



# Final report NPH Guatemala 2026



**February 2-6- 2026**

## **Introduction**

Our team consisted of a periodontist (Motti Dahan), a dental hygienist (Senne Fleur Hooimeijer), and a dental assistant (Leonie Huisman). Together, we work at the Clinic for Periodontology and Implantology in Huizen, The Netherlands. In 2022, we went to Guatemala for the first time. We enjoyed it so much that we certainly wanted to go back. This was our fifth time participating as volunteers via the Dutch organization 'Wereld Ouders' for the NPH.

On Saturday, January 31<sup>st</sup> 2026, we flew to Guatemala. We were picked up at the airport and brought to our Airbnb in Antigua. The day after our arrival, we decided to see more of Antigua and get some rest.

On Monday, we went early to the NPH home in Parramos, close to Antigua. There we met Annie (visitor coordinator), Daniella (dentist), David (translator), Mariella (general support), Carla (general coordinator), and Kimberly (assistant). Together we had a nice breakfast. After that, we unpacked our equipment and materials and got started with our program. From Monday morning until Thursday afternoon, we provided dental care to the children who are new to the NPH project. They live nearby and go to school at the NPH home (the "externos").

## **Preparations**

*Flight and planning*

After several contact moments with Margreet, and as we heard that there was a possibility to support the team in Guatemala again, we decided we wanted to go to Guatemala in January 2026. We booked our flights, arranged our stay in Antigua, and the dental supplies, and made plans after our week of work at the NPH. As there is no direct flight to Guatemala City, we had a transit in Panama. We planned to work in the first week of our stay in Guatemala and to travel to see Costa Rica afterwards. To be able to take as many dental supplies as we could, we all checked in a suitcase up to 23 kg and took carry-on luggage.

### *Dental Supplies*

As dentist Daniëlla preforms dental care at the NPH, the Clinic is nicely equipped. To be sure we would be able to provide certain dental care, we brought additional dental supplies with us as much as we could. These supplies were mostly sponsored by dental depots. Before our departure, we made a list of all the supplies that we would bring with us so Margreet could make a report for Customs at the airport (in case they had questions about it). In the attachments, you will find the list of materials we took to Guatemala. Eventually, there were a lot of materials present in the clinic at NPH. However, we tried to use as many supplies as possible that we brought ourselves, to save the products of the clinic that were already there.

### *Visa/ registration form*

To visit Guatemala, you need a “tourism visa”. We got the visa when we arrived at the airport automatically. The duration for a stay is up to 90 days. Be aware that you might need a Visa for the countries where you have a transit (like the USA). On forehand it’s also recommended to fill in an online form to register. You will receive a QR-code. This makes it easier when you arrive and to get through customs at Guatemala.

### *Vaccinations*

To visit Guatemala, it is highly recommended to take some vaccinations before you go. Fortunately, we all already had the recommended vaccinations (DTP and Hepatitis A) because of previous trips, and of course, we also took a lot of Deet. For the current advice for traveling to Guatemala, you should consult your own doctor.



### **Our work at the NPH premises**

#### *NPH home area*

The NPH home premises is a nice and big area. It is a kind of mini village where a small group of children lives. The NPH home is also a place where underprivileged children who live in (or

close to) Parramos, with their parent(s) or family, can go to school and can get medical care, the so-called externos. All the children go to an elementary school or high school at the NPH home. For the younger children, there is a daycare. For the children who live at the NPH home, there are separate buildings for boys and girls, sorted by age.

There is a medical clinic where the children can get dental care, ergotherapy, and other medical care. The dental clinic is in this building.

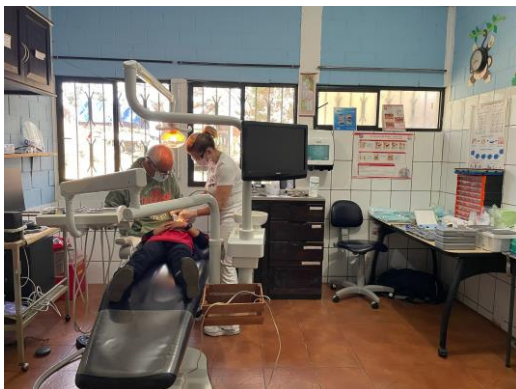
Further, there is a school building, handcraft areas, a library, a church, a big central kitchen, a volunteer house, a guesthouse, a soccer field, a volleyball field, multiple playgrounds, and even a kitchen garden.



### *Our stay*

We decided not to stay in the guest house at the NPH home premises. Instead, we slept in an Airb&b in Antigua. This allowed us to see the surroundings and discover Antigua during the evenings.

As mentioned before, we stayed from January 30th until February 7<sup>th</sup>, 2026, in Antigua. The drivers from the NPH home took us to Parramos every morning and brought us home at the end of the day. It is a 30-minute drive. Our working day started at 8.30 a.m. and ended at 5.00 pm. Our lunch time was between 12.30 and 1.30 p.m. We got breakfast and lunch from the NPH home kitchen.



### *The clinic*

The dental clinic is located within the medical clinic and is a neatly equipped and well-organized room with one dental chair. The chair, the lamp, multifunction syringe, airrotor and micromotor all functioned well during our stay. The suction device was attached to the unit, but it does not work very well.

There is a portable ultrasonic device that works very well. Furthermore, there were enough basic materials present like instruments and filling materials. There was also the possibility of making x-rays, but we did not use that.

There is no air-conditioning or heating system in the room. It was quite cold the first few days, but we put on our sweaters or jackets. During the warm season, you can manage the warmth by opening a window and the door on the opposite wall, so you can manage to keep it cooler in the room.



### *Working method*

After we had our introduction breakfast on Monday, we unpacked and organized all the instruments and materials. A fantastic and special team was formed to prepare and support our project to perform dental care at the NPH home. Annie, the visitor coordinator, was our contact at the NPH home during our stay. But we also had a big team that supported us with several jobs. Our job was to perform dental care to the "externos". The team arranged that 57 children were planned for check-ups on Monday and Tuesday. In total, 44 children showed up.

Senne Fleur provided brushing lessons in small groups of children in a separate room. Senne Fleur made a presentation with help from "[www.dhin.com](http://www.dhin.com)" and the project from Ivoren Kruis called "Hou je mond gezond". The team at NPH arranged a laptop and a beamer. If you want to use the presentation, we can email it to you. It contains a small quiz which shows the children which food is cariogenic. Furthermore, it mostly explains how to

brush properly. After the presentation, the children all got a toothbrush and a mirror and then practiced together with Senne Fleur and the brushing model how to brush.



During the check-ups by Motti and Leonie some children were treated right away, most of the children got a new appointment on Tuesday, Wednesday, or Thursday. We made small appointment cards and gave them to take home. So that if they wanted, they could come with their parent. In the clinic, David (translator) and (dental) assistant Kimberly helped us a lot. They knew how the chair worked and where all the materials were. They also explained the different treatments to the parents and children. Kimberly did all the sterilization. Everything was so well organized that we could start our treatments right away the next morning!

Further, the team arranged that there was always someone to translate for us. So, David (former resident of NPH) or Annie (visitor coordinator) translated all the brushing lessons, check-ups, and treatments for us in Spanish! This was very helpful to the children and their parents!



### Treatments

Brushing lessons	+/- 30
Check-ups	44
Fillings composite	39
Sealants	40
Extractions	4
Anesthetics	+/- 40

### Challenges

We tried to prepare ourselves as much as possible and were aware that we could face some challenges during our stay at the NPH home in Guatemala. We read the report of the dentist and her team who visited the clinic in June last year and had a lot of contact with Margreet. There was also set up a conference call to meet the staff that was supporting us during our stay. We took as many of our own supplies as we could, so we did not have to rely on the available supplies, and we were certain that we would be able to perform the necessary treatments.



Unfortunately, it is prohibited to take any anesthetics with you. But luckily, Annie/ Kimberly took such good care of that.

Of course, the fact that we didn't speak Spanish was a big challenge to communicate with the kids. Thankfully, we had a lot of translations done by David, Annie, Daniëlla, and Kimberly.

Some children were given several appointments, to get used to a dental practice, and to get used to going to the dentist. Sometimes we did treatments right away. It was sometimes a dilemma, choosing between leaving cavities or treating cavities, while the kids didn't want to.



The oral health of the children who don't live inside the NPH home was quite okay . Some children had a lot of cavities, especially in primary teeth. The children drink a lot of soda or coffee with sugar during the day. We explained (also to the parents) that it's better to have drinks without sugar and not drink soda during the whole day. We also did a lot of brushing lessons and practiced with the children; however, they must keep hearing this several times.

There was no computer or any kind of administration system. So, we had to do all the documentation (agenda and treatments) on paper. Because this was not our first time performing dental care at the NPH, we managed to get a good system.

### **Recommendations**

- We would suggest bringing more extraction forceps for children. There were enough, but mostly for permanent teeth.
- It is definitely necessary to keep up the brushing lessons and provide dental health information to the children (and their parents). Bring a lot of toothbrushes!
- It would be best to have a computer to set up a nice registration system.
- It would be best if another dental team will go within 3 to max 6 months to continue the checkups.
- It is good to take as many of your own supplies as possible.
- Daniëlla will be there two times a month. It would be preferable if there is a follow-up beside Daniëlla to support the NPH family program.

We really would like to thank Margreet (Wereld Ouders), the team from NPH Guatemala, and sponsors (Dental promotion and innovation (DPI), and DeMegro). Everything was so well prepared and organized for us, and they took such good care of us. We are very grateful.

Best regards.

Motti Dahan, Senne Fleur Hooimeijer, Leonie Huisman

### **Attachments**

#### *Dental supplies*

#### **Product list for Customs**




Examination gloves (Iniclove, Sterlin) S, M

Non woven Swabs (Yellow Point)

Cleaning/ disinfection wipes (fhs)

Surgical mouthmasks (Yellow Point + Barrier)  
 Cottonrolls + cottontips  
 Antibiotics Amixicilline 500mg/ 250mg 10x  
 Red-cote disclosing tablets  
 Endodontic sealer  
 Suture material div.  
 Resorbable suture material (Alan-Glyde)  
 Polishing paste (Demedent)  
 Microbrushes  
 Desinfectionpowder/ Sekusept (Ecolab)  
 Talcpowder  
 Aspiring tubes  
 Plastic safety glases/ masks  
 Dental instruction model + Big Brush  
 Occlusion paper  
 Needels (Terumo + Sopira)  
 Dental instruments (diverse types)  
 Wedges  
 Pollishing discs  
 Surgical drills + tips  
 Composite resin restauration materials div.  
 Ceramic Composite Flow (Voco)  
 Etchinggel div.  
 Automatrix (Densply)  
 Bonding div.  
 Paperpoints  
 Polishing cups + brushes  
 Flexidam (Roeko)  
 Airrotors/ turbines (Exellent Colorful)  
 Surgical blades  
 Mint waxed Floss (OralB)  
 Toothbrushes (divers)  
 Dishwashbrush  
 Householdgloves  
 Paper handtowels  
 Desinfection handgel (Necaldo)

**Appointment cards**

<p>Cita con el dentista </p> <p><input type="checkbox"/>lunes <input type="checkbox"/>martes</p> <p><input type="checkbox"/>miércoles <input type="checkbox"/>jueves</p> <p><input type="checkbox"/>viernes Hora: _____</p>	<p>Cita con el dentista </p> <p><input type="checkbox"/>lunes <input type="checkbox"/>martes</p> <p><input type="checkbox"/>miércoles <input type="checkbox"/>jueves</p> <p><input type="checkbox"/>viernes Hora: _____</p>	<p>Cita con el dentista </p> <p><input type="checkbox"/>lunes <input type="checkbox"/>martes</p> <p><input type="checkbox"/>miércoles <input type="checkbox"/>jueves</p> <p><input type="checkbox"/>viernes Hora: _____</p>
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