

Bhakanje Free Dental Camp Report

2024



Prepared by:

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Introduction:

A 4-day free dental camp was conducted in Bhakanje, Lhikhupike-5, Solukhumbu, from 10-13 October 2024. Bhakanje is a small village located in the Himalayan region of north-eastern Nepal. Due to its remoteness and topographical barrier, the Bhakanje community typically lacks easy access to medical facilities, especially dental care. In fact, some have never seen a dentist in their entire life. Many students and residents have long-standing dental issues that without intervention, would go untreated for extended periods potentially leading to more severe health problems.

This camp was initiated by Miss Rajani Tamang, a dental hygienist from Bhakanje village and a former scholarship student of the Himalayan Project Nepal (HIPRON). After completing her dental hygienist course, she returned to her village and conducted a basic survey of dental problems in five local schools. Her survey revealed that nearly 90% of the students had dental problems. Consequently, she approached Kurt Lomborg, Chairman of the Himalayan Project Denmark, during his visit to Nepal in the spring of 2024.Kurt then discussed the matter with Dr. Jangbu Sherpa, (Orthodontist, a former scholarship student and current board member of HIPRON) and Rajani Tamang. Their discussions led to the possibility of organizing a dental camp in Bhakanje during autumn. However, funding posed a major challenge. Upon returning to his country, Kurt shared the dental issues of Bhakanje with his friends and successfully raised donations for the camp, which would not have been possible otherwise.

The camp aimed to address the dental health needs of schoolchildren and local residents, as well as to create awareness about dental hygiene practices for those with limited access to dental care.

Objectives:

- To screen for common dental issues and provide basic treatments to students from five schools and local residents in need
- To collect data on the prevalence of dental issues among students and local residents
- To promote oral health awareness and educate participants on proper oral hygiene
- To provide preventive dental treatments to the students such as Fluoride application and Pit and Fissure sealants
- To identify cases requiring further dental treatment and provide appropriate referrals

Methodology:

Rajani Tamang (Camp Coordinator) made all the arrangements for the camp in consultation with Janaki Khadka, the Managing Director of HIPRON and did coordination with schools and local leaders from Likhupike Municipality for necessary permission and approval.

A Day before the camp, the dental team members and the Hipron team (Kurt Lomborg, Anne Marie Lomborg, and Janaki Khadka) arrived Bhakanje after a 15-hour jeep ride from Kathmandu. The coordinator, Rajani Tamang, had arrived two weeks earlier to conduct oral hygiene education and fluoride application program to all the schoolchildren of the five schools.

Our dental team consisted of:

Dr. Jangbu Sherpa, Orthodontist- the lead dentist

Dr. Pasi Sherpa, Dental Surgeon

Miss. Rajani Tamang, Dental Hygienist- Coordinator

Miss. Pasang Gondae Sherpa, Dental Hygienist

Miss. Pasang Tamang, Dental Hygienist student

Miss Alisha Pradhan, Nurse

Mr. Shivaraj Basnet, Health Assistant

Mr. Lhakpa Sherpa, Principal of Chandrajyoti Secondary School- Volunteer

Mr. Bhupendra Tamang- Volunteer

Mr. Roshan Basnet-Volunteer

Target Group:

- Students from five schools: Chhimbu Basic School (Chhimbu), Sagarmatha Basic School (Sagardada), Shree Chandra Jyoti Secondary School (Bhakanje), Mahadev Basic School (Chhiringkharka), and Buda Kinja Primary School (Kinja).
- Local residents from nearby villages.



Camp activities:

Dental camp was set up at local Sub Health post. Each day, we scheduled students from specific schools to attend in order to manage the crowd more effectively.

Day 1: The first day began with a warm welcome program from local residents for our dental team, along with Chief Guests Kurt Lomborg and Anne Marie Lomborg, in the presence of the Chairman of Likhupike Municipality, Mina Karki; the Chief of the Health Department of Likhupike Rural Municipality, Gyanendra Gumdeli; the Ward Chairman of Likhupike-5, Nima Chhiri Lama; and the Managing Director of HIPRON, Janaki Khadka. We started seeing patients at 10 AM. We had 24 Students and 3 Teachers from Mahadev Basic School. They walked for 3 hours to get to the camp. We also had 6 students and 1 teacher from Buda Kinja Primary School. On the first day, there was a need for considerable impromptu management to address unexpected challenges and proper coordination among team members. We treated a total of 57 patients that day.

Day 2: On second day, we started around 8 am with smooth way throughout day. We had to take our lunch in shifts, dividing into two groups to ensure that treatment continued throughout the day and that we could finish the work on time, as most patients needed to walk home afterward. We had total of 53 patients including Students from Chandrajyoti Secondary School and local Residents.

Day 3: On the third day, we continued students from Chandrajyoti Secondary School along with teachers and locals. We predicted to have a smaller number of patients on third day because it was Tika day of Dashain festival (considered main day of Dashain) but it went opposite, there were 59 participants in total.

Day 4: On the final day, students from Chhimbu Basic School and Sagarmatha Basic School came to receive treatment. We had a total of 51 patients, including local residents. The day concluded with a closing ceremony and the packing of instruments to be transported to Kathmandu the next day.

A total of 137 students, 9 teachers, and 74 local residents participated in the dental camp over four days, bringing the total to 220 attendees. The most common dental problems identified included cavities, gum diseases, root stumps, pits and fissures on permanent molars, and tooth loss, particularly among older residents.

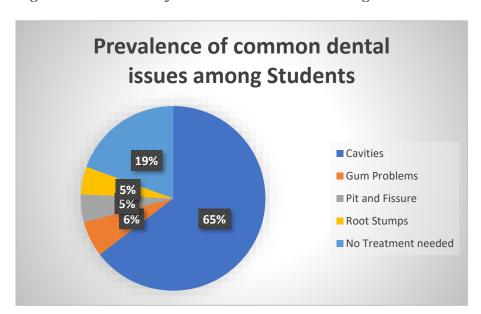


Figure 1: Prevalence of common dental issues among students

This data shows that cavities are the most common dental issue among students, indicating a significant need for preventive dental care. A notable percentage of students (19%) had no treatment needs.

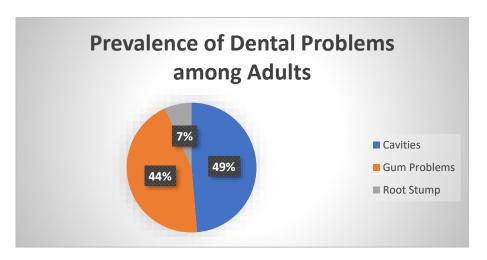


Figure 2: Prevalence of Dental issues among Adults

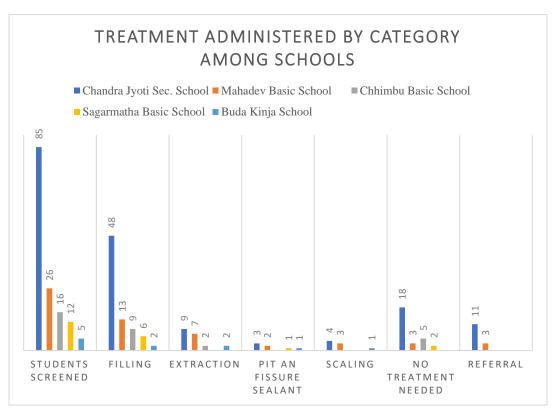
This data highlights that cavities are the most common dental issue, followed closely by gum problems, while root stumps are the least common among the adults.

Out of 220 participants, the treatments provided includes:

- 103 fillings for cavities
- 27 extractions of severely damaged teeth
- 7 pit and fissure sealants to protect permanent molars
- 37 scaling treatments to remove plaque and tartar buildup
- 25 individuals referred for further dental procedures that couldn't be performed at the camp

Notably, 28 students (19% students) displayed good oral hygiene and did not require any treatment. However, initial basic survey done by Rajani showed almost 90 percent students had dental issues. This contrast between initial survey and camp attendees indicates that among those who didn't attend likely to have more cases of dental issues.

Figure 3: Treatment administered by category among schools



Here is a bar chart displaying the treatments administered by category (total students screened, filling, scaling, extractions, pit and fissure sealants, no treatment needed and referral) for students during the dental camp.

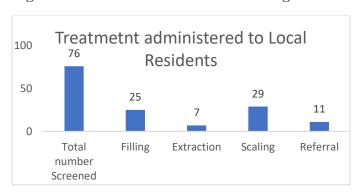


Figure 4: Treatments administered among Local Residents

This bar chart shows the number of local residents screened and the specific types of treatments with the highest number of treatments being scaling followed by filling.

Oral Health Education and Fluoride Program

Prior to the dental camp, Rajani Tamang visited all five schools to conduct oral health education and fluoride application programs. The primary objectives of these programs were to raise awareness about oral health practices among students and teachers, as well as to reduce the risk of cavities among students.

The program began on 27 September 2024 at Chandra Jyoti School, where 150 out of 158 students and 12 teachers participated in the education program and fluoride application was administered to all 150 students.

The program continued second day at Sagarmatha Basic School with 40 out of 42 students participating along with 4 teachers and 10 parents. On the same day, Rajani visited Mahadev Basic School, where 32 students and 4 teachers received dental education and fluoride application.

The final day took place at Buda Kinja School and Chhimbu Basic School where 65 out of 68 students and 6 teachers from Buda Kinja and 20 out of 22 students and 3 teachers from Chhimbu benefited.

Overall, 285 students across 5 schools received oral health education and fluoride applications. It is expected that involving teachers in the oral health education program, they can support students in maintaining good oral health by reminding them to follow proper hygiene practices.

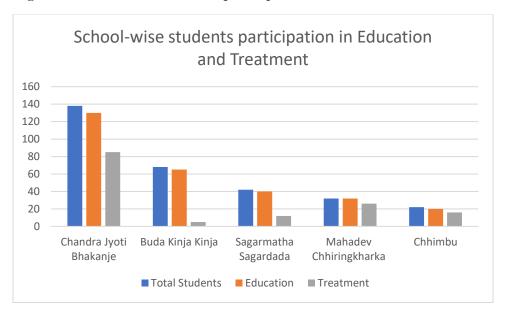


Figure 5: School-wise students' participation in Education and Treatment

This bar chart shows the school-wise participation of students in education sessions and dental treatment at the camp. The chart indicates that there is significant participation for the educational aspect but the participation in treatment varies widely across the schools.



Figure 6: Students participation in Oral Health Education Program





Expenses:

The total cost of the camp amounted to Nepalese Rupees 2,41,431/- which was a very minimal cost, as most of the dental team consisted of former HIPRON scholarship students who were enthusiastic to volunteer. The paid staff included Dr. Pasi Sherpa and dental hygienist Pasang Sherpa. Additionally, we borrowed a dental unit from Sonam Doka Sherpa, Co-Founder of The Small World and some instruments from Likhupike Municipality. With this modest budget, a significant number of patients received essential treatments. For the detailed cost breakdown, please refer to the table in the appendices below.

Outcome:

The camp provided much needed dental care to 220 participants including 137 students and 83 adults at free of cost who had limited access to dental care due to remote location and economic condition. This significantly reduced the immediate dental health burden in the community.

The camp raised awareness about the importance of oral hygiene through educational sessions for all students in all 5 schools and the teachers. It included demonstrations on proper brushing techniques, importance of diet and the importance of fluoride for preventing cavities. This education is expected to have a long-term positive impact by improving oral hygiene habits among students.

Fluoride application for all schoolchildren contributed to reduce the risks of dental caries among students.

Referrals provided for patients in need of further treatment will help prevent more serious dental issues.

Data collected during the camp on the prevalence of dental issues like cavities, gum disease and other problems will help future dental health initiatives.

Challenges:

The dental camp indeed faced significant challenges. Adverse weather including heavy rainfall and landslides, not only obstructed main highways across the country but also led to delays and a forced postponement during the Dashain festival. This timing could have particularly impacted participation from schools, especially Buda Kinja Primary School.

Despite initially informing the community that the dental camp was primarily for students, a significant number of adults turned up over the four days. This turnout emphasizes the pressing need for dental care among local residents, who may not have regular access to such services. Their presence indicates a high prevalence of untreated dental issues within the community, highlighting the importance of including adult services in future camps to address these essential oral health needs.

The limited equipment—just one portable dental unit with an in-built scaler—created long wait times, especially for those needing general cleanings. This setup required patients needing cleanings to wait until all fillings were completed. For future camps, providing each dentist with their own dental unit and a separate scaler unit for a dental hygienist would greatly improve patient flow, minimizing wait times and ensuring more efficient care for everyone.

Conclusion:

Despite few challenges, the 4-day dental camp successfully provided essential dental care to students from five schools and local residents, addressing a variety of oral health needs. In addition to the treatments, the camp emphasized oral hygiene and prevention, particularly benefiting schoolchildren through educational sessions and fluoride applications. It also highlighted the significant dental care needs among local residents and the necessity of adequate equipment and resources for smoother operations in future camps. Ultimately, the camp played a crucial role in offering accessible dental care to a community facing considerable healthcare barriers, fostering improved oral health and awareness.

Recommendation:

Recurring the dental camp at least an annual basis can provide consistent care and monitor progress of oral health status. Regular check-ups are essential, especially for children to find issues early.

Acknowledgement:

Heartfelt thanks to all our dedicated team members and volunteers for their hard work and effort to making the dental camp successful. Special appreciation goes to Papa Kurt and Mummy Anne Marie Lombog for their invaluable support in managing the funding for this initiative. A special thanks goes to Janaki Khadka, whose guidance throughout the entire camp ensured everything went smoothly and well organized. We are also grateful to Likhupike Municipality for providing essential instruments, and to Mrs. Sonam Doka Sherpa for lending us the portable dental unit. Finally, we acknowledge the local communities, students and teachers who contributed to the success of this dental camp.

Thank you all for your invaluable contributions toward this effort to promote better oral health and awareness among schoolchildren and local residents of Bhakanje.

Appendices:

Table 1: Common Dental Issues among students

Common Denta	l Issues among students
Dental Issue	Total cases
Cavities	93
Gum Problems	9
Pit and Fissure	7
Root Stumps	7
No Treatment needed	28

Table 2: Prevalence of Dental Issues among adults

Prevalence of Dental Problems among Adults								
Dental Issue	Total Cases							
Cavities	36							
Gum Problems	33							
Root Stump	5							

Table 3: Treatment administered by category among Schools

Treatment administered by category among Schools											
School	Students screened	Filling	Extraction	Pit and Fissure Sealant	Scaling	No Treatment needed	Referral				
Chandra											
Jyoti Sec.											
School	85	48	9	3	4	18	11				
Mahadev											
Basic School	26	13	7	2	3	3	3				
Chhimbu											
Basic School	16	9	2			5					
Sagarmatha											
Basic School	12	6		1		2					
Buda Kinja											
School	5	2	2	1	1						

Table 4: Treatment administered among adults

	Tre	eatment a	dministere	ed among adu	ilts	
Total Screened		Filling	Scaling	Extraction	Referral	
	76	25	29	7		11

Table5: Students and Teachers participation in School Oral Health Program and Fluoride application Program

Students and teachers' participations in School Oral Health Education and Fluoride program										
School	Total Students	Students Participation	Teacher							
Mahadev Basic School	32	32	4							
Chandra Jyoti Sec. School	138	130	12							
Sagarmatha Basic School	42	40	4							
Buda Kinja Basic School	68	65	6							
Chhimbu Basic School	22	20	3							

Table 6: Total Expenses for the Camp

	Total Expenses for the Camp											
S.N	Particulars Amount In Rupee											
1	Accommodation	26,700										
2	Staff Salary	54,000										
3	Transportation	43,265										
4	Medicine	3,700										
5	Dental Instruments purchased	1,08,481										
6	Head lights	2,500										
7	Battery	85										
8	Wipe Tissue	500										
9	Banner	1,700										
10	Surf	200										
11	Register book	300										
	Total	2,41,431										

Figure 8: Student having first and second permanent molars teeth grossly decayed





Figure 9: Students waiting their turn to see the dentist



Table 1: Data of individual patient in detail

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2	Anoj B. K.	2	M	Chhiringkharka	Patal	16,26,36,46	and Scaling	daily
	J			Mahadev Basic		- 7 - 7 - 7		, <i>j</i>
	Samir			School,	Bhakanje-5,			Brush Twice
3	Thami	7	M	Chhiringkharka	Patal	Fair Oral Hygiene	No Treatment	daily
				Mahadev Basic				
	Arjun	1		School,	Bhakanje-5,			Brush Twice
4	Thami	1	M	Chhiringkharka	Marbu	Retained 85	Extraction 85	daily
				Mahadev Basic				
		1		School,	Bhakanje-5,		Pit and Fissure	Brush Twice
5	Bupe Thami	2	M	Chhiringkharka	Patal	Pit and Fissure 16,46	Sealant 16,46	daily
				Mahadev Basic	Bhakanje-5,			
	Ang Furwa			School,	Chhiringkhar			Brush Twice
6	Sherpa	6	F	Chhiringkharka	ka	Dental Caries 55	Filling 55	daily
	F.			Mahadev Basic	Bhakanje-5,			Bite on gauge
7	Furwa	8	Е	School,	Chhiringkhar	D t Ct 75	F	for half and
7	Doma Lama	8	F	Chhiringkharka Mahadev Basic	ka	Root Stump 75	Extraction 75	hour
		1		School,	Bhakanje-5,			Brush Twice
8	Smriti B.K.	1 0	F	Chhiringkharka	Patal	Dental Caries 36	Filling 36	daily
- 0	Sonam	0	1.	Mahadev Basic	Bhakanje-5,	Dental Carles 30	Tilling 50	uarry
	Chhiring			School,	Chhiringkhar			Brush Twice
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1	Kushal			School,	Bhakanje-5,	Decayed	Reffered to Dental	Brush Twice
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				Mahadev Basic	Bhakanje-5,			
1	Pemba Gelu			School,	Chhiringkhar			Brush Twice
1	Lama	4	M	Chhiringkharka	ka	Dental Caries 54,64,74	Filling 74	daily
				Mahadev Basic				
1	Sanchi			School,	Bhakanje-5,			Brush Twice
2	Thami	9	F	Chhiringkharka	Patal	Dental Caries 84	Filling 84	daily
	Pema			Mahadev Basic	Bhakanje-5,			Bite on gauge
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6	Thami	1	M	Chhiringkharka	Patal	Decayed 16, 54,55,65	Filling 16	daily
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7	Tamang	7	M	Chhiringkharka	Patal	52.62	Extraction 62	hour
				Mahadev Basic				
1	Manish			School,	Bhakanje-5,			Brush Twice
8	Thami	4	M	Chhiringkharka	Patal	Fair Oral Hygiene	No Treatment	daily
				Mahadev Basic				
1	Sujata	1		School,	Bhakanje-5,			Brush Twice
9	Tamang	0	F	Chhiringkharka	Patal	Dental Caries 36,46	Filling 36,46	daily

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Samir Chimire S M Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily No hot and hard food for 24 hrs Sherpa 7 F Secondary School Bhakanje Grossly Decayed 46 Extraction 46 food for 24 hrs Brush Twice daily Sherpa 7 F Secondary School Bhakanje Grossly Decayed 46 Extraction 74 Brush Twice daily Sherpa 7 F Secondary School Bhakanje Grossly Decayed 74 Extraction 74 daily Brush Twice daily Sherpa 7 F Secondary School Chhimbu Fair Oral Hygiene No Treatment needed daily Sherpa 7 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily Sherpa 7 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed Brush Twice Grossly Decayed 74 Sherpa 7 F Secondary School Sherpa 7 F Secondary School Sherpa 7 F Secondary School Shakanje Fair Oral Hygiene No Treatment needed Brush Twice Grossly Decayed 74 Sherpa 7 F Secondary School Shakanje Fair Oral Hygiene No Treatment needed Grossly Decayed 74 Sherpa Take medicine Grossly Decayed 74 Sherpa Take m		Kester B K		м	Teacher	Patal	Stain and Calculus	Scaling	
Chimire S M Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily	-		U	171		1 atai	Stain and Calculus	Scanng	
3 Rina 2 1 F Local Residents Bhakanje Grossly Decayed 46 Extraction 46 Mo for 24 hrs 3 Ang Furwa 3 Sherpa 7 F Secondary School Bhakanje Grossly Decayed 74 Extraction 74 Gaily 3 Aayous Chandrajyoti Secondary School Chhimbu Fair Oral Hygiene No Treatment needed Gaily 3 Laxmi Devi 2 Basnet 3 F Local Residents Kinja Deep Carious lesion 46 Clinic Gaily 3 Pasang Chandrajyoti Sherpa 7 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed Gaily 3 Dorjee 3 F Local Residents Kinja Deep Carious lesion 46 Clinic Gaily 3 Dorjee 3 Tamang 2 M Local Residents Marbu Fractured 25 Filling 25, Scaling Fair Oral Hygiene No Treatment needed Gaily 3 Dorjee 3 Tamang 2 M Local Residents Marbu Fractured 25 Filling 25, Scaling Fair Oral Hygiene No Treatment needed Gaily 3 China 1 Budakinja Basic Deep Carious lesion Reffered to Dental Clinic for pulpectomy Gaily 4 Puspa 1 Budakinja Basic Deep Carious lesion Reffered to Dental Glinic for pulpectomy Gaily Gaily 4 Pispa 1 Budakinja Basic Deep Carious lesion Reffered to Dental Glinic for pulpectomy Gaily Gaily 4 Bishal 2 Extraction 11,12 Brush Twice Gaily Gai			5	м		Rhakanie	Fair Oral Hygiene	No Treatment needed	
2 Tamang	-			171	Secondary School	Dhakanje	Tan Orai Hygiene	140 Treatment needed	
3 Ang Furwa 7 F Secondary School Bhakanje Grossly Decayed 74 Extraction 74 Brush Twice daily 3 Aayous Chandrajyoti Chandrajyoti Sasnet 3 F Local Residents Kinja Deep Carious lesion 46 Clinic daily 3 Dorjee 3				F	Local Residents	Rhakanie	Grossly Decayed 46	Extraction 46	
3 Sherpa 7 F Secondary School Bhakanje Grossly Decayed 74 Extraction 74 daily	-		1	1		Dhakanje	Grossiy Decayed 40	Extraction 40	
3			7	F		Rhakanie	Grossly Decayed 74	Extraction 74	
4 Tamang 8 M Secondary School Chhimbu Fair Oral Hygiene Reffered to Dental Clinic Gaily 3 Pasang 7 F Local Residents Kinja Deep Carious lesion 46 Clinic Clinic Gaily 3 Pasang 7 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily 3 Dorjee 3 Fair Oral Hygiene No Treatment needed Gaily 4 Daysa 1 Fair Oral Hygiene No Treatment needed Gaily 5 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed Gaily 6 Sherpa 7 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed Gaily 7 Tamang 2 M Local Residents Marbu Fractured 25 Filling 25, Scaling Fair Oral Hygiene No Treatment needed Gaily 7 Tamang 2 M Local Residents Marbu Fractured 25 Filling 25, Scaling Fair Oral Hygiene No Treatment needed Gaily 8 Ghimire 6 F Secondary School Bhakanje Ts,85 Deep Carious lesion Ts,85 Clinic for pulpectomy Gaily 9 Magar 5 F Local Residents Bhakanje Calculus and Stain Scaling Brush Twice Gaily 4 Puspa 1 Foraimal Caries 11,12 Restoration 11,12 Gaily 4 Puspa 1 Foraimal Caries II,12 Restoration II,12 Gaily 4 Sujan 1 Chandrajyoti Umakunda Secondary School I Deep Carious lesion 47 Canal Treatment Canal Treatmen	-			1		Bhakanje	Grossiy Becayed 74	Extraction 74	
Same			8	м		Chhimbu	Fair Oral Hygiene	No Treatment needed	
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3				F	Local Residents	Kinia	Deep Carious lesion 46		
Sherpa 7 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily	-			_		Tilliju	Deep carrous resion to	Cimie	
3			7	F		Bhakanie	Fair Oral Hygiene	No Treatment needed	
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China 1			6	F		Bhakanie			
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3 Furba Lama 9 M Secondary School 1 Root Stumpm 85 Extraction 85 daily 4 Pasang 1 Chandrajyoti No hot and hard 4 Lama 0 M Secondary School Bhakanje Retained 55 Extraction 55 food for 24 hrs 5 Som						_			
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4 Bahadur 1 Chandrajyoti 5 Thami 5 M Secondary School Patal Dental Caries 36 Filling 36 daily 4 Susant 6 Tamang 7 M Secondary School Chhimbu Dental Caries 74 Filling 74 daily 4 Fudoma 7 Lama 5 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily 4 Mingma 8 Sherpa 5 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily 4 Raksha 1 Chandrajyoti Refferred for			Ť						
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4 Susant 6 Tamang 7 M Secondary School Chhimbu Dental Caries 74 Filling 74 Brush Twice daily Brush Twice daily Chandrajyoti Filling 74 Brush Twice daily Brush Twice daily Brush Twice daily Brush Twice daily Fair Oral Hygiene No Treatment needed daily Brush Twice daily Brush Twice daily Fair Oral Hygiene No Treatment needed daily Brush Twice daily Brush Twice daily Brush Twice daily Fair Oral Hygiene No Treatment needed Refferred for				M		Patal	Dental Caries 36	Filling 36	
6 Tamang 7 M Secondary School Chhimbu Dental Caries 74 Filling 74 daily 4 Fudoma Chandrajyoti Brush Twice 7 Lama 5 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily 4 Mingma Chandrajyoti Brush Twice 8 Sherpa 5 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily 4 Raksha 1 Chandrajyoti Refferred for	-								
4 Fudoma 7 Lama 5 F Secondary School 8 Bhakanje 4 Mingma 8 Sherpa 5 F Secondary School 8 Bhakanje 8 Sherpa 5 F Secondary School 9 Bhakanje 9 Fair Oral Hygiene 1 No Treatment needed daily 1 Brush Twice 9 Brush Twice 1 Brush Twice 1 daily 1 Brush Twice 1 daily 1 Raksha 1 Chandrajyoti 1 Refferred for			7	M		Chhimbu	Dental Caries 74	Filling 74	
7 Lama 5 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily 4 Mingma Chandrajyoti Brush Twice 8 Sherpa 5 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily 4 Raksha 1 Chandrajyoti Refferred for								<u> </u>	
4 Mingma Chandrajyoti Brush Twice Sherpa 5 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily 4 Raksha 1 Chandrajyoti Refferred for			5	F		Bhakanje	Fair Oral Hygiene	No Treatment needed	
8 Sherpa 5 F Secondary School Bhakanje Fair Oral Hygiene No Treatment needed daily 4 Raksha 1 Chandrajyoti Refferred for							7.0		
4 Raksha 1 Chandrajyoti Refferred for			5	F		Bhakanje	Fair Oral Hygiene	No Treatment needed	
	4	Raksha	1		Chandrajyoti				Refferred for
/ 1 0	9	Tamang		F	Secondary School	Chhimbu	Dental Caries 16, 46	Filling 46	RCT 16

	D.	1	1	Cl. 1 : .:			Г	I D 1 T '
5	Dujang			Chandrajyoti	D1 1 '	I	NT TE 4 1 1	Brush Twice
0	Lama	8	M	Secondary School	Bhakanje	Incipient Caries 75,85	No Treatment needed	daily
_	F 11			CI I I		T 6 11 12 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1		Bite on gauge
5	Furgelje	_		Chandrajyoti		Exfoliative mobility 81,	-	for half and
1	Sherpa	6	M	Secondary School	Bhakanje	Caries 75,85	Extraction 81	hour
5	Kunsel	_	_	Chandrajyoti		Decayed 54,55,		Refferred for
2	Sherpa	5	F	Secondary School	Bhakanje	65,75,85	Not willing Treatment	pulpectomy
5	Pasang	1					Refferred for Xray of	Reffered for x
3	Sherpa	0	M	Local Residents	Bhakanje	Missing 32,42	missing teeth	ray
5	Bijaya	1		Chandrajyoti				Brush Twice
4	Thami	1	M	Secondary School	Bhakanje	Grossly decayed 84	Extraction 84	daily
								Bite on gauge
5	Gelmu			Chandrajyoti		Decayed 16,46 Mobile	Filling 16,46,	for half and
5	Sherpa	9	F	Secondary School	Bhakanje	83	Extraction 83	hour
5	Sommaya	3						Brush Twice
6	Tamang	4	F	Teacher	Marbu	Stain and Calculus	Scaling	daily
5		3						Brush Twice
7	Keshar B.K.	0	M	Teacher	Patal	Stain and Calculus	Scaling	daily
	Dawa							
5	Jangmu	1		Chandrajyoti			Pit and Fissure	Brush Twice
8	Sherpa	3	F	Secondary School	Bhakanje	Pit and Fissure 47	Sealant 47	daily
	Pasang			*		Grossly Decayed		Refferred for
5	Dolma	1	1	Chandrajyoti		16,26,36,46, Root	Extraction 55,Filling	RCT
9	Sherpa	4	F	Secondary School	Bhakanje	stump 55	45,47	16,26,36,46
	Pasang			<i>y</i>	J		,	, , , , ,
6	Lhamu	1	1	Chandrajyoti		Grossly Decayed 26,46,		Refferred for
0	Sherpa	5	F	Secondary School	Bhakanje	Caries 36,37	Filling 36,37	RCT 26,46
6	Pasang	1		Chandrajyoti				Brush Twice
1	Sherpa	5	F	Secondary School	Bhakanje	Decayed 16,37	Filling 37	daily
6	Khangdi	1	_	Chandrajyoti	Diminije	Beenjed 16,5?	Timing 57	Brush Twice
2	Sherpa	0	F	Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	daily
6	Bishal	1	1	Chandrajyoti	Bhakanje	Pit and Fissure 26, 36,	Pit and Fissure sealant	Brush Twice
3	Tamang	8	M	Secondary School	Bhakanje	46	26,36,46	daily
6	Dil Maya	0	171	Chandrajyoti	Duakanje	т0	20,30,70	Brush Twice
4	Budathoki	8	F	Secondary School	Bhakanje	Initial Caries 36,46	Not willing Treatment	daily
6	Dipika	1	1.	Chandrajyoti	Dilakalije	mittai Caries 30,40	Not willing Treatment	Brush Twice
5	Thami	2	F		Bhakanje	Fair Oral Hygiana	No Treatment needed	daily
			Г	Secondary School	Бпакапје	Fair Oral Hygiene Deep Caries 16,26,46,	No Treatment needed	Refferred for
6	Sirjana Thami	1 4	F	Chandrajyoti	Dholronio	Incipient caries 36	Filling 36	RCT 16, 26,46
6		1	Г	Secondary School	Bhakanje		Filling 50	Reffered for
6	Durga		F	Chandrajyoti	Dl1	Deep Caries 36, Plaque	C1'	
7	Budathoki	4	Г	Secondary School Chandrajyoti	Bhakanje	and Calculus	Scaling	RCT 36 Brush Twice
6	Saurab		3.4		D1 1 '	D +1G : 55.05	F:11: 55.05	
8	Thami	6	M	Secondary School	Bhakanje	Dental Caries 55,85	Filling 55,85	daily
_	V mi al	1		Chand		Decayed 25,26,27,		Dofform 1 C
6	Krishna	1	3.5	Chandrajyoti	D1-1 '	Grossly decayed	E111: 05 06 07	Refferred for
9	Basnet	8	M	Secondary School	Bhakanje	36,37,46,47	Filling 25,26,27	RCT
_	G 1		1	Mahadev Basic	CIII II			D 175 '
7	Sondoma	_	_	School,	Chhiringkhar	G 1 D 15551	E: 74	Brush Twice
0	Tamang	9	F	Chhiringkharka	ka	Grossly Decayed 55,74	Extraction 74	daily
_			1	Mahadev Basic	CIII II	D 1		D 1 T '
7	Anjali	1	_	School,	Chhiringkhar	Decayed		Brush Twice
1	Thami	0	F	Chhiringkharka	ka	54,64,74,75,84,85	Extraction 54	daily
7	Prakash	1	١	Chandrajyoti	<u> </u>			Brush Twice
2	Karki	6	M	Secondary School	Sete	Decayed 16,24,26,46,47	Filling 16,46,47	daily
_		l .						Bite on gauge
7		1	l	Chandrajyoti	_	Dental Caries 26,	Filling 26, Extraction	for half and
3	Ongel Lama	2	M	Secondary School	Sete	Grossly Decayed 36	36	hour
_			1	Mahadev Basic				
7	Renuka	1	l _	School,			l	Brush Twice
4	Thami	1	F	Chhiringkharka	Patal	Fair Oral Hygiene	No Treatment needed	daily
7	Basanta	1	1	Chandrajyoti				Brush Twice
5	Thami	4	M	Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	daily
				Mahadev Basic				
7	Budha Maya	1		School,		Decayed 36,37,46,47,	Scaling, Refferred for	Refferred for
6	Thami	4	F	Chhiringkharka	Patal	Plaque and Calculus	RCT	RCT
7	Durga	1		Chandrajyoti		Decayed 36, Plaque and		Refferred for
7	Budathoki	4	F	Secondary School	Bhakanje	Calculus	Scaling	RCT
_		_						

7		1		Chandrajyoti	1	1		Brush Twice
8	Uma Basnet	1 5	F	Secondary School	Bhakanje	Decayed 21	Filling 21	daily
7	Bikran	1	I.	Chandrajyoti	Bilakalije	Decayed 21	Filling 21	Brush Twice
9	Basnet	4	M	Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	daily
8	Bijaya	1	IVI	Chandrajyoti	Dilakanje	1 all Olai Hygielle	No Treatment needed	Brush Twice
0	Ghimire	6	M	Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	daily
8	Ramila	1	IVI	Chandrajyoti	Bilakalije	ran Orai Hygiene	No Treatment needed	Brush Twice
1	Basnet	8	F	Secondary School	Sagar dada	Plaque and Calculus	Scaling	daily
8	Shanti	1	1.	Chandrajyoti	Sagai uaua	Faulty Restoration	Scanng	Brush Twice
2	Tamang	8	F	Secondary School	Dakchu	11,12, Caries 37	Filling 37	daily
8	Taillailg	2	1.	Secondary School	Dakciiu	Dental caries	Tilling 37	Brush Twice
3	Krishti B.K.	6	F	Teacher	Patal	16,26,37,47	Filling 26,37	daily
8	Karuna	1	I.	Chandrajyoti	ratai	10,20,37,47	Filling 20,37	Brush Twice
4	Basnet	0	F	Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	daily
8	Asmita	0	1.	Chandrajyoti	Dilakalije	1 all Olai Hygielle	No Treatment needed	Brush Twice
5	Khadka	8	F	Secondary School	Dholronio	December 74.75 94.95	Elling 04	daily
			Г	Secondary School	Bhakanje	Decayed 74,75, 84,85	Filling 84	Brush Twice
8	Chhiring	6	3.4	T1 D: 1	Dalaska	Consider Decision 1 46	F	daily
6	Sherpa	5	M	Local Residents	Dakchu	Grossly Decayed 46	Extraction 46	
8	Anjana	1	_	Chandrajyoti	G 1.1	D 127.47	F:11: 27	Brush Twice
7	Khadka	8	F	Secondary School	Sagar dada	Decayed 37,47	Filling 37	daily
8	Prabesh	1		Chandrajyoti				Brush Twice
8	Basnet	4	M	Secondary School	Sagar dada	Fair Oral Hygiene	No Treatment needed	daily
8	Jangmu	3	_		D 1 1	D .10 : 11	T2111 1.1	Brush Twice
9	Sherpa	2	F	Local Residents	Dakchu	Dental Caries 11	Filling 11	daily
9	Pasang	1	_	Chandrajyoti				Brush Twice
0	Sherpa	4	M	Secondary School	Dakchu	Decayec 85	Filling 85	daily
	Tenzing	1						
9	Chhoki			Chandrajyoti				Brush Twice
1	Sherpa	5	F	Secondary School	Dakchu	Decayed 85	Filling 85	daily
9	Kamal	3						Brush Twice
2	Khadka	0	M	Local Residents	Sagar dada	Dental Caries 46	Filling 46	daily
9	Fur Lamu	1		Chandrajyoti		Dental Caries		Follow up for
3	Sherpa	4	F	Secondary School	Sete	16,17,26,27,36,37,46,47	Fillling36,37	other restoration
9	Budha Maya	1		Chandrajyoti				Follow up for
4	Thami	4	F	Secondary School	Bhakanje	Decayed 36,37,46,,47	Filling 36	other restoration
9	Nagendra	1		Chandrajyoti				Brush Twice
5	Basnet	4	M	Secondary School	Bhakanje	Dental Caries 37,47	Filling 37,47	daily
	Mingma							
9	Chhoti	1		Chandrajyoti				Brush Twice
6	Sherpa	4	F	Secondary School	Sete	Proximal Caries 46	Filling 46	daily
9		1		Chandrajyoti		Decayed		Brush Twice
7	Kinji Sherpa	8	F	Secondary School	Bhakanje	17,27,36,37,46,47	Fillling 37,47	daily
9	Sirjana	1		Chandrajyoti		Deep Caries		Brush Twice
8	Thami	4	F	Secondary School	Bhakanje	16,26,36,46	Filling 36	daily
9	Rekha	1		Chandrajyoti	,		_	Brush Twice
9	Basnet	5	F	Secondary School	Bhakanje	Proximal Caries 11	Filling 11	daily
1				·	Ĭ		_	·
0	Pem Doma	1		Chandrajyoti				Brush Twice
0	Sherpa	4	F	Secondary School	Bhakanje	Decayed 16,26,27,36,37	Filling 27,37	daily
1	•						<u> </u>	
0	Pratima	1		Chandrajyoti		Proximal Caries		Brush Twice
1	Basnet	6	F	Secondary School	Sagar dada	12,21,22	Filling 12,21,22	daily
1								
0	Laxmi	1		Chandrajyoti				Brush Twice
2	Basnet	7	F	Secondary School	Sagar dada	Dental Caries 36,37,46	Filling 36	daily
1						77-17		
0	Samiksha	1		Chandrajyoti				Brush Twice
3	Khadka	5	F	Secondary School	Sagar dada	Dental Caries 37,47	Filling 37,47	daily
1					Ĭ	,	J .	
0	Sonam	3						Brush Twice
4	Sherpa	6	M	Local Residents	Dakchu	Plague and Calculus	Scaling	daily
1	P ···	Ĺ				,		
0	Kanchan	1		Chandrajyoti				Brush Twice
5	Basnet	4	F	Secondary School	Sagar dada	Decayed 36,46	Filling 36,46	daily
1		i i	1	July Sensor		Decayed 25,26,27,	<i>6</i> ,	
0	Krishna	1		Chandrajyoti		Grossly decayed		Brush Twice
6	Basnet	8	M	Secondary School	Bhakanje	36,37,46,47	Filling 24,25,26	daily
				, Seniou		, ,,		

1	Pemba	1						
0	Lhamu	4				Deep Caries 17,27, 38,	Filling 38, Extraction	Refferred for
7	Sherpa	3	F	Local Residents	Bhakanje	Root Stump 46	46	RCT 17,27
1	•				·	•		Reffered to
0	Pemba Diku	6				Mobile teeth 17,	Unable to extract	Physician for
8	Sherpa	0	F	Local Residents	Themjyang	24,25,26	tooth due to high BP	high BP
1								
0	Gita	2	_	T 1D 11	D1 1 .	Decayed 23,27, Root	E:11: 22 G 1:	Brush Twice
9	Ghimire	5	F	Local Residents	Bhakanje	stump 18,28, Calculus	Filling 23, Scaling	daily
1		2						Donals Trades
1 0	Taki Sherpa	3 5	M	Local Residents	Bhakanje	Decayed 27,36,37	Filling 36	Brush Twice daily
1	Taki Silcipa		171	Local Residents	Bhakanje	Decayed 27,30,37	Refferred to dental	darry
1	Durga	5					clinic for denture	
1	Basnet	8	F	Local Residents	Sagar dada	Fractured Denture	repair	
1							•	
1	Kailash	3						Brush Twice
2	Basnet	2	F	Local Residents	Sagar dada	Stain and Calculus	Scaling	daily
1								Bite on gauge
1	Bishnu	2						for half and
3	Thami	5	M	Local Residents	Chhimbu	Root Stump 46,47	Extraction 47	hour
1								Bite on gauge
1	Sarswati	4	_	T 1D 11		D 191 20	F : : 20	for half and
4	Karki	5	F	Local Residents	Sagar dada	Root Stump 28	Extraction 28	hour
1	A D					C1:4	D - ff 1 f	Donals Trades
1 5	Ang Dawa Sherpa	6 8	M	Local Residents	Bhakanje	Generalised Periodontitis	Refferred for periodontal surgery	Brush Twice daily
1	Pasang	0	IVI	Local Residents	Buakanje	Feriodolititis	periodolitai surgery	daily
1	Dorje			Chandrajyoti				Brush Twice
6	Tamang	7	М	Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	daily
1	1			Becomunity Benedit	Diminije	Tan Graining	Tto Treatment needed	uurij
1	Dorje	2						Brush Twice
7	Tamang	9	M	Local Residents	Bhakanje	Stain and Calculus	Scaling	daily
1	Pasang							
1	Lhamu			Chandrajyoti				Brush Twice
8	Sherpa	7	F	Secondary School	Bhakanje	Decayed 85	Filling 85	daily
1								
1	Lhakpa	1		Chandrajyoti	D1 1 .	D 11416242646	E'111' 46	Brush Twice
9	Tenji Sherpa	0	M	Secondary School	Bhakanje	Decayed 14,16,24,36,46	Fillling 46	daily
1 2	Pasang Temba			Chandrajyoti			Refferred for	Brush Twice
0	Sherpa	8	M	Secondary School	Bhakanje	Deep Carious lesion 54	Pulpectomy	daily
1	энегра	0	101	Secondary School	Dilakanje	Deep Carlous lesion 34	Turpectority	daily
2		4				Plaque and Calculus,		Brush Twice
1	Sona Sherpa	2	M	Local Residents	Bhakanje	Dislodged Filling	Scaling	daily
1	•				,		Refferred for	Í
2		3					replacement of	Brush Twice
2	Sony Sherpa	5	F	Local Residents	Bhakanje	Missing 35	missing tooth	daily
1								Refferred to
2	Hiramaya	5	l _				Unable to extract	Physician for
3	Karki	1	F	Local Residents	Sagar dada	Root Stump 16	tooth due to high BP	high BP
1	Dini-			Chand		Stein on 1 C-11	Cooling E-t	Daniela T:
2 4	Bipin Ghimire	1 3	N/I	Chandrajyoti	Cogor dodo	Stain and Calculus,	Scaling, Extraction	Brush Twice
1	Jiiiiiie	3	M	Secondary School	Sagar dada	retained 55,85	55,85	daily
2	Himal	1		Chandrajyoti				Brush Twice
5	Basnet	8	M	Secondary School	Sagar dada	Dental Caries 47	Filling 47	daily
1		Ť	1 · · ·	Lang Sensor			<i>G</i> .,	
2	Sange			Chandrajyoti				Brush Twice
6	Sherpa	7	M	Secondary School	Bhakanje	Decayed 74,75,85	Filling 74,75	daily
1								
2		3				Stain and Calculus,		Brush Twice
7	Taki Sherpa	5	M	Local Residents	Bhakanje	Dental Caries 27,36,37	Scaling, Filling 36	daily
1		_						
2	Lhakpa	3	١,,	T 1D 11	D. 1 .	Chronic Periodontitis,	G II	Brush Twice
8	Sherpa	3	M	Local Residents	Bhakanje	Plaque and Calculus	Scaling	daily
1				Chandraizzati		Pit and Fissure 46,	Pit and Fissure	Brush Twice
2 9	Prabin Karki	8	M	Chandrajyoti Secondary School	Bhakanje	Grossly decayed 75,85	Sealant 46	daily
	r raviii IXalKl	_ 0	171	becomularly believed	Duakanje	Jiossiy uccaycu 13,03	Scarain 40	dairy

1	Ngima							
3	Kanchhi	1		Chandrajyoti				Brush Twice
0	Sherpa	5	F	Secondary School	Bhakanje	Dental Caries 37	Filling 37	daily
1	D	4				Dont-1 Corios 16 Door		D - ff 1 f
3	Pasang Tamang	4 6	M	Local Residents	Bhakanje	Dental Caries 16, Deep Caries 24,25,36,37	Filling 16, Scaling	Refferred for RCT
1	Tamang		171	Local Residents	Bhakanje	Caries 24,23,30,37	Timing 10, Scaning	RCI
3		1		Chandrajyoti		Dental Caries	Filling 36,46	Brush Twice
2	Sujan Thami	2	M	Secondary School	Bhakanje	16,26,36,46, Mobile 74	Extraction 74	daily
1	g:			CI 1 · ·				D 1 m '
3	Simon Thami	4	M	Chandrajyoti Secondary School	Sagar dada	Dental Caries 55,75,85	Filling 85	Brush Twice daily
1	Thaini		171	Secondary School	Sagar dada	Dental Carles 33,73,03	1 ming 65	darry
3	Sandip	1		Chandrajyoti				Brush Twice
4	Thami	3	M	Secondary School	Sagar dada	Dental Caries 36	Filling 36	daily
1								
3	Subash	1 3	M	Chandrajyoti Secondary School	Cocon do do	Dental Caries	Eilling 16 26 46	Brush Twice
5	Thami	3	IVI	Secondary School	Sagar dada	16,26,36,46	Filling 16,26,46	daily
3	Kopila	2						Brush Twice
6	Kulung	1	F	Local Residents	Chheskam	Dental Caries 16,37	Filling 16,37	daily
1								
3	Abishek			Chandrajyoti		Dental Caries	F:11: 75.05	Brush Twice
7	Thami	6	M	Secondary School	Gaudada	55,65,75,85	Filling 75,85	daily
3	Bimala	3				Dental Caries 24,		Brush Twice
8	Thami	0	F	Local Residents	Gaudada	Plaque and Calculus	Filling 24, Scaling	daily
1								•
3	Bimala	1		Chandrajyoti				Brush Twice
9	Thami	7	F	Secondary School	Gaudada	Dental Caries 27,47	Filling 47	daily
1 4	Sirjana	1		Chandrajyoti				Brush Twice
0	Thami	4	F	Secondary School	Gaudada	Fair Oral Hygiene	No Treatment needed	daily
1				becommany benegit	Junuan	Tun Grui Tijgiene	Tio Treatment needed	umij
4		2				Dental Caries 27,37,47,		Brush Twice
1	Nuru Sherpa	9	M	Local Residents	Bhakanje	Plaque and Calculus	Scaling	daily
1	C 1:11			Ch diti		Dantal Carias		Donali Tari
4 2	Sudikshya Thami	6	F	Chandrajyoti Secondary School	Gaudada	Dental Caries 55,65,74,75,84,85	Filling 55,84,85	Brush Twice daily
1	Thain	0	1	Secondary School	Gaudada	33,03,74,73,04,03	1 ming 55,64,65	darry
4	Sandesh	2						Brush Twice
3	Ghimire	5	M	Local Residents	Bhakanje	Calculus and Stain	Scaling	daily
1								
4	Mamata	3 7	F	Local Desidents	Candada	Chronic Irreversible Pulpitis 38	Extraction 38	Brush Twice
1	Sunuwar	/	Г	Local Residents	Gaudada	Pulpius 38	Extraction 56	daily
4	Kaji B.K.	3				Decayed 28, Plaque and		Brush Twice
5	Ghimire	5	M	Local Residents	Gaudada	Calculus	Scaling	daily
1	Dawa							
4	Jangbu	3		1 15 11	DI I	G . G	G I	Brush Twice
6	Sherpa	0	M	Local Residents	Bhakanje	Chronic Gingivitis	Scaling Refferred for	daily
1 4	Jigme	1				Decayed 11, Crowding	orthodontic	
7	Sherpa	9	M	Local Residents	Bhakanje	teeth	consultation	
1	,				,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,			
4	Maya	3				Chronic Irreversible	Refferred for surgical	
8	Sherpa	2	F	Local Residents	Dakchu	Pulpitis 18,48	extraction 48	
1 4	Danu	3				Chronic Gingivitis,		Brush Twice
9	Sherpa	6	M	Local Residents	Bhakanje	Dentinal Caries 48	Scaling, Filling 48	daily
1		Ť				Carros 10		
5	Rajan	2						Brush Twice
0	Basnet	8	M	Local Residents	Sagar dada	Chronic Gingivitis	Scaling	daily
1	17 1	_				D (10 : 2522		D 177
5	Kamala	2 6	F	Local Pacidents	Sagar dada	Dental Caries 27,38, Chronic Gingivitis	Scaling	Brush Twice
1	Basnet	0	1,	Local Residents	Sagar dada	Chronic Gingivitis Chronic Irreversible	Scaling	daily
5	Sujan	2				Pulpitis 36, Chronic		Reffered for
2	Basnet	7	M	Local Residents	Sagar dada	Gingivitis	Scaling	RCT 36

1	Bishnu							
5	Maya	4				Chronic Irreversible		
3	Tamang	9	F	Local Residents	Bhakanje	Pulpitis Chronic	Extraction	
5	Birkha	5				Periodontitis/Chronic		Brush Twice
4	Tamang	5	M	Local Residents	Themjyang	pulpitis 22	Scaling	daily
1				a ab:				D 1 T '
5 5	Kajal Basnet	6	F	Sagarmatha Basic School	Sagar dada	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
1	Rujui Busiici			Belloor	Bugur dudu	Tun Oral Hygiene	110 Treatment needed	uarry
5	Susan			Sagarmatha Basic				Brush Twice
6	Basnet Surya	7	M	School	Sagar dada	Decayed 74,75,84,85	Not willing Treatment	daily
5	Kumari	4						Brush Twice
7	Bogati	3	F	Local Residents	Sagar dada	Grossly decayed 48	Not willing Treatment	daily
1	3.6	,						D 1 T .
5 8	Maya Sherpa	4	F	Local Residents	Sete	Gum Recession and abcess 43	Antibiotics pescribed	Brush Twice daily
1	Бистра	•		Local Residents	Sete	uocess 15	7 introloties peserioed	uarry
5	Ngima	3				Dental Caries 47,48,		Refferred for
9	Sherpa	4	M	Local Residents	Bhakanje	Deep Carious lesion 16	Filling 47,48	RCT 16
6	Ambika	2						Brush Twice
0	Basnet	5	F	Local Residents	Sagar dada	Dental Caries 48	Filling 48	daily
1								
6	Sriyasa Basnet	3	F	Sagarmatha Basic School	Sagar dada	Dental Caries 84,85	Filling 84,85	Brush Twice daily
1	Dasiet	J	1	School	Sagai dada	Dental Carles 04,03	1 ming 64,63	dairy
6	Susan			Sagarmatha Basic				Brush Twice
2	Basnet	7	F	School	Sagar dada	Decayed 74,74,84,85	Not willing Treatment	daily
1 6		4						Brush Twice
3	Gelu Sherpa	1	M	Local Residents	Bhakanje	Chronic gingivitis	Scaling	daily
1						Chronic Generalised		
6	Pyalu Sherpa	6	F	Local Residents	Bhakanje	Periodontitis,Mobile tooth 46	Not willing Treatment	Brush Twice daily
1	Silerpa	,	1	Local Residents	Bliakalije	100111 40	Not winning Treatment	darry
6	Yangji	5						Brush Twice
5	Sherpa	9	F	Local Residents	Bhakanje	Root Stump 46	Not willing Treatment	daily
1 6	Pyalu	5				Chronic gingivitis with		Brush Twice
6	Sherpa	9	F	Local Residents	Bhakanje	localised Periodontitis	Scaling	daily
1								
6 7	Susmita Tamang	2	F	Local Residents	Bhakanje	Dental Caries 17,47, Chronic Gingivitis	Filling 17,47, Scaling	Brush Twice daily
1	ramang	- 0	1	Local Residents	Bliakalije	Chronic Onigivius	Tilling 17,47, Scaling	darry
6	Purnimaya	4						Brush Twice
8	Tamang	2	F	Local Residents	Dakchu	Buccal Pit Caries 46	Filling 46	daily
1 6	Bir Bahadur	2				Deep Dentinal Caries		
9	Thami	1	M	Local Residents	Chhimbu	17,46,47	Refferred for RCT	
1								
7	Bipin	1		Chandrajyoti	Dhalaada	D1 C 26 27	E::::: 26 27	Brush Twice
0	Ghimire	3	M	Secondary School	Bhakanje	Dental Caries 36,37	Filling 36,37	daily
7	Abishek			Sagarmatha Basic		Dental Caries		Brush Twice
1	Basnet	7	M	School	Sagar dada	64,65,75,85,	Filling 74,75,84,85	daily
1 7	Dawa Jangmu	4						Brush Twice
2	Sherpa	3	F	Local Residents	Bhakanje	Dentinal Caries 36,37	Filling 37	daily
1								
7 3	Pasang Furi Sherpa	6 6	М	Local Residents	Bhakanje	Dental Caries 36, Deep Dentinal Caries 34	Filling 36	Brush Twice
1	Sucipa	υ	IVI	Local Residents	Бпакапје	Denunai Caries 34	1 Hillig JU	daily
7	Bikash	2				Chronic Generalised		Brush Twice
4	Basnet	7	M	Local Residents	Sagar dada	Gingivitis	Scaling	daily
1 7	Kusal			Sagarmatha Basic				Brush Twice
5	Basnet	5	M	School School	Sagar dada	Fair Oral Hygiene	No Treatment needed	daily

1 7				Sagarmatha Basic				Brush Twice
6	Sisir Basnet	6	M	School	Sagar dada	Root Stump 54,64	Not willing Treatment	daily
1 7	Santosh	3				Deep Dentinal Caries 14,17, Chronic		Refferred for
7	Basnet	8	M	Teacher	Dunda	Gingivitis	Scaling	RCT
7 8	Jhappad Bdr Budaathoki	1 7	M	Chandrajyoti Secondary School	Chhiringkhar ka	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
1	Dudadiloki	/	IVI	Secondary School	Ka	ran Olai Hygiene	No Treatment needed	dany
7 9	Aayush Basnet	8	M	Sagarmatha Basic School	Sagar dada	Decayed 75,85	Filling 85	Brush Twice daily
1					Č	,	Ü	
8	Aayusha Basnet	8	F	Sagarmatha Basic School	Sagar dada	Dental Caries 84,85	Filling 84,85	Brush Twice daily
1 8				Sagarmatha Basic			Pit and Fissure	Brush Twice
1	Sujata Karki	9	F	School School	Sagar dada	Pit and Fissure 36,46	Sealant 36,46	daily
1 8				Sagarmatha Basic				Brush Twice
2	Sita Basnet	8	F	School	Sagar dada	Decayed 64,65,74,75,	Filling 64,75	daily
1 8				Sagarmatha Basic		Dental Caries		Brush Twice
3	Samir Karki	8	M	School	Sagar dada	55,65,74,84,85	Filling 55,84,85	daily
1 8		2						Brush Twice
4	Puspa Karki	9	F	Local Residents	Sagar dada	Fair Oral Hygiene	No Treatment needed	daily
1 8	Goma	2						Brush Twice
5	Basnet	7	F	Local Residents	Sagar dada	Dental Caries 37	Filling 37	daily
1 8	Binisha			Chhimbu Basic				Brush Twice
6	Thami	5	F	School	Chhimbu	Fair Oral Hygiene	No Treatment needed	daily
8 7	Sanjaya Tamang	4	M	Chhimbu Basic School	Chhimbu	Not willing check-up	Not willing Treatment	Brush Twice daily
1 8 8	Suraj Thami	9	М	Chhimbu Basic School	Chhimbu	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
1 8 9	Sajnu Thami	7	F	Chhimbu Basic School	Chhimbu	Decayed 75	Filling 75	Brush Twice daily
1 9 0	Ngima Kanchhi Sherpa	1 4	F	Chandrajyoti Secondary School	Bhakanje	Dental Caries 37	Filling 37	Brush Twice daily
1					J		<u> </u>	
9	Bijaya Tamang	9	M	Chhimbu Basic School	Chhimbu	Physiologic mobility 73	Extraction 73	Brush Twice daily
1 9				Chhimbu Basic				Brush Twice
2	Sunil Thami	8	M	School	Chhimbu	Fair Oral Hygiene	No Treatment needed	daily
1 9				Chhimbu Basic		Dental Caries 54,55,65,		Brush Twice
3	Safal Thami	5	M	School	Chhimbu	84	Filling 54,55,84	daily
9	Manoj Thami	7	М	Chhimbu Basic School	Chhimbu	Root Stump 65	Extraction 65	No hot and hard food for 24 hrs
1 9 5	Dipu Budathoki	1 1	F	Chhimbu Basic School	Chhimbu	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
1 9 6	Binita Thami	5	F	Chhimbu Basic School	Chhimbu	Dental Caries 85	Filling 85	Brush Twice daily
1								
9 7	Melina Thami	7	F	Chhimbu Basic School	Chhimbu	Dental Caries 75	Filling 75	Brush Twice daily
1 9 8	Sapana Thami	7	F	Chhimbu Basic School	Chhimbu	Dental Caries 74,75,84, 85	Filling 84,85	Brush Twice daily

1								
9 9	Anjuli Thami	7	F	Chhimbu Basic School	Chhimbu	Dental Caries 74	Filling 74	Brush Twice daily
2 0 0	Manoj Thami	1 2	M	Chhimbu Basic School	Chhimbu	Fair Oral Hygiene	No Treatment needed	Brush Twice
2	Thain		171	Belloof	Ciminou	Tan Garanygiene	140 Treatment needed	darry
0		1		Chhimbu Basic		5 10 16	77111	Brush Twice
2	Anil Thami	1	M	School	Chhimbu	Dental Caries 46	Filling 46	daily
0 2	Chhiring Phuti Lama	5 2	F	Local Residents	Kinja	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
2 0 3	Maya Lama	5 7	F	Local Residents	Bhakanje	Secondary Caries 36	Refferred for RCT	Brush Twice daily
2 0 4	Ang Furba Sherpa	7	М	Chandrajyoti Secondary School	Bhakanje	Decayed 84,85	Filling 84,85	Brush Twice daily
2 0 5	Sarkini Thami	3 4	F	Local Residents	Chhimbu	Chronic marginalised Gingivitis,Deep caries 37	Refferred for RCT	Brush Twice
2								
0 6	Dati Sherpa	3 1	F	Teacher	Bhakanje	Decayed 36	Filling 36	Brush Twice daily
2 0	Sostika			Chhimbu Basic				Brush Twice
7	Tamang	5	F	School School	Chhimbu	Dental Caries 85	Filling 85	daily
2	Pasang							
0	Ongchhu	5		T 15 11 .	DI I	Chronic Generalised	G 1'	Brush Twice
2	Sherpa Lhakpa	3	M	Local Residents	Bhakanje	Periodontitis	Scaling	daily
0	Dendi	4				Chronic Generalised		Brush Twice
9	Sherpa	8	M	Local Residents	Bhakanje	Periodontitis	Scaling	daily
2								
1 0	Pasang Yula Sherpa	6 6	M	Local Residents	Sete	Chronic Generalised Periodontitis	Scaling	Brush Twice daily
2	Lhakpa	U	IVI	Local Residents	Sete	remodolitius	Scannig	dany
1 1	Doma Sherpa	4 8	F	Local Residents	Bhakanje	Dental Caries 46,47	Filling 46,47	Brush Twice daily
2	D. V	2		C1 1 : .:				D 1 T '
1 2	Dan Kumar Thami	2 2	M	Chandrajyoti Secondary School	Bhakanje	Dental Caries 16	Filling 16	Brush Twice daily
2	Thain		171	Secondary School	Bhakanje	Dental Carles 10	Timing 10	darry
1	Aita Bdr.	2		Chandrajyoti		Chronic Generalised		
3	Thami	1	M	Secondary School	Chhimbu	Periodontitis	Scaing	
2		3				Dental Caries 46, Deep		Refferred for
4	Sunil Thami	2	M	Local Residents	Bhakanje	Caries 37	Filling 46	RCT
2				* ** * ***	, ,			
1	Ang Tenji	5					77111	Brush Twice
5	Lama	1	M	Teacher	Nimar	Dental Caries 18,48,48	Filling 47	daily
1	Debin	2				Dental Caries		Brush Twice
6	Basnet	4	M	Teacher	Sagar dada	26,36,46,47	Filling 26, 36, 46,47	daily
2	Mingma							
1 7	Doma	5 4	F	Local Residents	Rhalzania	Chronic Irreversible	Medication and Refferred for RCT	Brush Twice
2	Sherpa	4	Г	Local Residents	Bhakanje	pulpitis 47	Keneneu 10f KC1	daily
1 8	Pasi Sherpa	3 5	F	Teacher	Bhakanje	Dental Caries 27,37	Filling 27,37	Brush Twice daily
2								
1 9 2	Dolma Sherpa	3 5	F	Local Residents	Bhakanje	Dental Caries 17,27,37,	Filling 17,27,37	Brush Twice daily
2 0	Furba Tenji Sherpa	1 5	M	Chandrajyoti Secondary School	Bhakanje	Chronic Gingivitis	Scaling	Brush Twice daily

Report on Dental Health Education and Treatment Camp at Likhu Pike 5 Bhakanje by Dental Hygienist Rajani Tamang

Introduction

The Himalayan Project Nepal organized a comprehensive dental camp at Likhu Pike 5 Bhakanje from October 10-13, 2024. The initiative aimed to address the pressing dental health needs of students and the wider community through a combination of dental health education and practical treatment. Prior to the camp, Rajani Tamang, the coordinator, visited local schools to conduct preliminary dental education and fluoride application programs. The primary focus of the program was to raise awareness about oral health practices among students and teachers, emphasizing the significance of maintaining good dental hygiene.

Dental Health Education and Fluoride Program

The dental health education program commenced on September 27, 2024, with the first session held at Shree Chandra Jyoti Secondary School (Bhakanje), where 130 out of 138 enrolled students, along with 12 teachers, participated. During this session, attendees learned about proper brushing techniques, the importance of dental hygiene, and the role of fluoride in preventing dental issues. Fluoride treatment was administered to 130 students, while those who were absent were scheduled for follow-up treatments.

The second day saw the program continue at Shree Sagarmatha School (Sagardanda), with 40 out of 42 students attending, alongside 4 teachers and 10 parents. This parental involvement highlighted the critical role of family support in fostering good oral health practices. At Shree Mahadev Basic School (Chhirringkharka), 32 students and 4 teachers received dental education and fluoride treatment.

The final day took place at Kinja School, where 65 out of 68 students and 6 teachers benefited from fluoride application. Overall, a total of 265 students across the four schools received fluoride treatment, marking a significant success in the program's outreach.

Support and Team Structure

The dental camp benefited from substantial support, including a dental unit provided by Sanam Doka Sherpa (The Small World) and additional instruments from the Likhu Pike 5 Rural Municipality clinic. The technical team consisted of 11 team members among which qualified professionals, including Dr. Jangbu Sherpa as the lead dentist, Dr. Pashi Sherpa, Pasang Gondae Sherpa and Pasang Tamang as the dental hygienist, and assistants Shiva Raj Basnet and Alisha Pradhan. Lhakpa Sherpa, the head teacher of Chandra Jyoti, managed registrations, while Bhupendra Tamang and Roshan Basnet provided volunteer support as vital sign checkers. Kopila Thulung oversaw sterilization processes.

Financial support for the camp amounted to approximately 3 lakh Nepalese Rupees, primarily sourced from Himalayan Project Danmark.

Notable attendees included Kurt Lomborg, Anne Marie Lomborg, and Janaki Khadka, along with Gyanendra Gumdeli, the health chief from the rural municipality, and Mina Karki, the rural municipality president. The chairman of Bhakanje 5, Nima Chhiri Lama, was also present.

Activities and Outcomes

Throughout the four days of the dental camp, a range of dental treatments were provided. On the first day, treatments were conducted for students from Mahadev Basic School, benefiting 24 students and 3 teachers, along with several local residents, resulting in a total of 57 treatments. The second day saw 53 students from Bhakanje School and additional local residents receiving treatment. On the third day, 54 students from Shree Chandra Jyoti, alongside local people and teachers, were served. The final day concluded with 56 students from Chimbu Basic School and Sagarmatha Basic Schools receiving dental care.

In total, the camp delivered:

- 5 not willing treatment
- 29 extractions
- 99 Filling
- 40 Scaling procedures
- 8 of Pit and fissure sealant
- 26 Referred
- 28 No treatment
- 5 Unable to treat due to health condition

Specific benefits included:

- Mahadev School: 24 students out of 32.
- Chandra Jyoti Secondary School: 80 students out of 138.
- Budakinja Basic School: 5 students out of 68.
- Sagarmatha Basic School: 11 students out of 42.
- Chhimbu Basic School: 17 students out of 20

Overall, 83 local community members benefited from the dental camp, demonstrating the significant impact of this initiative on improving oral health in the area.

Challenges Faced

Despite its successes, the camp encountered several challenges. The adverse weather conditions, including heavy rainfall and landslides, caused delays and necessitated a postponement of the camp. The treacherous and slippery roads impacted transportation, complicating access to the schools and limiting attendance. Logistical challenges included transporting dental supplies and managing a large number of participants, which required adaptability and prompt problem-solving from the team.

Testimonials from Participants

Papa Kurt (Founder of Himalayan Project):

"I was initially worried that patients might not come due to the schedule change, but I'm very happy that our target group showed up and received their treatments. This has been a successful camp. As this is our trial project, I believe that with future support from the village and increased interest from everyone, we can continue this initiative. In the future, we hope to run this project with our own dental unit, including a chair, and ensure that all members of the dental team are compensated. This camp is not just for children, but also for the local community."

Mina Karki (Chairman of Likhupikey RM):

"I am extremely happy about the dental camp and want to express my sincere thanks to Papa Kurt and Rajani Tamang for helping those who truly needed it. This is something we should have done ourselves, but it's amazing to see how people from other countries are so willing and eager to help us. We are all very grateful for your support and kindness. Thank you, Papa Kurt."

Feedback from participants highlighted the program's positive impact. Mr. Karma Sherpa, a parent, expressed his gratitude:

"We don't often have access to such health programs here. The education my children received about brushing and fluoride treatment is very valuable. I am thankful to the team for coming to our village despite the rain and difficult road conditions."

A student, Pema Tamang, shared her experience:

"I learned so much about brushing my teeth properly and why it's important to take care of them. The fluoride treatment was new to me, and I feel like my teeth are stronger now. I'm grateful for this camp and hope they can come back again."

Lessons Learned

The dental camp provided valuable lessons for future initiatives. First, the importance of community engagement became evident, as parental involvement significantly contributed to the program's success. Second, the team learned that thorough pre-planning and contingency measures are essential when working in regions susceptible to adverse weather conditions. Lastly, the necessity of flexibility in scheduling and logistics was reinforced, as unforeseen circumstances can arise in rural settings.

Recommendations

To enhance the effectiveness of future dental camps, the following recommendations are proposed:

- 1. **Early Planning:** Begin planning and outreach well in advance to mitigate weather-related challenges.
- 2. **Community Engagement:** Continue fostering community involvement to enhance participation and support for health programs.
- 3. **Follow-Up Programs:** Implement regular follow-up programs to ensure sustained health benefits and to address any ongoing dental issues.
- 4. **Resource Allocation:** Secure additional resources to ensure a wider range of dental treatments can be offered in subsequent camps.

Personal Opinion from Rajani Tamang, Coordinator

This is my personnel reflections on the dental camp:

"Organizing this dental camp was both challenging and rewarding. Despite the weather difficulties, seeing the positive impact on the community reinforced the importance of our work. I believe that initiatives like these can significantly improve dental health awareness in rural areas. Moving forward, I hope to implement the lessons learned from this experience, particularly regarding community engagement and logistical planning. It's vital that we continue to provide accessible dental care and education to those who need it most".

Budget summary Table

Expense Item	Description	Cost (NPR)
Accommodation	Lodging for staff and volunteers	26,700
Staff Salary	Compensation for dental staff and volunteers	46,200+7800
Transportation	Vehicle rental and fuel for transportation	43,275
Medicine	Dental medications and supplies	37,000
Dental Instruments	Instruments for dental procedures	108,160+1608
Headlight Battery	Batteries for dental headlights	2500
Wipe Tissue	Disposable tissues for hygiene	500
Banner	Promotional banners for the camp	1700
Surf (Cleaning Agent)	Cleaning supplies for instruments	200
Сору	Printing and photocopying educational materials	300
Total		233,320/ 241431 total spent
Remaining		66,680 / 39998

S.N	Budget	Expenses	Balance	Remarks
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Follow the format

Conclusion

The dental health education and treatment camp organized by Himalayan Project Nepal at Likhu Pike 5 Bhakanje was a commendable initiative that effectively addressed the dental health needs of the community. Benefiting over 89% of the targeted students, the program promoted oral hygiene and provided essential fluoride treatments. Despite the challenges posed by adverse weather conditions and logistical difficulties, the team's dedication and local support ensured a successful outreach. The positive feedback from students and parents underscores the importance of continuing such efforts in rural areas, where access to dental care is often limited. Future programs should take into account potential weather-related challenges and consider follow-up initiatives to maintain the health benefits for the community.

ANNEX



Figure 1: Group Picture with team after the successful dental camp.



Figure 2: Doctor busy scaling the patient