and separate rooms for registration of patients, OHI, fluoride application, scaling, filling, extraction, pharmacy, sterilizing, stores, changing room/pantry, and generator. Inside the

clinic, the clinical head is the supervising dentist who, along with another dentist, comes from our partner dental teaching hospital in Kathmandu. In true style of oriental wisdom, the supervisor becomes your friend, philosopher and guide. The dental hygienists/assistants and local volunteer translators also help the overseas volunteers in the assigned dental chairs. Initially we work in pairs, but once your level of expertise and skill is known to the supervisor the work can also be assigned individually. We are supported by a phalanx of local volunteers for patient traffic management outside. The outreach venue is always busy. You will find that what they teach you theoretically in the dental school back home becomes a state of substance. You will experience wielding newly acquired skills in the clinic, as reality is augmented by the setting in which you are practicing your craft. Even for the experienced, this project will provide you with challenges different and unique to anything back home. The incubated dentist truly germinates with the profound experiences of the two week outreach.

When our patients feel this sense of belonging, our clinics become a haven; a break from the miserable night spent due to the tooth ache, and a place where you know your ailment will be taken care of. It's about understanding oral care, preventing dental problems,

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and cherishing a great smile. Always full of humanity.

Our Neighbourhood

As grassroots level activists working in the field of oral health care, we go to work where we are invited by the local community. Therefore, naturally, every clinic that we operate in the outreach is part of a community, and we take our responsibility to acting as good neighbours quite seriously. Being good neighbours mean we are part of the very community that we serve in the clinic. We live with the community for two weeks. We want to be invited in wherever we do business. We can be a force for positive action – bringing together our partners, patients and the community to contribute every day. Now we see that as our responsibility – and our potential for good – is even larger. Nepal is looking to Around Good People to set the new standard in dental care delivery outreach. We will lead.

Highlights

- Work experience

Working with rural communities is a great experience and the dental outreach programme is ideal for dental students or recently qualified dentists wanting to gain substantial experience of clinical procedures; especially extractions and restorations in

challenging conditions. The dentistry outreach project will be invaluable for both professional and personal development, as well as really standing out on your C.V.

- Food, Accommodation and Local Staff

Accommodation depends on the village that you are working, but usually we are offered the larger house in the community. We will then modify this building to form a modest and homely accommodation, with separate comfortable areas for social hub for like-minded people to relax during the evenings.

However, in some areas where our safety requirements do not meet the minimum standards, we will have fully secured tented accommodations.

Meals are included as part of the project and experiencing the local cuisine is definitely a travel highlight. We try to combine local specialities with home favourites to keep everyone happy and well fed! Specific dietary requests are always catered for, and the kitchen is always open for snacks and fresh drinking water.

- Support Network

Adjusting to living and working in a foreign country can sometimes be difficult, so we make sure we provide you with the highest level of support both before and during your placement. There will be plenty of telephone

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contact with our staff in the lead-up to your trip, and upon arrival our local staff takeover. They will be there to meet you at the airport, take you to the guesthouse, and give you a full orientation in the local area. They will also make sure you are given 24/7 support throughout your stay.

- Free Time and Travel Opportunities

We understand that an international elective is not simply about working in a different setting. Therefore we organise a well deserving travel package to visit and experience the enchanting Nepal in its best form, all for no extra cost! Here you make a considerable savings for not having to set aside money for such activities.

Outreach Clinical activities:

- *Oral Hygiene Instruction*
- *Distribution of free toothbrush and fluoride toothpaste*
- *Application of fluoride gel*
- *Application of sealant*
- *Screening & charting out Treatment Plan under the supervising of a supervising Dentist*
- *Scaling*
- *Filling*
- *Extraction*
- *Prescribing medicine and free dispensing/distributing medicines*

Program Duration

7-10 Days

Min Qualifications

Available to all dentists, Bachelor of Dentistry students, Dental Nurses, Dental Therapists, Dental Hygienists and Dental Assistants who have completed at least 2-4 years of study on a recognised university course in the field of dentistry

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Placement type

Community Oral Healthcare/
Dentistry delivery

Languages: English/Nepali

Programme Fee:

Please Contact aroundgoodpeople@gmail.com for current price list.

*Cost Includes:

- Everything for 7 days of pure dentistry
- Cultural immersion at the outreach village
- Airport pick up and drop
- Food/water
- Accommodations (Kathmandu/Pokhara and the outreach village)
- Surface transports
- In-country orientation/Training
- In-country staffs support
- Language Help

Experience Required

Yes

Volunteer Types

- Community Oral Health Hygiene Education
- Supervised Dental Outreach Clinic Volunteering including all clinical procedures

This Program is open to

Everyone (professional/2nd year and above students) can join the programme.
This Program is also open to Couples and Individuals.

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Documents required:

1. Filled in Registration/Application Form
2. Recent Passport size photograph
3. Copy of Dental Council Registration Certificate (for practising dentists)
4. Dental School/University identity card for students.
5. Full Resume (of academic and extra-curricular)
6. Copy of MIPS cover
7. Copy of a valid Passport
8. Details of medical conditions (if required)
9. Mention of dietary restrictions and allergies
10. Recommendation Letter from attending school/university

Typical Living Arrangements (either or any one of the following)

- Group living in village houses
- Home-stays
- Tents

Participants Travel

Independently or in Groups

How Participants Work?

The entire outreach group will be divided into smaller teams of 4/5, in rotation covering all clinic bays after a fixed number of extraction procedures are performed (under supervision) by a volunteering participant.

Send a request for a Registration/Application form to:

aroundgoodpeople@gmail.com or visit

www.aroundgoodpeople.com

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