

INTRODUCTION

Taking into account the rapidly increasing population and the scarcity of oral health care services there is a need to train as many primary health care workers as possible. A competency based oral health care training integrates oral health into general health, is cost effective, relevant, shortens the training time and is practical.

The overall aim of this handbook is to enable trainers to train primary health care workers to improve the oral health of the people of Nepal through the promotion of oral health, and the provision of affordable and accessible oral health care, that is sustainable throughout the country, especially in rural areas. Trainers will be provided competency-based knowledge questionnaires and checklist for skills to assist them to evaluate each participant's performance objectively.

This Trainers Handbook will standardize oral health information, procedures and practices at a primary level throughout Nepal. Every primary health care worker who takes this course will receive the same information with the same emphasis. This is to ensure that consistent quality oral health care is available to all people throughout Nepal.

This training for primary health care workers is competency based with a participatory approach. This will assist health care workers to learn effectively.

The duties of primary health care workers in Basic Oral Health Care (BOHC) are:

- Community oral health promotion (education and prevention) including oral hygiene instructions
- Examination , diagnosis and management of the following common oral diseases at the health post level:
 - dental caries, dental abscess
 - periodontal disease, periodontal abscess
 - pre-cancerous oral lesions, cancerous oral lesions, suspect oral lesions
 - referral if necessary
- Simple extraction of permanent and deciduous teeth after proper consideration of systemic disease and taking proper precautions
- Management of oral facial trauma:
 - First aid care for oral and facial trauma and referral for further treatment
- Management of oral and developmental defects:
 - Early detection, counseling and referral for care
- Prescription of medication (antibiotics, analgesics)
- Administration
 - Gathering of data as required (statistical assistant)
 - Preparation of monthly reports
 - Stock maintenance, ordering of supplies and making sure supplies are budgeted for
 - Maintenance and care of instruments/equipment

OBJECTIVES OF BOHC TRAINING

Oral Health Promotion

By the end of the course the primary health care workers will be able to:

- Plan oral health education lessons for various people groups
- Apply proper teaching methodology to encourage learning
- Describe the benefits associated with fluoride, tooth brushing, healthy diet
- Describe the risks associated with tobacco habits and use of supari, etc

Oral Medicine And Oral Surgery

By the end of the course the primary health care workers will be able to:

- Describe the basic anatomy of the oral cavity and the nerve supplies
- Identify the common causes of oral pain
- Screen patients for medical conditions or problems which may affect the type of treatment given
- Recognize normal and pathological oral conditions
- Explain dental caries and periodontal diseases and provide preventive measures for dental caries and periodontal diseases
- Recognize common oral diseases, and manifestations of some infectious diseases which should be referred
- Perform uncomplicated simple extractions of deciduous and permanent teeth
- Provide profound local anesthesia (Demonstrate how to successfully anaesthetize any teeth)
- Recognize, diagnose and treat or refer common emergencies, which may occur during dental treatment
- Know how to manage immediate post extraction complications
- Describe the basic pharmacology of essential drugs used in dentistry for prevention and treatment of oral diseases
- Prescribe analgesics and antibiotics
- Refer for advanced treatment

Prevention Of Cross Infection

By the end of the course the primary health care workers will be able to:

- Describe the objectives of infection control
- Define the infection control terms: cleaning, high level disinfection (HLD), sterilization, personal protective equipment (PPE), asepsis, and disinfection
- Understand mode of transmission of infection and understand how to prevent cross infection
- Maintain a clean work site
- Demonstrate and practice effective infection control practices
- Demonstrate and practice the appropriate handling and disposal of contaminated waste materials and sharps

TRAINING INFORMATION FOR BOHC

Location Of Training

Theory classes will be conducted in a room with access to electricity. Practical training may take place in local hospitals, primary health care centres, health posts, schools or in the community.

Duration Of The Course

The duration of course is approximately two weeks with, 6 days of theory (lectures, demonstrations, discussions and pre-clinical practical work). The following 7 days are practical sessions in dental camps and the last half of the 14th day is reserved for feedback, certification and handover of oral care instruments.

Trainees

Selection of participants will be performed by the District Health Officer (DHO) or by the Oral Health Focal Point, Department of Health Services, Ministry of Health. In order to maintain quality training the number of participants accepted will depend on the number of trainers available. Twelve to fifteen participants per training, with a ratio of 3-4 participants to a trainer is most appropriate.

Criteria For Selection Of Trainees

- Participants are to be certified primary level health workers who are already working at health posts, sub-health posts or primary health care centres or hospitals in rural or small urban centres away from Kathmandu. They will be under the age of 40 and have good eyesight.
- Trainees should be committed full time to complete a two week training course
- Female trainees will have the same opportunity as male trainees in the selection process
- Priority will be given to trainees who live and work in the more remote areas of Nepal

Trainers

The trainers are qualified dentists registered with the Nepal Medical/Dental Council. It is preferable for the trainers to have experience in teaching, management of dental camps, or have taken a trainer's course in basic oral care.

Training Methodology

Knowledge is passed on to the participants through lectures, demonstrations, group discussions, seminars and role play. Trainees are expected to read and use as a reference the training manual which is provided at the beginning of the training. Educational objectives include behavioral and communication skills which are fundamental to problem solving in a community setting. Teaching methods promote a positive caring attitude towards patients, members of the community and cooperation amongst members of the health team.

Coaching is fundamental teaching method in this training course. The trainer first explains the skill or task to be learned and then demonstrates it using models, power point slides and pictures.

Once the procedures have been demonstrated and discussed the trainer observes and interacts with the participants as they practice the skill. This is done first in the classroom and then in the dental camps. The trainer monitors and guides the participants' learning and assists in problem solving. The participants are given adequate time to try the skill themselves and to repeat it as many times as necessary. The trainer provides frequent, constructive feedback that will help the trainees to improve their performance and encourage confidence.

Evaluation Methods

Evaluation is a component of teaching and learning, serving to periodically assess that the participant is acquiring knowledge, attitudes and skills. There will be ongoing evaluations throughout the training, using a variety of assessment methods which are economical, valid, reliable and helpful to the trainers and participants. The trainer has the responsibility to decide what skill needs to be assessed in order to meet the objectives of the course.

The following methods are used for evaluating the participants:

- Pre- and post-test questionnaires
- Questions and answers
- Observation
- Participation of the trainee
- Accomplishment of practical skills in oral health promotion, diagnosis, treatment, post operative care of the patient, proper infection control, quality and quantity of work.

Post Training

- At the completion of the course certificates are presented to the participants who have successfully completed the course
 - Pass mark for theory is a score of 50% on written exams.
 - Shown ability to perform skills, task and provide profound local anesthesia for the extraction of 40 teeth during the 7 day camps
 - Successful local anaesthesia of the Inferior Alveolar Nerve at least 15 times
 - Given all the block injections and at least given each block twice during the course of the camps
- Trainees provide verbal and written feedback on the training on a daily basis
- Trainees and their related organizations are expected to send regular reports on oral care treatment performed in the community
- One set of oral care instrument (extraction instruments) is provided to each trainee and should be kept at the government treatment centre
- Trainees will be subjected to an evaluation (exam) after the theories and practical to asses their credibility for further participation and eligibility for certification

BOHC TEACHING UNITS AND SUGGESTED TIMETABLE

DAY	TOPIC	TIME
1 st	Registration, introduction, pre-questionnaire Oral anatomy Teeth morphology, eruption, numbering, differences between primary and permanent teeth. Dental caries Periodontium and periodontal diseases Practical	1 hour 30 minutes 1 hour 1 hour 30 minutes 1 hour 1 hour 1 hour 30 minutes
2 nd	Revision Oral cancer Other oral conditions Maxillo-facial Injuries Oral examination and medical history Nerve anatomy	1 hour 30 minutes 1 hour 1 hour 30 minutes 1 hour 1 hour 2 hours
3 rd	Revision Drugs and clinical emergency Local anaesthesia Consideration and complications of local anaesthesia Oral exam, recording and practice of local anaesthesia	1 hour 30 minutes 1 hour 1 hour 30 minutes 1 hour 2 hours 30 minutes
4 th	Revision Instruments for extraction Extraction and complications Forceps review, positioning and case studies Instrumentation and positioning	1 hour 30 minutes 1 hour 1 hour 1 hour 3 hours
5 th	Revision Infection control Video training and implementation	1 hour 30 minutes 4 hours 2 hours
6 th	Revision Fluorides Oral health promotion Use of flip chart Discussion Post questionnaire	1 hour 30 minutes 30 minutes 2 hours 30 minutes 30 minutes 2 hours
7 th -13 th	Practical in dental Camps	Whole day
14 th	Feedback Post – training evaluation Certificate Instruments	4 hours

