



A DENTAL CLINIC IN CONTAINER! A NOVEL IMAGINATION TURNED INTO REALITY!!

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Abstract

Aim: To provide the best possible dental treatment to individuals living in a rural setup at a lower cost as well as to educate them well about maintaining a good oral health. A unique location was planned for the community dental centre which was that of setting it up within a container. The setup was just like a mini dental clinic consisting of a waiting area for patients and a cabin that consisted of a well loaded dental chair inclusive of equipments such as an air rotor handpiece and a dental ultrasonic scaler. The treatments provided at this unique community dental centre include the following.

- Restoration of decayed teeth.
- Root Canal Treatment for severely decayed teeth that can still be saved.
- Cleaning of teeth using an ultrasonic scaler thereby leaving your teeth stain free and making them gain their original glory.
- Dental Extractions for teeth that are so badly decayed that they are no more salvageable.

Introduction: Prevalence of dental problems in India has become an issue in many of its states. In rural areas the dentist to people ratio is 1:200000 thereby making the development of a community dental centre extremely essential for the rural individuals. A community dental centre plays a very

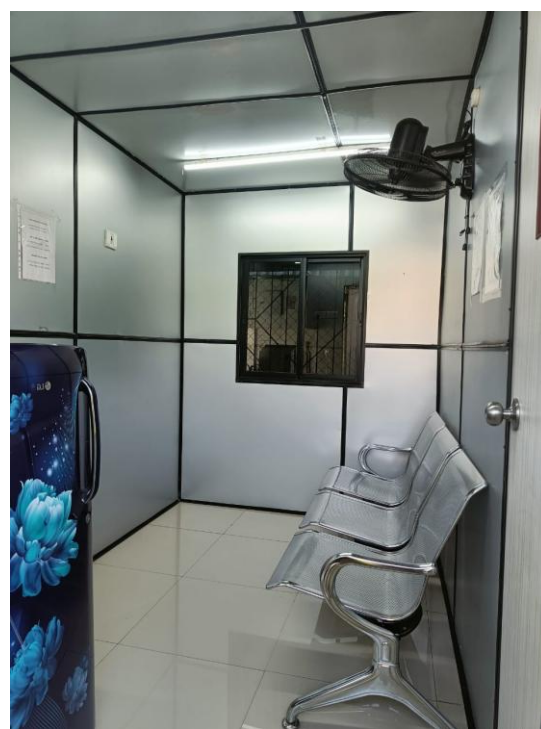
important role in the improvement of oral health in areas where there is lack of instruments, materials, and equipment to provide optimum quality of dental treatment at a lower cost. Hence Crystal Industrial Syndicate Pvt Ltd decided to have a community dental practice centre within their factory premises in Kaire Village, Rasayni Patalganga, Maharashtra. They did the same in collaboration with Dr. Pauravi Hegde (BDS, MDS) a well-qualified dentist with specialisation in the field of Conservative Dentistry and Endodontics who graduated from esteemed institutions including A.B. Shetty Memorial Institute of Dental Sciences, Mangalore, Karnataka, and Manipal College of Dental Sciences, Manipal, Karnataka.

Aim: The main aim behind setting up a rural community dental centre is to provide the best possible dental treatment to individuals living in a rural setup at a lower cost as well as to educate them well about maintaining a good oral health.

Objectives

- To provide a range of dental treatments to the rural population residing in Patalganga and nearby villages at a lower cost.
- To educate the rural individuals about the various dental treatment options.
- To educate the rural individuals about the benefits of having and maintaining a good oral hygiene.
- To educate the rural individuals about the adverse effect of harmful habits such as paan chewing, gutka chewing, smoking beedi etc.
- To educate the rural individuals about the proper brushing techniques and the importance of brushing their teeth twice a day.

The setup: A unique location was planned for the community dental centre which was that of setting it up within a container. The setup was just like a mini dental clinic consisting of a waiting area for patients and a cabin that consisted of a well loaded dental chair inclusive of equipments such as an air rotor handpiece and a dental ultrasonic scaler. Also included was a dental x-ray unit along with a digital x-ray sensor. This plan of setting up a dental clinic like facility within a container was indeed unique and one of its kind. The community dental centre was inaugurated by the local village panchayat head. The major advantage of being setup within a container is it being portable as it can be loaded on a truck and taken to various locations.







Common Dental Problems Encountered by Rural Population

The most common dental issues seen among the rural individuals include the following:

- Heavily stained teeth.
- Heavy plaque and calculus deposits seen surrounding the teeth resulting in the inflammation of the gums encompassing the teeth.
- Severely decayed teeth
- Missing teeth
- Spacing between teeth
- Mobile teeth
- Foul odour from the mouth

The most common causes for the above listed dental issues among the rural individuals include the following:

- Habits such as paan chewing, gutka chewing, smoking beedi etc.
- Excessive consumption of a carbohydrate rich diet with an increased frequency of eating foods containing high quantities of carbohydrates.
- Improper brushing techniques.
- Not brushing their teeth at all resulting in an extremely poor oral hygiene.

- Bone loss because of pressure on the gums because of which they get inflamed, this occurs because of heavy calculus deposits around the teeth and the gums due to improper maintenance of oral hygiene post the consumption of food.

Treatments provided: The treatments provided at this unique community dental centre include the following;

- Restoration of decayed teeth.
- Root Canal Treatment for severely decayed teeth that can still be saved.
- Cleaning of teeth using an ultrasonic scaler thereby leaving your teeth stain free and making them gain their original glory.
- Dental Extractions for teeth that are so badly decayed that they are no more salvageable.

Response from the rural community: The response from the locals was excellent as many of them came and have been coming to avail dental treatment. There has been a significant increase in dental awareness among the rural individuals. When the patients come for a second visit post one round of cleaning of their teeth, a significantly increased improvement has been seen in their oral hygiene which clearly is an indication of their newly built interest in maintaining their natural teeth in the best possible condition. The rural individuals have also become much more aware of the various dental treatments that are in existence.

Conclusion: Hence, it can be concluded that the novel idea of setting up a community dental centre within a container in a rural area has indeed been a tremendous success. This setup can be well utilized to a larger extent in providing high quality dental treatment to individuals living in villages at subsidised rates across India. This setup can also be used for conducting dental camps in setups such as schools across India with the container being portable in nature.

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