

The Dental Clinic

The following information is designed to give the Team Captain and the Team Dental Clinic personnel a general overview of 1) procuring the necessary clinic supplies, 2) setting up the clinic in the village, and 3) miscellaneous information to help ensure your clinic runs smoothly. The Team Dentist should check with the Team Captain regarding fundraising and purchase of any supplies that will not be donated.

The dental clinic team is made up of a variety of personnel — dentists (North & Central American), support workers/assistants, and translators. A dental clinic team that works together will enhance its opportunity to reach the people of Central America with the message and compassion of Christ. Take time to familiarize yourself with this information, knowing that preparation is essential and will provide tremendous results on the field.

As you read through this material, make notes of any questions you may have for the Team Captain and/or the Team Activities Office of Baptist Medical & Dental Mission International.

BASIC DENTAL CLINIC INFORMATION

The actual layout of your clinic will depend upon the facilities available in your assigned village. In general, you should be prepared to work in close quarters. It is possible that your clinic will be setup on a covered porch to allow for maximum lighting, ventilation, and ease of patient traffic flow.

BMDMI will provide the necessary dental chairs and dental instruments (see the list of dental instruments later in this Section) for your clinic. Teams are now required to have a National dentist (i.e. Central American) working with the team. This is good news as he or she will be a valuable resource. On average, a dentist with a moderate background in oral surgery with the help of an assistant should expect to see between 40-60 patients each day in the village. For the duration of the time in the village, one dentist (i.e. National dentist only) can expect to see a total of approximately 175-200 patients; two dentists (i.e. one North American and one National dentist) can expect to see approximately 300-400 patients; three dentists (two North American and one National dentist) can expect to see approximately 400-500 patients.

You will have dental assistants working with your team. These assistants will do everything from holding your flashlight during extractions, gathering necessary instruments, cleaning instruments, & helping with crowd control. These dental assistants may be a combination of North American dental hygienists or DA's traveling with your team, non-professional North Americans traveling with your team, and Central American translators.

The key word is FLEXIBILITY. It is certain that some people will be learning some new tasks. You can make this a positive learning experience for them by being prepared to teach such things as loading syringes, instrument names, and how to clean and sterilize dental instruments. Experience has shown that Central American translators who double as dental assistants are great help as they can easily communicate with the patients.

DENTAL CLINIC SETUP AND FLOW

Villagers will register at a central location in the village. At registration, the patient will receive a dental clinic registration card (see sample card later in this Section) filled in with their vital information. After attending a brief worship service to hear the Gospel, patients will have their cards marked and will line up to enter to the dental clinic. (It is our hope that every villager would make a commitment for Christ that has not already done so; however, it is not a requirement for treatment. Every villager may receive the free services of your clinic regardless of his/her spiritual beliefs and/or decisions.)

On the first day of your clinic, consult with the national dentist that will be working with you. Most likely, he or she has been working with our ministry for a long time and will have good ideas about setup and flow. Usually a local villager working in conjunction with your team will serve as the crowd control monitor. He will have the patients stand in line and admit new patients to the clinic area as the dentists call for them. As the week goes on, the man in charge of crowd control will get a good idea of how the “system” works and will become a big help in keeping the dental clinic flowing well.

The Team Dentists will setup up their individual areas with a dental chair (provided by the Mission) and a covered table for dental supplies. Since all the dentists will have to share the dental instruments provided by the Mission, the instruments should be put in a central location accessible to each of the dental stations. Also nearby should be the area where dental instruments may be cold-sterilized before replacing them on the instrument table.

When the patient is seated for examination, the dentist can explain to the patient what services we can offer and then mark on the patient’s registration card which teeth he or she feels should be extracted. Then administer the anesthetic.

To speed the line, several patients are examined and anesthetized before beginning any extractions. Five to eight is the usual backlog of anesthetized patients, the objective being to NOT have to wait for patients to become numb. If several dentists are on the team, then the process can be considerably more flexible. The bottleneck should always be with the dentist extracting teeth, nowhere else.

It is very important for the patient to wait in the dental clinic area. Many dentists keep the patient cards in a plastic bin, along with the patient's syringe & instruments to be used on that patient. They will have the bins lined up on a table to be able to keep up with "who is who". The patient’s card will be the only record the dentist has of which teeth are to be extracted.

After extractions are done, the patient is given simple post-op instructions and medication. Most dentists give all patients some kind of pain mediation, ibuprofen or acetaminophen, and an antibiotic in special cases. This can be done as the patient leaves the dental clinic. Check with your Team Pharmacist about acquiring some of these pre-packaged medicines to distribute in the dental clinic as needed. Be sure to mark the type of medication given out on the patient’s registration card. All cards will be given to Dr. Emma or the head Honduran dentist at the end of each day.

Simple extractions will make up 95% of the work done. Very few 3rd molars are encountered. Some patients may want all of their teeth extracted, whether or not caries is present; however, **THE HONDURAN GOVERNMENT DISCOURAGES MORE THAN 5 TEETH EXTRACTED PER PATIENT PER DAY.** If necessary, instruct the patient to come back the following day for more extractions.

Caution should be taken when considering extracting more than the standard five teeth (age of the patient & health status). Some dentists like to do minor alveoplasty in these situations to prepare the patient for dentures. Again, caution is advised. Much time can be consumed in such procedures, with the health & age of some patients making for post-op complications, such as excessive bleeding. One problem often encountered is in trying to reach an agreement with the patient as to how many teeth should be extracted. Oftentimes the patient desires more extractions than for which the dentist sees an immediate need. Many of the villagers have learned that many dentists will not take out a tooth unless there is pain involved; consequently, if asked they may respond positively to a request for pain on percussion. There will be times the patient will have an adjacent tooth also needing extracting. It is up to the discretion of the dentist as to discuss this with your patient to see if they wish it to be extracted also.

The Central America governments require us to keep a record of dental work done on each patient and what medications are given to that patient. At the time of extraction, every effort should be made to note: the procedure performed, teeth #'s, date, & "extraction". Talk with the national dentist you will be working with about information required on each patient's dental card.

NOTE: Non-professionals are not to perform any invasive dental procedures such as giving injections, performing extractions, etc. This is illegal and not allowed by Central American Law.

If possible, we would like for you to give each dental patient a toothbrush and toothpaste. You may desire to have a translator explain oral hygiene instructions to patients who are not familiar with them. Many teams also bring toys, stuffed animals, flip-flops, S/F gum, suckers, etc. to hand out to the patients as they leave the dental clinic.

Try not to have preconceptions of how the dental clinic experience ought to be. Be ready to adapt to the situation and please don't let the little cultural differences throw you. Central Americans don't necessarily do things as North Americans do. Bucking their system too hard will only bring frustration. Remember, FLEXIBILITY is the key.

SUPPLIES TO PURCHASE AND SHIP TO THE FIELD

Team Dentist(s) should consult with their Team Captain in regard to the purchase, packing, and shipping of the following supplies for the dental clinic. The following is a list of suggested dental supplies that will accommodate approximately 300 patients. If more than one North American dentist is going, the amounts should be adjusted up to accommodate for more patients. As stated earlier, one dentist (i.e. National dentist only) can expect to see a total of approximately 175-200 patients; two dentists (i.e. one North American and one National dentist) can expect to see approximately 300-400 patients; three dentists (two North American and one National dentist) can expect to see approximately 400-500 patients.

NOTE: Please remember to pack supplies & gloves (small & medium) for the National dentist who will be working with your team.

Suggested Items to Purchase to Treat 300 Dental Patients

ITEM	QUANTITY
2% Lidocaine w/ 1:100,000 epi	600 carpules per dentist
3% Mepivacaine	50 carpules
4% Articaine HCl w/1:100,000 epi	100 or more carpules per dentist
Marcaine (Bupivacaine)	1 box
Dental needles for injection 30short & 27 long	500
2 x 2 gauze	1 case
Patient Napkins	1 case
Concentrated Germicide	2 gallons
Betadine or Clorox	2 gallons
Topical Gel	1 container per dentist
6" cotton-tipped applicators (for topical)	1000
Latex gloves (dentist)	8 boxes PER DENTIST
Gloves for the assistant	4 boxes per assistant
#15 surgical blades	1 box
Gelfoam	1 box
3-0 or 4-0 plain gut sutures	2 boxes (no silk, please)
Face masks	1 box
Paper Towels, absorbent	1 case
Sharps disposal	1 medium size PER DENTIST
Plastic cups	1 case
Rubber Gloves (for Sterilization person)	1 pair
Garbage Bags (large)	1 box
Hand Sanitizer	1 large bottle per dentist
Vinyl Tablecloth or plastic shower curtain	3 large
Surgical Drapes	8
Toothbrushes & Toothpaste	Enough for 600+ patients
Ibuprofen, Acetaminophen, Amoxicillin, etc.	See below

Dr. Robert Collinge, DDS, made the following comments regarding the supply list above upon his return from a BMDMI team experience:

- a) I use two pair of gloves. I wear good fitting latex, and cover them with a vinyl overglove. *The vinyl gloves I change between every surgical procedure*; the latex glove I change at least once an hour. This gives me double protection, and makes changing gloves much easier. With the heat and humidity, my hands sweat, and putting latex gloves over wet or damp hands is like putting a "sock on a rooster." Two gloves save a lot of time. When I change the latex, I wash my hands with "Wet Ones" very thoroughly and dry them good. This will require a few more gloves than normal, but it is worth it. Also be sure to bring enough gloves for the Central American dentist *and* whoever might be assisting you. The assistants don't necessarily need to change between every patient, but they do need gloves.
- b) I use topical anesthetic for every patient. They really appreciate it, and it doesn't take long to use.

DENTAL ANESTHETICS

Since dental anesthetics are considered controlled substances in Central America, it is important that you abide by the Mission's guidelines for selection and inventory of anesthetics. *Agreements with the Honduran and Nicaraguan governments require that every team must use anesthetic that will have **at least one year remaining** on the expiration date from the time your team's cargo arrives in Central America.* Please check with the Team Captain to determine the month that your team's cargo will arrive in Honduras or Nicaragua and set the "minimum" expiration date one year beyond that. Please do not try to "sneak" in anesthetics that have less than one year until the expiration date. Getting caught with such medicine tarnishes the image of the Mission before these governments and could potentially create difficulties for all future BMDMI teams. We greatly appreciate your willingness to abide by these requirements.

You will need to have analgesics (ibuprofen, acetaminophen) & some antibiotics (amoxicillin, erythromycin) for distributing out to patients. Please discuss the need for these meds. with the team pharmacist so he/she can order enough to include the dental clinic.

Once you have acquired the anesthetics needed for your trip, notify the Team Captain of the types, amounts, and expiration dates of the anesthetics. Your Team Captain will in turn include this information on the inventory of medicines being shipped. Your Team Captain must turn in this medicine inventory to the BMDMI Team Activities Department *no later than three (3) months before your team's scheduled departure date*, so please plan and order early.

DENTAL INSTRUMENTS

In Honduras and Nicaragua, comprehensive sets of dental instruments are available for your use. While each country has “sets” of instruments available for teams’ use, you may want to bring some of your favorite instruments and extras of those instruments most commonly used (see following pages for a inventories of dental instruments in Honduras and Nicaragua). Remember, though, that any instruments you bring with you will need to be marked in some way so that you can identify those that belong to your from those belonging to BMDMI. *All personal dental instruments you may wish to take with you to the field must be packed in your “checked” luggage; you are no longer allowed to take dental instruments in carry-ons.*

MISCELLANEOUS

1-2 large tables will be available at the clinic site and can be covered with a vinyl tablecloth or shower curtain. On this table you can lay your instruments in groups and write the number of the elevator or forceps directly beneath each group on instruments. This will allow someone who is cleaning the instruments to return them to their proper location. It will be necessary to use several 12” x 12” plastic tubs in which to clean instruments (these are provided for you). One tub should be filled with a Betadine solution for cleaning, the 2nd tub filled with germicide for soaking, & the 3rd tub with Clorox water solution to rinse.

You will want to bring several good flashlights (with plenty of extra batteries) that do not have a dead spot in the middle of the beam to supplement your lighting. Headlamps also come in handy.

SOURCE FOR TOOTHBRUSHES

Company: Class One Orthodontics
Contact Person: Judy Henderson
1-800-343-5291 (ext. 118)

Please tell Judy that your Class One Account Number is “0907”

Approximate cost: \$16.00 per box (box = 100 ct) if ordering 10 or more boxes, free shipping
\$18.00 per box if ordering less than 10 boxes

SAMPLE DENTAL REGISTRATION CARD

Below is a sample of the Dental Clinic registration card. Please print 500 of these cards on card stock approximately 5.5" x 8.5" exactly as shown below. *Be sure to use a different color card stock from the colors used on the medical clinic registration cards to avoid confusion.* A copy of this card in MS Word format can be found on the CD provided with this manual.

(Front)

Dental Clinic Registration Card — Tarjeta para la Clínica Dental

Nombre: _____ Dirección: _____

Edad: _____ Sexo: M F Presión: _____ Peso: _____

Queja Principal _____

¿Tiene usted alergia a alguna medicina? Sí o No

Si es así, ¿a cuáles medicinas? _____

¿Ha recibido usted tratamiento medico para...

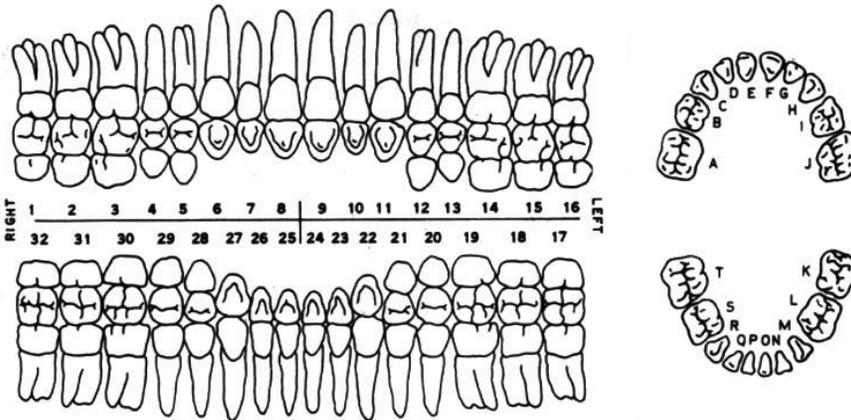
- enfermedades del corazón? Sí o No
- diabetes? Sí o No
- tuberculosis? Sí o No
- alta presión de la sangre? Sí o No
- riñones? Sí o No
- asma? Sí o No

¿Ha tenido usted problemas antes con hemorragia severa al extraerle dientes? Sí o No

Para Mujeres: ¿Está embarazada? Sí o No ¿Lactando? Sí o No

(Back)

Extracted: Mark with "X"



DATE	NUMBER	DESCRIPTION

Tylenol: ___ Ibuprofen: ___ Penicillin: ___ Erythromycin: ___ Alveoplasty: ___ Sutures: ___
 Other: _____

INVENTORY OF DENTAL INSTRUMENTS FOR TEAMS TO NICARAGUA

Instrument Name	No.	Qty (R)	Qty (L)	Instrument Name	No.	Qty (R)	Qty (L)
Forceps	MD3	1		Scissors, curved		2	
Forceps	3F	2		Scissors, periodontal		1	1
Forceps	3Fs	1		Needle holder, medium		10	
Forceps	3FS	1		Needle holder, large		10	2
Forceps	4	1		Mirrors		7	
Forceps	10S	2		Plastic Mirrors		2	7
Forceps	16	1	2	Syringes		20	
Forceps	16S	1		Cotton Pliers		7	
Forceps	17	4	3	Curette, Surgical	0599 & 856	2	1
Forceps	#17Molt	2		Curette, prophylaxis double-ended		17	1
Forceps	18	2		Curette, prophylaxis		2	
Forceps	18R	1	1	Elevator, thin straight		10	
Forceps	18L	1	1	Elevator, wide straight		5	
Forceps	23	2	2	Elevator, Miller right		11	2
Forceps	32LS	1	1	Elevator, Miller left		11	1
Forceps	53R	1	1	Elevator, Potts right		5	
Forceps	65	2		Elevator, Miller style hammer		1	
Forceps	69	2		Elevator, angular, left part active long		3	
Forceps	88	2	3	Elevator, angular, thin active part short		7	
Forceps	88R	1	2	Elevator, wedge		2	
Forceps	88L	1	1	Elevator, periosteal	546A7	6	
Forceps	94			Mouth props, adult		2	
Forceps	99C	1		Mouth props, child		1	
Forceps	150	12	4	Rongeur, double-ended		5	
Forceps	151a	2	1	Bone file		2	
Forceps	151	4	4	Explorer, one-ended		24	
Forceps	210	1	1	Chisel, prophylaxis		1	
Forceps	210S	2		Chisel	CG9	4	
Forceps	222	2		Chisel	CC5R	1	
Forceps	286	3	1	Chisel	CM18	1	
Forceps	300		1	Chisel	CC8	1	
Forceps	302	1		Chisel	CPF4	1	
Forceps	366R	1	1	Chisel	C01	1	
Forceps	866R	1		Chisel	CC1	1	
Forceps	951	1		Chisel	CG1	1	
Forceps	990	1		Hammer		1	
Forceps	1505	1		Condensers, double-ended	B12	1	
Gracey	13/14	4		Condensers, amalgam and burnishers	H8	1	
Hemostat, curved	32	5		Scalpel Holder		7	
Hemostat, straight		15		Clamp, small curved to hold tissue		11	
Hemostat Pliers		4	2	Clamp, straight with grooves to hold tissue		4	
Retractor		1					
Scissors, straight		22	1				

INVENTORY OF DENTAL INSTRUMENTS FOR TEAMS TO HONDURAS

Instrument Name	No.	Qty	Instrument	No.	Qty
Extractor Forcep	1	8	Elevator	57	1
Extractor Forcep	17	10	Elevator	73	2
Extractor Forcep	65	8	Elevator	74	1
Extractor Forcep	69	3	Elevator	81	1
Extractor Forcep	150	15	Elevator	BC298	1
Extractor Forcep	23	24	Elevator	301	22
Extractor Forcep	151	17	Elevator	303	1
Extractor Forcep	286	1	Elevator	12M	1
Extractor Forcep	10S	3	Elevator	6H	1
Extractor Forcep	150S	5	Elevator	7H	2
Extractor Forcep	151A	1	Elevator	190	3
Extractor Forcep	151XS	5	Elevator	191	3
Extractor Forcep	210S	1	Elevator	72	1
Extractor Forcep	32A	1	Elevator	71	2
Extractor Forcep	53R	3	Elevator	6	2
Extractor Forcep	88L	26	Elevator	E7	2
Extractor Forcep	88R	25	Elevator Root Tip Pick	EHB2	8
Extractor Forcep	MD4	9	Elevator Root Tip Pick	EHB3	8
Extractor Forcep	MD3	23	Tissue Retractor	S2	1
Extractor Forcep	53L	5	Bone Files		4
Extractor	210	1	Tissue Retractor	KLS 37	11
Elevator	99	1	Tissue Retractor	P9	9
Elevator	5	1	Tissue Retractor	PGF14	6
Elevator	45	6	Surgical scissors		24
Elevator	1	6	Tissue Retractor	P23	2
Elevator	2	2	Hemostat, straight		19
Elevator	3	3	Hemostat, curved		11
Elevator	E7X	3	Mallet		3
Elevator	22	1	Ochsenbein Chisel		2
Elevator	E6X	3	Curette	CM2	1
Elevator	40	1	Curette	10	2
Elevator	34	7	Curette	3	1
Elevator	44	6	Syringes		44
Elevator	46	6	Mirrors		10
Forcep	18L	1	Scalpels		10
Root Tip Pick	79	5	Needle Holder		20
Root Tip Pick	RTP2	1	Rongeur		17
Root Tip Pick	EHB1	2	Tweezers		9
Root Tip Pick	80	7	Root Tip Pick	302	1
Root Tip Pick	RTP3	2	Root Tip Pick	RTP4	1