

Foreword

A lot has been spoken and written by WHO with regards to 'Basic Package of Oral Health Care'. This has been mainly emphasized to provide Oral Health Care to the underprivileged people. Taking this as a foundation a network is trying to be established throughout the country to provide these underprivileged, marginalized rural community people access to care such as oral and maxillofacial emergencies, simple extractions, management of oral and maxillofacial injuries, prevention of oral diseases, use of fluoridated tooth paste, oral health promotion. Atraumatic Restorative treatment and Arrest of caries through the topical application of fluoride will be dealt with in the second part of this package.

We hope that this manual which has been devised as a source to guide the health assistants/ Senior Auxiliary Health Workers/Auxiliary Health Workers in providing Basic Oral Health Care live up to its expectation. The contents have been revised and prepared taking into account the previous experiences of trainers and trainees. We have tried to make it feasible with the scenario of Nepal. All HA's/ CAHW's/ AHW's who have received training on Basic Oral Health Care should understand and confine within the limitation of their boundaries, regulations, and responsibilities while providing care.

This manual was prepared by Dr. Robert Yee, Dr. Archana Pradhan, Ms Dhana Lama, and Dr. Subodh Nepal from Oral Health Program, United Mission to Nepal in 2060 B.S. Recently this has been revised recently taking into account the discussion and suggestion received during the 'Oral Health Training Review Meeting' and Training of Trainers on Oral Health Management' a workshop which was facilitated by Oral Health Program, United Mission to Nepal for Oral Health Focal Point, Management division and sponsored by WHO. We gratefully thank Dr. Ranjita Shrestha, Dr. Kiran Raj Awasthi, Dr. Sanjay Kumar Tiwari and Ms Dhana Lama from Oral Health Program for their effort in revising this manual. We would also like to thank all those participants, who have not been named but still have directly or indirectly helped in preparing this manual.

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Aims and Objectives

1. Will be able to understand about the anatomy of the skull its structures.
2. Will be able to understand the anatomy and functions of different types of teeth and also be able to differentiate and identify them
3. Will know the simple time of eruption and shedding time and sequence of the teeth
4. Will be able to identify the signs and symptoms of different oral diseases such as Dental caries, Periodontal diseases, Oral Cancer etc. They will also learn to prevent such conditions in a personal and community level.
5. They will be able to manage minor injuries of the mouth and teeth such as fractured/ intruded/ extruded teeth, and fractured/ dislocated jaws
6. They will be able to identify, prevent, manage and refer other oral problems like pericoronitis/ impaction, cellulites, thrush, wasting diseases etc.
7. They will know the role of Fluoride in the prevention of Dental Caries and implement this knowledge in Oral Health Promotion in the community
8. They will be able to teach different aged people, special target groups such as pregnant mothers, children, things on oral health and effective brushing technique
9. They will be able to understand and implement ways for effective infection control and also put it into practice
10. They will be able to take a complete dental history, and document the findings of an oral examination and in case required be able to provide preventive measures
11. They will be able to give a proper anesthesia with a sound knowledge of the nerve anatomy. They will be then able to identify and manage related oral emergencies
12. They will able to perform simple extractions and refer cases plus be able to give post extraction instructions and other cares

Basic Oral Health Care

Introduction

World Health Organisation (WHO) recommends and promotes Basic Oral Health Care Package to provide oral health care to communities. It emphasizes on an effective, acceptable, affordable and cost effective quality care for marginalized and underprivileged society in developing countries. Based on this principle Nepal has also developed a Basic Oral Health Care Package for Nepal, which includes **Oral Urgent Treatment–OUT, Affordable Fluoride Toothpaste – AFT, Atraumatic Restorative Treatment – ART, Arrest of Caries Technique – ACT and Oral Health Promotion.**

Recently a step has been taken in Nepal to incorporate this Basic Oral Health Care into the Primary Health Care mainstream. This is because Primary Health Care Workers can provide quality care at a low cost. But it is necessary to train these Primary Health Workers to provide such care.

This manual has been prepared to train the Primary Health Workers in their own country with the available resources to provide quality and practical basic oral health care at a community level. Therefore, materials on Oral Urgent Treatment, Use of Affordable Fluoride toothpaste and Oral Health Promotion have been included in this manual. Materials on Atraumatic Restorative Treatment and Arrest of Caries Technique will be included in the refresher course.

Basic Oral Health Care is also an integral part of National Oral Health Strategy for Nepal. This includes programmes to provide trainings for Primary Health Workers on Basic Oral Health Care, regular supervision and assessment of their work, provision of necessary help and support and refresher courses. These programs are run through the Oral Health Focal Point, Management Division, Department for Health Services, Ministry of Health and Population. But it is impossible to implement these programs by the Oral Health Focal Point alone so it requires a total commitment and support from all.

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