

Final report NPH Guatemala

Team Stoop | 04 10 2023 – 04 18 2023

Introduction

In April 2023, we went to Guatemala to provide dental care at the NPH home as a team of four. Our team consisted of Celine Stoop (dentist and medical doctor), Christina Chan and Josje de Bruijne (both dentistry students, master 3) and Hansje Klijsen (dentistry student, bachelor 3). Christina and Josje knew each other well due to their study and Hansje occasionally assists Celine in a general dental practice in Amsterdam. The four of us were linked together by WereldOuders. Although we only had met a few times during the preparations, we were very excited to embark on this adventure together.



Josje, Hansje, Celine, Christina

Preparations

A lot had to be arranged before departure. Many e-mails had been sent to collect as much dental supplies as possible. ACTA, Dentalair, Philips and Tandartsspoedpraktijk, among others, helped us a lot to provide us with everything we needed. We also visited team Motti Dahan, who volunteered as a dentistry team in the NPH house in Guatemala in 2022. With great enthusiasm they gave us many useful tips. Additionally, we asked our family and friends to donate money, we wrote articles in newsletters and posted everything on social media to raise awareness for our project.



Fortunately, the hard work paid off. Before departure we had managed to collect more than a thousand euros in donations, in addition to a fully filled suitcase of 23kg with dental materials.



After many hours of preparation, it was finally time to board. Celine, Christina and Josje left for Guatemala City on April 2nd. First, we travelled a week in Guatemala together before the voluntary work started. During the first week of April, the local people celebrated Semana Santa and we had the chance to experience the parades and special festivities in Antigua and discover what this beautiful

country has to offer. At the end of this week, Hansje flew across the ocean to complete our team. Time to get some work done!

The NPH home

On Sunday, April 9th, we were picked up at our hostel in Antigua. After 30 minutes of driving, we arrived at the NPH home in Parramos. During our stay at NPH, we slept in a hostel in Antigua. Every day a NPH-driver picked us up between 6:30 and 7:00 am to drive us to Parramos. NPH provides children at social risk and in extreme poverty a comprehensive education in a healthy and safe environment. Saribel gave us a tour of the NPH area. She is the visitor coordinator of NPH Guatemala. We were very impressed by all the facilities and the warm and sincere welcome. We walked by the children's houses, in which approximately 60 children live. We passed the daycare and the school buildings. In addition to the 60 children, about 350 children from the surrounding areas are being educated in here. Their own avocado trees were showed by Saribel, even as the general kitchen, the chapel and the farm. The produced food of this farm is the largest source of food for the children. The tour ended in the medical clinic. In addition to the physiotherapist, occupational therapist and a general practitioner, the dental practice was also located here. This clinic provides care that meets each child's needs.



The dental practice

Once we arrived at the dental practice, we were amazed by the available dental equipment. There is a dental chair with a dental unit, consisting of an aspirator system, an air-water syringe, an airrotor and a dental handpiece. A sterilization unit was present, as well as a curing blue polymerization light, a working computer and even a dental X-ray unit. We also found many dental supplies, which had been left behind by the previous dentists and previous volunteer teams. Nevertheless, we were glad that we had brought a lot of materials ourselves as well, because otherwise we certainly wouldn't have had enough.



The work

The day after, the real work began. Once we arrived in Parramos, we changed into our working clothes and enjoyed a cup of Guatemalan coffee. The first patient arrived around 8:30am and we continued working until 5:00pm. Between 1:00pm and 2:00pm we had a lunch break. We were surprised with a different local meal every day from the NPH kitchen: delicious! In total we worked seven days in the clinic, with a weekend in between.

Patients

The patients we treated were mainly families from the OneFamily reintegration program. This program contributes to the improvement of decent living conditions for children. We also treated children with special needs and many NPH employees and their families (who normally does not get the chance to visit the dentist). We saw a lot of patients with numerous cavities, remarkably often in the front, as well as a lot of erosion. This is the result of the many sugary drinks (and breastfeeding for the youngest) that people in Guatemala consume. We also saw many patients who have been walking around with toothache for a long time and we are glad that we were able to help these people by dental treatments and a lot of instructions were given.



Working method

We decided to work in two teams of two. One team used the dental chair and the second team took place at a fold-out chair that we had placed in the room. Armed



with a strong headlamp, the second team carried out the check-ups. The findings were written down in a notebook and a number was assigned to the patients. After the check-up, an appointment was made with this number for the necessary treatments. This treatment was performed on the dental chair later, except for the patients of the OneFamily-program. These were treated on the same day. When a treatment was done, we noted this in the notebook and wrote it down on a separate list. Thanks to this improvised system, we were able to carry out check-ups and treatments at the same time, which allowed us to help as many patients as possible.

In addition to performing treatments, a lot of brushing instructions were given. We gave the instructions in the waiting room and also many individual instructions after the check-ups. Once we gave brushing instructions to a group of 20 children at the daycare. All children were super enthusiastic and the toothbrushes we handed out were a great success. We are aware that we cannot be sure that the instructions will be followed properly. However, we hope that we have created more awareness and that we have reduced possible fear of the dentist.

During our lunch breaks and after working hours, Miguel, the assistant of the previous dentist Daniella, made sure that all the used instruments were sterilized and that everything was cleaned. He helped us when the dental handpiece was broken and he fixed the suction device when it stopped working well. Miguel gave also the instructions after extraction and brushing instructions to the patients himself in Spanish. This was very helpful.

Daniella, local dentist, also visited the dental practice a few days to help us out. She even drove 3 hours to bring a new polymerization light when the one in the practice broke, for which we are still very grateful to her.

Not only Miguel and Daniella, but definitely also Saribel helped us out enormously. Because 'abre tu boca' which means 'open your mouth', was pretty much the only sentence we knew in Spanish. We were very thankful that she translated everything for us. Saribel ran from chair to chair to help us where needed and she reassured the patients. She also meant a lot to us: she arranged everything we needed and had made sure we could treat a maximum of patients in the limited time we had. Special thanks to this helpful team.

Treatments

We saw a total of 163 patients for a check-up in our seven working days. We have performed various treatments, including restorations, sealants, extractions, Hall-crowns, pulpotomies and even two endodontic treatments. We used around 100 carpules of local anesthesia.

Treatments	Numbers
Check-ups	163
Restorations	170
Sealants	61
Extractions	47
Hall-crowns	15
Pulpotomies	3
Endodontic treatments	2



Recommendations

- We suggest bringing Hall-crowns. We didn't bring them ourselves, so we often had to opt for a composite restoration. However, especially for children who are more difficult to treat, Hall-crowns are a good option with a good long-term prognosis.
- It is also recommended to bring sealants and GIC as well. A mixing machine is available.
- We brought lots of presents for the children, so they would leave the practice with a smile. This worked very well, even the adults liked the presents.
- Manual toothbrushes to hand out are always welcome and needed.
- Although we had Saribel to translate everything for us, the experience would be even better if we mastered the Spanish language ourselves. It is definitely worth to invest time in Spanish lessons before coming to NPH Guatemala. This provides better communication with the patients and with the local staff.



Conclusion

Altogether, we had a fantastic experience! We will never forget this adventure and dental work. We were able to help a lot of people and we are supporting the volunteering teams in the future to continue our mission to improve dental care for the people in NPH Guatemala.

We couldn't have done this without Saribel, Miguel, Daniella, Elmer and the rest of the team of NPH Guatemala. We also want to thank Orlando Ramos, national director of NPH Guatemala, for his exceptional hospitality. Special thanks also go to Margreet from WereldOuders, for making this journey possible. We want to thank ACTA, Dentalair, Philips and de Tandartsspoedpraktijk for all the equipment they sponsored. And last but not least, many thanks to all the donators. We are very grateful.

Best regards,

Christina Chan, Hansje Klijsen,
Josje de Bruijne and Celine
Stoop

(Please, do not hesitate to
contact us prior to your stay!)



Attachments

1. *List of dental supplies we brought*
2. *List of materials we suggest to collect/donate*
3. *Appointment cards we used*
4. *Pictures of dental units/equipment*

1. List of dental supplies we brought



List of Materials (English)



















- Saliva ejectors
- Cotton rolls
- Hand disinfection alcohol
- Surface disinfectie alcohol 70%
- Terumo siringes 12x
- Sponges
- Clearfill DC Core
- AH26 Root canal sealing material
- Sycamore interdental wedges
- Navitips
- Articulating paper
- Burrs
- Contact matrix
- Stainless steel files
- Endo stand
- Twinblock
- Paperpoints
- Matrix rings
- FFPS masks
- Nitrile gloves
- Floss
- Microbrushes
- Toothbrushes
- Talc powder
- Tooth saver necklaces 144x
- Rubber gloves 3x
- Tooth brush model 1x
- Sunglass child 1x
- Baby bottle 1x
- Dummy/binkey 2x
- 3x dental outfit (trouser = shirt)
- Pincet 3x tweezer
- Small mirrors 10x
- Fiat ash 2 x
- 5x boll ash
- Scaler 2 x
- Excavator 2x
- Sonde 2x
- Needles 48x
- Gause 5 x 5 200x
- Bone forceps 1x
- Rings 75x
- Needle 9syringe0 holder 1x
- Optragate 100x
- Cotton rolls 700x
- Needle holder 1x
- Scotchbond 3x
- Microbrushes 500x
- Flowable composite 1x
- Composite 300x

2. List of materials we suggest to collect/donate

- Duraphat/Gluma
- Sealents
- GLC
- Hall-crowns / RVS
- X-ray measurement detectors (to know the quantity of radiation for the dental Xrays)
- Presents for the children
- Manual tooth brushes (for children)
- Electronic files (and endodontic motor, it was not available)
- Etch and bonding
- Composite (there is some, but the expiration date is unknown)
- Forceps for molars
- Needles

Because we are not allowed to bring the local anesthesia ourselves, please contact the team prior to your visit to be sure they ordered enough. We used approximately 100 carpules in 7 working days.

3. Appointment cards we used

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4. Pictures of dental units/equipment

