



Himalayan Project Nepal

[www.nepalhelp.net](http://www.nepalhelp.net)

# Bhakanje Free Dental Camp Report

## 2024



Prepared by:

Dr. Jangbu Sherpa

Date: 2<sup>nd</sup> November 2024

## **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 Gumbeli; 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.

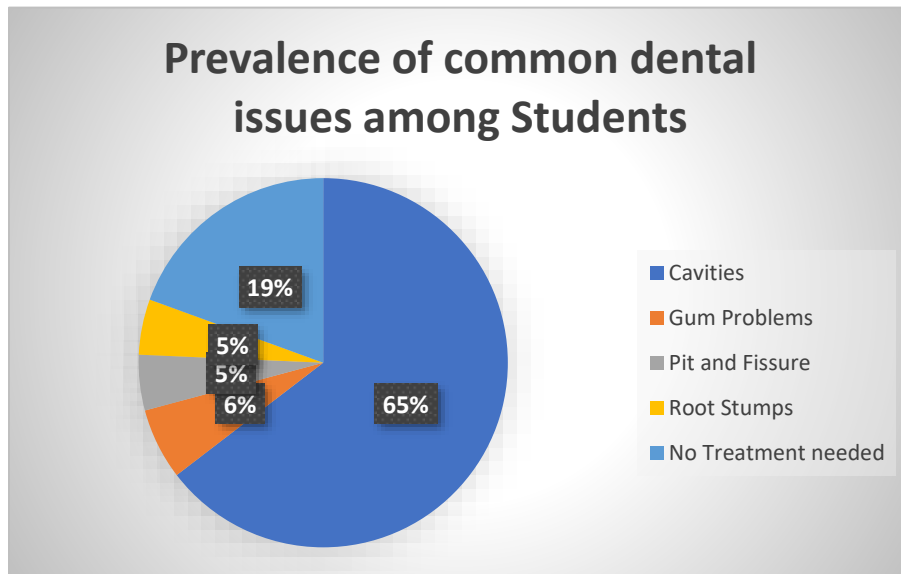
**Day 2:** On second day, we started around 8 am with smooth way throughout day. We had to take our lunch in shifts, dividing into two groups to ensure that treatment continued throughout the day and that we could finish the work on time, as most patients needed to walk home afterward. We had total of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

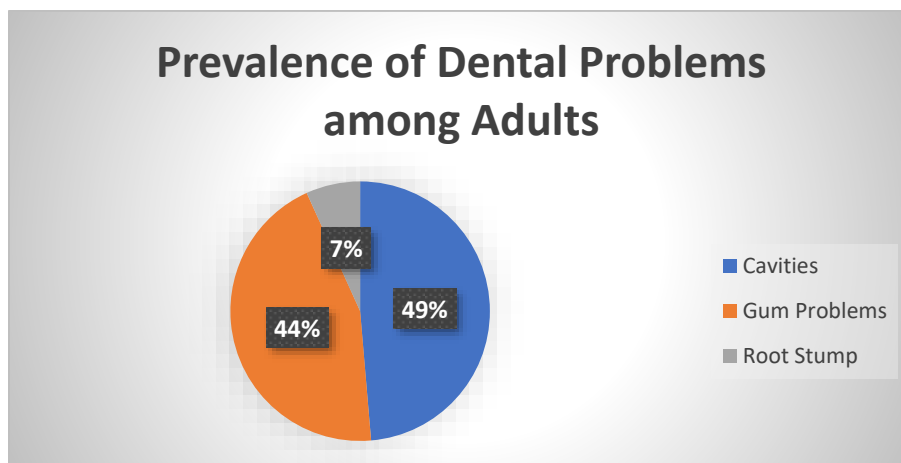
A total of 137 students, 9 teachers, and 74 local residents participated in the dental camp over four days, bringing the total to 220 attendees. The most common dental problems identified included cavities, gum diseases, root stumps, pits and fissures on permanent molars, and tooth loss, particularly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



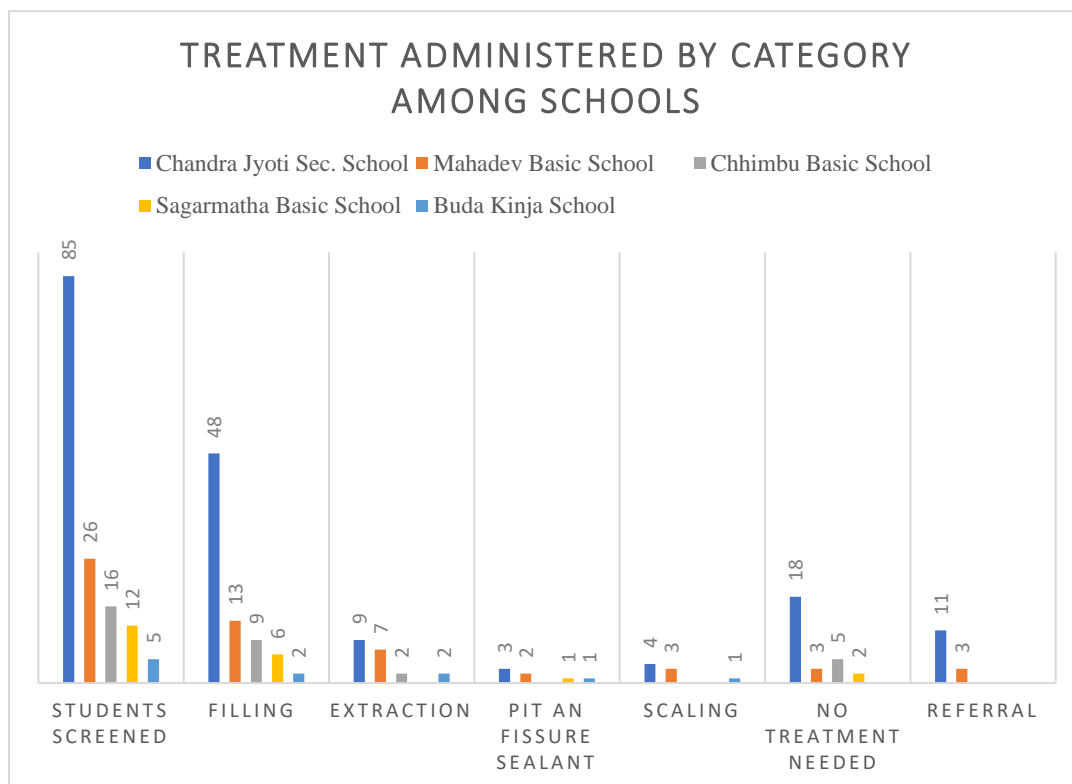
*This data highlights that cavities are the most common dental issue, followed closely by gum problems, while root stumps are the least common among the adults.*

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

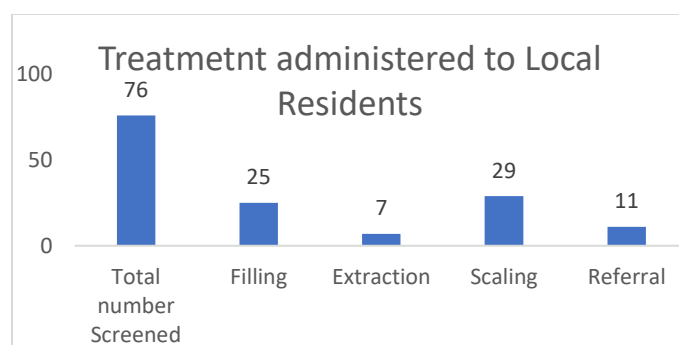
Notably, 28 students (19% students) displayed good oral hygiene and did not require any treatment. However, initial basic survey done by Rajani showed almost 90 percent students had dental issues. This contrast between initial survey and camp attendees indicates that among those who didn't attend likely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

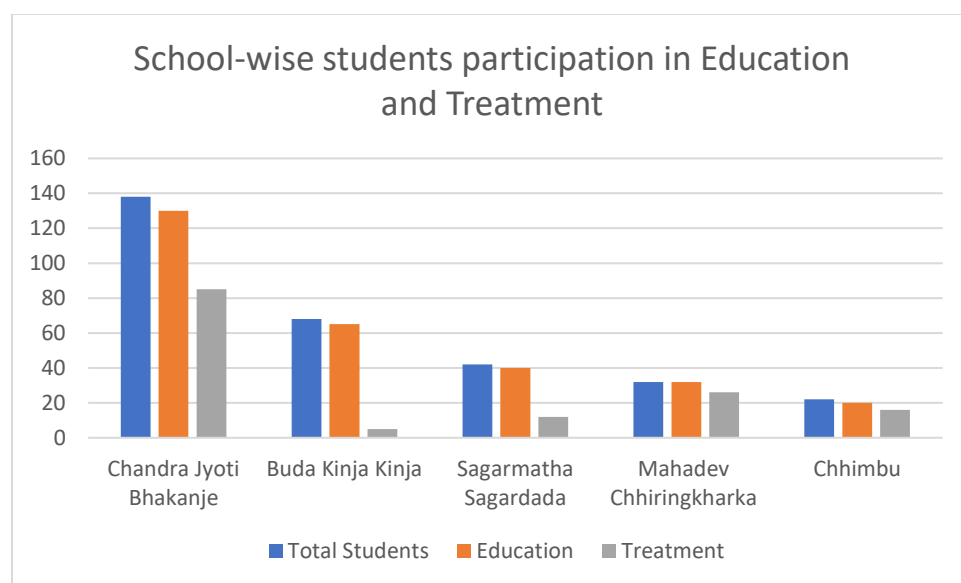
The program continued second day at Sagarmatha Basic School with 40 out of 42 students participating along with 4 teachers and 10 parents. On the same day, Rajani visited Mahadev Basic School, where 32 students and 4 teachers received dental education and fluoride application.

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**





*Figure 7: Fluoride application 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 Dental 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**

Treatment administered among adults				
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	<b>2,41,431</b>

*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*

S. N .	Patient's Name	A g e	S e x	School	Address	Diagnosis	Treatment Provided	Advice
1	Sapana Tamang	5	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Dental Caries 85	GIC filling 85	Brush Twice daily
2	Anoj B. K.	12	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Pit and Fissure 16,26,36,46	Pit and Fissure Sealant 16,26,36,46 and Scaling	Brush Twice daily
3	Samir Thami	7	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Fair Oral Hygiene	No Treatment	Brush Twice daily
4	Arjun Thami	11	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Marbu	Retained 85	Extraction 85	Brush Twice daily
5	Bupe Thami	12	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Pit and Fissure 16,46	Pit and Fissure Sealant 16,46	Brush Twice daily
6	Ang Furwa Sherpa	6	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Chhiringkhar ka	Dental Caries 55	Filling 55	Brush Twice daily
7	Furwa Doma Lama	8	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Chhiringkhar ka	Root Stump 75	Extraction 75	Bite on gauge for half and hour
8	Smriti B.K.	10	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Dental Caries 36	Filling 36	Brush Twice daily
9	Sonam Chhiring Lama	7	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Chhiringkhar ka	Dental Caries 84,85	Filling 84,85	Brush Twice daily
10	Kushal Tamang	7	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Marbu	Decayed 54,64,74,75,84,85	Reffered to Dental Clinic	Brush Twice daily
11	Pemba Gelu Lama	4	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Chhiringkhar ka	Dental Caries 54,64,74	Filling 74	Brush Twice daily
12	Sanchi Thami	9	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Dental Caries 84	Filling 84	Brush Twice daily
13	Pema Yangji Sherpa	9	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Chhiringkhar ka	Root Stump 74	Extraction 74	Bite on gauge for half and hour
14	Som Laxmi Thami	10	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Decayed 55,65,74	Filling 55	
15	Lakpa Ngima Sherpa	6	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Chhiringkhar ka	Decayed 54,75,74,84	Filling 84	Do not eat half and hour
16	Arjun Thami	11	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Decayed 16, 54,55,65	Filling 16	Brush Twice daily
17	Mingmar Gyalzen Tamang	7	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Exfoliative mobility 52,62	Extraction 62	Bite on gauge for half and hour
18	Manish Thami	4	M	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Fair Oral Hygiene	No Treatment	Brush Twice daily
19	Sujata Tamang	10	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Dental Caries 36,46	Filling 36,46	Brush Twice daily



20	Manisha Thami	7	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Decayed 16, Exfoliative mobility 72	Filling 16, Extraction 72	Brush Twice daily
21	Sumitra Thami	11	F	Mahadev Basic School, Chhiringkharka	Bhakanje-5, Patal	Plaque and Calculus	Scaling	Brush Twice daily
22	Anju Thami	14	F	Mahadev Basic School	Bhakanje-5, Patal	Decayed 16, 36, 37, 46	Filling 16, Scaling, Referred for RCT	Referred for RCT
23	Ayush Magar	13	M	Budakinja Basic School, Kinja	Umakunda - 1	Root Stump 74	Extraction 74	No hot and hard food for 24 hrs
24	Samir Karki	14	M	Budakinja Basic School, Kinja	Umakunda - 1	Pit and Fissure 36, 37, 46, 47, Plaque and Calculus	Pit and fissure Sealant 36, 37, 46, 47, Scaling	Brush Twice daily
25	Buwan B.K.	13	M	Budakinja Basic School, Kinja	Kinja	Exfoliative mobility 65, 75, 85	Extraction 65	Bite on gauge for half and hour
26	Furwa Doma Tamang	15	F	Budakinja Basic School, Kinja	Kinja	Proximal Caries 11, 12, 21	Filling 11, 12	Brush Twice daily
27	Som Doj Thami	12	M	Chandrajyoti Secondary School	Chhimbu	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
28	Lhakpa Gelu Sherpa	4	M	Chandrajyoti Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
29	Lhakpa Gelji Sherpa	8	M	Chandrajyoti Secondary School	Bhakanje	Mobility 62	Extraction 62	Bite on gauge for half and hour
30	Kester B.K.	30	M	Teacher	Patal	Stain and Calculus	Scaling	Brush Twice daily
31	Samir Ghimire	5	M	Chandrajyoti Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
32	Rina Tamang	21	F	Local Residents	Bhakanje	Grossly Decayed 46	Extraction 46	No hot and hard food for 24 hrs
33	Ang Furwa Sherpa	7	F	Chandrajyoti Secondary School	Bhakanje	Grossly Decayed 74	Extraction 74	Brush Twice daily
34	Aayous Tamang	8	M	Chandrajyoti Secondary School	Chhimbu	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
35	Laxmi Devi Basnet	23	F	Local Residents	Kinja	Deep Carious lesion 46	Referred to Dental Clinic	Brush Twice daily
36	Pasang Sherpa	7	F	Chandrajyoti Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
37	Dorjee Tamang	32	M	Local Residents	Marbu	Fractured 25	Filling 25, Scaling	Take medicine if pain occurs
38	Bipana Ghimire	6	F	Chandrajyoti Secondary School	Bhakanje	Deep Carious lesion 75, 85	Referred to Dental Clinic for pulpectomy	Brush Twice daily
39	China Magar	15	F	Budakinja Basic School, Kinja	Umakunda - 1	Proximal Caries 11, 12	Restoration 11, 12	Brush Twice daily
40	Puspa Ghimire	15	F	Local Residents	Bhakanje	Calculus and Stain	Scaling	Brush Twice daily
41	Bishal Ghimire	27	M	Local Residents	Bhakanje	Deep Carious lesion 47	Referred for Root Canal Treatment	
42	Sujan Basnet	15	M	Chandrajyoti Secondary School	Umakunda - 1	Dental Caries 11	Filling 11	Referred for RCT
43	Furba Lama	9	M	Chandrajyoti Secondary School	Umakunda - 1	Root Stump 85	Extraction 85	Brush Twice daily
44	Pasang Lama	10	M	Chandrajyoti Secondary School	Bhakanje	Retained 55	Extraction 55	No hot and hard food for 24 hrs
45	Som Bahadur Thami	15	M	Chandrajyoti Secondary School	Patal	Dental Caries 36	Filling 36	Brush Twice daily
46	Susant Tamang	7	M	Chandrajyoti Secondary School	Chhimbu	Dental Caries 74	Filling 74	Brush Twice daily
47	Fudoma Lama	5	F	Chandrajyoti Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
48	Mingma Sherpa	5	F	Chandrajyoti Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
49	Raksha Tamang	12	F	Chandrajyoti Secondary School	Chhimbu	Dental Caries 16, 46	Filling 46	Referred for RCT 16

50	Dujang Lama	8	M	Chandrajyoti Secondary School	Bhakanje	Incipient Caries 75,85	No Treatment needed	Brush Twice daily
51	Furgelje Sherpa	6	M	Chandrajyoti Secondary School	Bhakanje	Exfoliative mobility 81, Caries 75,85	Extraction 81	Bite on gauge for half and hour
52	Kunsel Sherpa	5	F	Chandrajyoti Secondary School	Bhakanje	Decayed 54,55, 65,75,85	Not willing Treatment	Referred for pulpectomy
53	Pasang Sherpa	10	M	Local Residents	Bhakanje	Missing 32,42	Referred for Xray of missing teeth	Referred for x ray
54	Bijaya Thami	11	M	Chandrajyoti Secondary School	Bhakanje	Grossly decayed 84	Extraction 84	Brush Twice daily
55	Gelmu Sherpa	9	F	Chandrajyoti Secondary School	Bhakanje	Decayed 16,46 Mobile 83	Filling 16,46, Extraction 83	Bite on gauge for half and hour
56	Sommaya Tamang	34	F	Teacher	Marbu	Stain and Calculus	Scaling	Brush Twice daily
57	Keshar B.K.	30	M	Teacher	Patal	Stain and Calculus	Scaling	Brush Twice daily
58	Dawa Jangmu Sherpa	13	F	Chandrajyoti Secondary School	Bhakanje	Pit and Fissure 47	Pit and Fissure Sealant 47	Brush Twice daily
59	Pasang Dolma Sherpa	14	F	Chandrajyoti Secondary School	Bhakanje	Grossly Decayed 16,26,36,46, Root stump 55	Extraction 55, Filling 45,47	Referred for RCT 16,26,36,46
60	Pasang Lhamu Sherpa	15	F	Chandrajyoti Secondary School	Bhakanje	Grossly Decayed 26,46, Caries 36,37	Filling 36,37	Referred for RCT 26,46
61	Pasang Sherpa	15	F	Chandrajyoti Secondary School	Bhakanje	Decayed 16,37	Filling 37	Brush Twice daily
62	Khangdi Sherpa	10	F	Chandrajyoti Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
63	Bishal Tamang	18	M	Chandrajyoti Secondary School	Bhakanje	Pit and Fissure 26, 36, 46	Pit and Fissure sealant 26,36,46	Brush Twice daily
64	Dil Maya Budathoki	8	F	Chandrajyoti Secondary School	Bhakanje	Initial Caries 36,46	Not willing Treatment	Brush Twice daily
65	Dipika Thami	12	F	Chandrajyoti Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
66	Sirjana Thami	14	F	Chandrajyoti Secondary School	Bhakanje	Deep Caries 16,26,46 , Incipient caries 36	Filling 36	Referred for RCT 16, 26,46
67	Durga Budathoki	14	F	Chandrajyoti Secondary School	Bhakanje	Deep Caries 36, Plaque and Calculus	Scaling	Referred for RCT 36
68	Saurab Thami	6	M	Chandrajyoti Secondary School	Bhakanje	Dental Caries 55,85	Filling 55,85	Brush Twice daily
69	Krishna Basnet	18	M	Chandrajyoti Secondary School	Bhakanje	Decayed 25,26,27, Grossly decayed 36,37,46,47	Filling 25,26,27	Referred for RCT
70	Sondoma Tamang	9	F	Mahadev Basic School, Chhiringkharka	Chhiringkharka	Grossly Decayed 55,74	Extraction 74	Brush Twice daily
71	Anjali Thami	10	F	Mahadev Basic School, Chhiringkharka	Chhiringkharka	Decayed 54,64,74,75,84,85	Extraction 54	Brush Twice daily
72	Prakash Karki	16	M	Chandrajyoti Secondary School	Sete	Decayed 16,24,26,46,47	Filling 16,46,47	Brush Twice daily
73	Ongel Lama	12	M	Chandrajyoti Secondary School	Sete	Dental Caries 26, Grossly Decayed 36	Filling 26, Extraction 36	Bite on gauge for half and hour
74	Renuka Thami	11	F	Mahadev Basic School, Chhiringkharka	Patal	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
75	Basanta Thami	14	M	Chandrajyoti Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
76	Budha Maya Thami	14	F	Mahadev Basic School, Chhiringkharka	Patal	Decayed 36,37,46,47, Plaque and Calculus	Scaling, Referred for RCT	Referred for RCT
77	Durga Budathoki	14	F	Chandrajyoti Secondary School	Bhakanje	Decayed 36, Plaque and Calculus	Scaling	Referred for RCT

7		1		Chandrajyoti				
8	Uma Basnet	5	F	Secondary School	Bhakanje	Decayed 21	Filling 21	Brush Twice daily
7	Bikran Basnet	1		Chandrajyoti				
9		4	M	Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
8	Bijaya Ghimire	1		Chandrajyoti				
0		6	M	Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
8	Ramila Basnet	1		Chandrajyoti				
1		8	F	Secondary School	Sagar dada	Plaque and Calculus	Scaling	Brush Twice daily
8	Shanti Tamang	1		Chandrajyoti		Faulty Restoration 11,12, Caries 37		
2		8	F	Secondary School	Dakchu		Filling 37	Brush Twice daily
8		2				Dental caries 16,26,37,47		
3	Krishti B.K.	6	F	Teacher	Patal		Filling 26,37	Brush Twice daily
8	Karuna Basnet	1		Chandrajyoti				
4		0	F	Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
8	Asmita Khadka	8		Chandrajyoti				
5		8	F	Secondary School	Bhakanje	Decayed 74,75, 84,85	Filling 84	Brush Twice daily
8	Chhiring Sherpa	6						
6		5	M	Local Residents	Dakchu	Grossly Decayed 46	Extraction 46	Brush Twice daily
8	Anjana Khadka	1		Chandrajyoti				
7		8	F	Secondary School	Sagar dada	Decayed 37,47	Filling 37	Brush Twice daily
8	Prabesh Basnet	1		Chandrajyoti				
8		4	M	Secondary School	Sagar dada	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
8	Jangmu Sherpa	3						
9		2	F	Local Residents	Dakchu	Dental Caries 11	Filling 11	Brush Twice daily
9	Pasang Sherpa	4		Chandrajyoti				
0		4	M	Secondary School	Dakchu	Decayec 85	Filling 85	Brush Twice daily
9	Tenzing Chhoki Sherpa	5		Chandrajyoti				
1		5	F	Secondary School	Dakchu	Decayed 85	Filling 85	Brush Twice daily
9	Kamal Khadka	3						
2		0	M	Local Residents	Sagar dada	Dental Caries 46	Filling 46	Brush Twice daily
9	Fur Lamu Sherpa	1		Chandrajyoti				
3		4	F	Secondary School	Sete	Dental Caries 16,17,26,27,36,37,46,47	Fillling36,37	Follow up for other restoration
9	Budha Maya Thami	1		Chandrajyoti				
4		4	F	Secondary School	Bhakanje	Decayed 36,37,46,,47	Filling 36	Follow up for other restoration
9	Nagendra Basnet	1		Chandrajyoti				
5		4	M	Secondary School	Bhakanje	Dental Caries 37,47	Filling 37,47	Brush Twice daily
9	Mingma Chhoti Sherpa	1		Chandrajyoti				
6		4	F	Secondary School	Sete	Proximal Caries 46	Filling 46	Brush Twice daily
9		1		Chandrajyoti				
7	Kinji Sherpa	8	F	Secondary School	Bhakanje	Decayed 17,27,36,37,46,47	Fillling 37,47	Brush Twice daily
9	Sirjana Thami	1		Chandrajyoti				
8		4	F	Secondary School	Bhakanje	Deep Caries 16,26,36,46	Filling 36	Brush Twice daily
9	Rekha Basnet	1		Chandrajyoti				
9		5	F	Secondary School	Bhakanje	Proximal Caries 11	Filling 11	Brush Twice daily
1								
0	Pem Doma Sherpa	1		Chandrajyoti				
0		4	F	Secondary School	Bhakanje	Decayed 16,26,27,36,37	Filling 27,37	Brush Twice daily
1								
0	Pratima Basnet	1		Chandrajyoti				
1		6	F	Secondary School	Sagar dada	Proximal Caries 12,21,22	Filling 12,21,22	Brush Twice daily
1								
0	Laxmi Basnet	1		Chandrajyoti				
2		7	F	Secondary School	Sagar dada	Dental Caries 36,37,46	Filling 36	Brush Twice daily
1								
0	Samiksha Khadka	1		Chandrajyoti				
3		5	F	Secondary School	Sagar dada	Dental Caries 37,47	Filling 37,47	Brush Twice daily
1								
0	Sonam Sherpa	3						
4		6	M	Local Residents	Dakchu	Plaque and Calculus	Scaling	Brush Twice daily
1								
0	Kanchan Basnet	1		Chandrajyoti				
5		4	F	Secondary School	Sagar dada	Decayed 36,46	Filling 36,46	Brush Twice daily
1								
0	Krishna Basnet	1		Chandrajyoti				
6		8	M	Secondary School	Bhakanje	Decayed 25,26,27, Grossly decayed 36,37,46,47	Filling 24,25,26	Brush Twice daily

107	Pemba Lhamu Sherpa	43	F	Local Residents	Bhakanje	Deep Caries 17,27 , 38, Root Stump 46	Filling 38, Extraction 46	Referred for RCT 17,27
108	Pemba Diku Sherpa	60	F	Local Residents	Themjyang	Mobile teeth 17, 24,25,26	Unable to extract tooth due to high BP	Referred to Physician for high BP
109	Gita Ghimire	25	F	Local Residents	Bhakanje	Decayed 23,27, Root stump 18,28, Calculus	Filling 23, Scaling	Brush Twice daily
110	Taki Sherpa	35	M	Local Residents	Bhakanje	Decayed 27,36,37	Filling 36	Brush Twice daily
111	Durga Basnet	58	F	Local Residents	Sagar dada	Fractured Denture	Referred to dental clinic for denture repair	
112	Kailash Basnet	32	F	Local Residents	Sagar dada	Stain and Calculus	Scaling	Brush Twice daily
113	Bishnu Thami	25	M	Local Residents	Chhimbu	Root Stump 46,47	Extraction 47	Bite on gauge for half and hour
114	Sarwati Karki	45	F	Local Residents	Sagar dada	Root Stump 28	Extraction 28	Bite on gauge for half and hour
115	Ang Dawa Sherpa	68	M	Local Residents	Bhakanje	Generalised Periodontitis	Referred for periodontal surgery	Brush Twice daily
116	Pasang Dorje Tamang	7	M	Chandrajyoti Secondary School	Bhakanje	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
117	Dorje Tamang	29	M	Local Residents	Bhakanje	Stain and Calculus	Scaling	Brush Twice daily
118	Pasang Lhamu Sherpa	7	F	Chandrajyoti Secondary School	Bhakanje	Decayed 85	Filling 85	Brush Twice daily
119	Lhakpa Tenji Sherpa	10	M	Chandrajyoti Secondary School	Bhakanje	Decayed 14,16,24,36,46	Filling 46	Brush Twice daily
120	Pasang Temba Sherpa	8	M	Chandrajyoti Secondary School	Bhakanje	Deep Carious lesion 54	Referred for Pulpotomy	Brush Twice daily
121	Sona Sherpa	42	M	Local Residents	Bhakanje	Plaque and Calculus, Dislodged Filling	Scaling	Brush Twice daily
122	Sony Sherpa	35	F	Local Residents	Bhakanje	Missing 35	Referred for replacement of missing tooth	Brush Twice daily
123	Hiramaya Karki	51	F	Local Residents	Sagar dada	Root Stump 16	Unable to extract tooth due to high BP	Referred to Physician for high BP
124	Bipin Ghimire	13	M	Chandrajyoti Secondary School	Sagar dada	Stain and Calculus, retained 55,85	Scaling, Extraction 55,85	Brush Twice daily
125	Himal Basnet	18	M	Chandrajyoti Secondary School	Sagar dada	Dental Caries 47	Filling 47	Brush Twice daily
126	Sange Sherpa	7	M	Chandrajyoti Secondary School	Bhakanje	Decayed 74,75,85	Filling 74,75	Brush Twice daily
127	Taki Sherpa	35	M	Local Residents	Bhakanje	Stain and Calculus, Dental Caries 27,36,37	Scaling, Filling 36	Brush Twice daily
128	Lhakpa Sherpa	33	M	Local Residents	Bhakanje	Chronic Periodontitis, Plaque and Calculus	Scaling	Brush Twice daily
129	Prabin Karki	8	M	Chandrajyoti Secondary School	Bhakanje	Pit and Fissure 46, Grossly decayed 75,85	Pit and Fissure Sealant 46	Brush Twice daily

130	Ngima Kanchhi Sherpa	15	F	Chandrajyoti Secondary School	Bhakanje	Dental Caries 37	Filling 37	Brush Twice daily
131	Pasang Tamang	46	M	Local Residents	Bhakanje	Dental Caries 16, Deep Caries 24,25,36,37	Filling 16, Scaling	Referred for RCT
132	Sujan Thami	12	M	Chandrajyoti Secondary School	Bhakanje	Dental Caries 16,26,36,46, Mobile 74	Filling 36,46 Extraction 74	Brush Twice daily
133	Simon Thami	4	M	Chandrajyoti Secondary School	Sagar dada	Dental Caries 55,75,85	Filling 85	Brush Twice daily
134	Sandip Thami	13	M	Chandrajyoti Secondary School	Sagar dada	Dental Caries 36	Filling 36	Brush Twice daily
135	Subash Thami	13	M	Chandrajyoti Secondary School	Sagar dada	Dental Caries 16,26,36,46	Filling 16,26,46	Brush Twice daily
136	Kopila Kulung	21	F	Local Residents	Chheskam	Dental Caries 16,37	Filling 16,37	Brush Twice daily
137	Abishek Thami	6	M	Chandrajyoti Secondary School	Gaudada	Dental Caries 55,65,75,85	Filling 75,85	Brush Twice daily
138	Bimala Thami	30	F	Local Residents	Gaudada	Dental Caries 24 , Plaque and Calculus	Filling 24, Scaling	Brush Twice daily
139	Bimala Thami	17	F	Chandrajyoti Secondary School	Gaudada	Dental Caries 27,47	Filling 47	Brush Twice daily
140	Sirjana Thami	14	F	Chandrajyoti Secondary School	Gaudada	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
141	Nuru Sherpa	29	M	Local Residents	Bhakanje	Dental Caries 27,37,47, Plaque and Calculus	Scaling	Brush Twice daily
142	Sudikshya Thami	6	F	Chandrajyoti Secondary School	Gaudada	Dental Caries 55,65,74,75,84,85	Filling 55,84,85	Brush Twice daily
143	Sandesh Ghimire	25	M	Local Residents	Bhakanje	Calculus and Stain	Scaling	Brush Twice daily
144	Mamata Sunuwar	37	F	Local Residents	Gaudada	Chronic Irreversible Pulpitis 38	Extraction 38	Brush Twice daily
145	Kaji B.K. Ghimire	35	M	Local Residents	Gaudada	Decayed 28, Plaque and Calculus	Scaling	Brush Twice daily
146	Dawa Jangbu Sherpa	30	M	Local Residents	Bhakanje	Chronic Gingivitis	Scaling	Brush Twice daily
147	Jigme Sherpa	19	M	Local Residents	Bhakanje	Decayed 11, Crowding teeth	Referred for orthodontic consultation	
148	Maya Sherpa	32	F	Local Residents	Dakchu	Chronic Irreversible Pulpitis 18,48	Referred for surgical extraction 48	
149	Danu Sherpa	36	M	Local Residents	Bhakanje	Chronic Gingivitis, Dentinal Caries 48	Scaling, Filling 48	Brush Twice daily
150	Rajan Basnet	28	M	Local Residents	Sagar dada	Chronic Gingivitis	Scaling	Brush Twice daily
151	Kamala Basnet	26	F	Local Residents	Sagar dada	Dental Caries 27,38, Chronic Gingivitis	Scaling	Brush Twice daily
152	Sujan Basnet	27	M	Local Residents	Sagar dada	Chronic Irreversible Pulpitis 36, Chronic Gingivitis	Scaling	Referred for RCT 36

1 5 3	Bishnu Maya Tamang	4 9	F	Local Residents	Bhakanje	Chronic Irreversible Pulpitis	Extraction	
1 5 4	Birkha Tamang	5 5	M	Local Residents	Themjyang	Chronic Periodontitis/Chronic pulpitis 22	Scaling	Brush Twice daily
1 5 5	Kajal Basnet	6	F	Sagarmatha Basic School	Sagar dada	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
1 5 6	Susan Basnet	7	M	Sagarmatha Basic School	Sagar dada	Decayed 74,75,84,85	Not willing Treatment	Brush Twice daily
1 5 7	Surya Kumari Bogati	4 3	F	Local Residents	Sagar dada	Grossly decayed 48	Not willing Treatment	Brush Twice daily
1 5 8	Maya Sherpa	4 4	F	Local Residents	Sete	Gum Recession and abcess 43	Antibiotics prescribed	Brush Twice daily
1 5 9	Ngima Sherpa	3 4	M	Local Residents	Bhakanje	Dental Caries 47,48, Deep Carious lesion 16	Filling 47,48	Reffered for RCT 16
1 6 0	Ambika Basnet	2 5	F	Local Residents	Sagar dada	Dental Caries 48	Filling 48	Brush Twice daily
1 6 1	Sriyasa Basnet	3	F	Sagarmatha Basic School	Sagar dada	Dental Caries 84,85	Filling 84,85	Brush Twice daily
1 6 2	Susan Basnet	7	F	Sagarmatha Basic School	Sagar dada	Decayed 74,74,84,85	Not willing Treatment	Brush Twice daily
1 6 3	Gelu Sherpa	4 1	M	Local Residents	Bhakanje	Chronic gingivitis	Scaling	Brush Twice daily
1 6 4	Pyalu Sherpa	6 9	F	Local Residents	Bhakanje	Chronic Generalised Periodontitis, Mobile tooth 46	Not willing Treatment	Brush Twice daily
1 6 5	Yangji Sherpa	5 9	F	Local Residents	Bhakanje	Root Stump 46	Not willing Treatment	Brush Twice daily
1 6 6	Pyalu Sherpa	5 9	F	Local Residents	Bhakanje	Chronic gingivitis with localised Periodontitis	Scaling	Brush Twice daily
1 6 7	Susmita Tamang	2 0	F	Local Residents	Bhakanje	Dental Caries 17,47, Chronic Gingivitis	Filling 17,47, Scaling	Brush Twice daily
1 6 8	Purnimaya Tamang	4 2	F	Local Residents	Dakchu	Buccal Pit Caries 46	Filling 46	Brush Twice daily
1 6 9	Bir Bahadur Thami	2 1	M	Local Residents	Chhimbu	Deep Dentinal Caries 17,46,47	Reffered for RCT	
1 7 0	Bipin Ghimire	1 3	M	Chandrajyoti Secondary School	Bhakanje	Dental Caries 36,37	Filling 36,37	Brush Twice daily
1 7 1	Abishek Basnet	7	M	Sagarmatha Basic School	Sagar dada	Dental Caries 64,65,75,85,	Filling 74,75,84,85	Brush Twice daily
1 7 2	Dawa Jangmu Sherpa	4 3	F	Local Residents	Bhakanje	Dentinal Caries 36,37	Filling 37	Brush Twice daily
1 7 3	Pasang Furi Sherpa	6 6	M	Local Residents	Bhakanje	Dental Caries 36, Deep Dentinal Caries 34	Filling 36	Brush Twice daily
1 7 4	Bikash Basnet	2 7	M	Local Residents	Sagar dada	Chronic Generalised Gingivitis	Scaling	Brush Twice daily
1 7 5	Kusal Basnet	5	M	Sagarmatha Basic School	Sagar dada	Fair Oral Hygiene	No Treatment needed	Brush Twice daily

1 7 6	Sisir Basnet	6	M	Sagarmatha Basic School	Sagar dada	Root Stump 54,64	Not willing Treatment	Brush Twice daily
1 7 7	Santosh Basnet	3 8	M	Teacher	Dunda	Deep Dentinal Caries 14,17, Chronic Gingivitis	Scaling	Referred for RCT
1 7 8	Jhappad Bdr Budaathoki	1 7	M	Chandrajyoti Secondary School	Chhiringkhar ka	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
1 7 9	Aayush Basnet	8	M	Sagarmatha Basic School	Sagar dada	Decayed 75,85	Filling 85	Brush Twice daily
1 8 0	Aayusha Basnet	8	F	Sagarmatha Basic School	Sagar dada	Dental Caries 84,85	Filling 84,85	Brush Twice daily
1 8 1	Sujata Karki	9	F	Sagarmatha Basic School	Sagar dada	Pit and Fissure 36,46	Pit and Fissure Sealant 36,46	Brush Twice daily
1 8 2	Sita Basnet	8	F	Sagarmatha Basic School	Sagar dada	Decayed 64,65,74,75,	Filling 64,75	Brush Twice daily
1 8 3	Samir Karki	8	M	Sagarmatha Basic School	Sagar dada	Dental Caries 55,65,74,84,85	Filling 55,84,85	Brush Twice daily
1 8 4	Puspa Karki	2 9	F	Local Residents	Sagar dada	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
1 8 5	Goma Basnet	2 7	F	Local Residents	Sagar dada	Dental Caries 37	Filling 37	Brush Twice daily
1 8 6	Binisha Thami	5	F	Chhimbu Basic School	Chhimbu	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
1 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	M	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 9 1	Bijaya Tamang	9	M	Chhimbu Basic School	Chhimbu	Physiologic mobility 73	Extraction 73	Brush Twice daily
1 9 2	Sunil Thami	8	M	Chhimbu Basic School	Chhimbu	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
1 9 3	Safal Thami	5	M	Chhimbu Basic School	Chhimbu	Dental Caries 54,55,65, 84	Filling 54,55,84	Brush Twice daily
1 9 4	Manoj Thami	7	M	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



199	Anjuli Thami	7	F	Chhimbu Basic School	Chhimbu	Dental Caries 74	Filling 74	Brush Twice daily
200	Manoj Thami	12	M	Chhimbu Basic School	Chhimbu	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
201	Anil Thami	11	M	Chhimbu Basic School	Chhimbu	Dental Caries 46	Filling 46	Brush Twice daily
202	Chhiring Phuti Lama	52	F	Local Residents	Kinja	Fair Oral Hygiene	No Treatment needed	Brush Twice daily
203	Maya Lama	57	F	Local Residents	Bhakanje	Secondary Caries 36	Referred for RCT	Brush Twice daily
204	Ang Furba Sherpa	7	M	Chandrajyoti Secondary School	Bhakanje	Decayed 84,85	Filling 84,85	Brush Twice daily
205	Sarkini Thami	34	F	Local Residents	Chhimbu	Chronic marginalised Gingivitis, Deep caries 37	Referred for RCT	Brush Twice daily
206	Dati Sherpa	31	F	Teacher	Bhakanje	Decayed 36	Filling 36	Brush Twice daily
207	Sostika Tamang	5	F	Chhimbu Basic School	Chhimbu	Dental Caries 85	Filling 85	Brush Twice daily
208	Pasang Ongchhu Sherpa	53	M	Local Residents	Bhakanje	Chronic Generalised Periodontitis	Scaling	Brush Twice daily
209	Lhakpa Dendi Sherpa	48	M	Local Residents	Bhakanje	Chronic Generalised Periodontitis	Scaling	Brush Twice daily
210	Pasang Yula Sherpa	66	M	Local Residents	Sete	Chronic Generalised Periodontitis	Scaling	Brush Twice daily
211	Lhakpa Doma Sherpa	48	F	Local Residents	Bhakanje	Dental Caries 46,47	Filling 46,47	Brush Twice daily
212	Dan Kumar Thami	22	M	Chandrajyoti Secondary School	Bhakanje	Dental Caries 16	Filling 16	Brush Twice daily
213	Aita Bdr. Thami	21	M	Chandrajyoti Secondary School	Chhimbu	Chronic Generalised Periodontitis	Scaling	
214	Sunil Thami	32	M	Local Residents	Bhakanje	Dental Caries 46, Deep Caries 37	Filling 46	Referred for RCT
215	Ang Tenji Lama	51	M	Teacher	Nimar	Dental Caries 18,48,48	Filling 47	Brush Twice daily
216	Debin Basnet	24	M	Teacher	Sagar dada	Dental Caries 26,36,46,47	Filling 26, 36, 46,47	Brush Twice daily
217	Mingma Doma Sherpa	54	F	Local Residents	Bhakanje	Chronic Irreversible pulpitis 47	Medication and Referred for RCT	Brush Twice daily
218	Pasi Sherpa	35	F	Teacher	Bhakanje	Dental Caries 27,37	Filling 27,37	Brush Twice daily
219	Dolma Sherpa	35	F	Local Residents	Bhakanje	Dental Caries 17,27,37,	Filling 17,27,37	Brush Twice daily
220	Furba Tenji Sherpa	15	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 (Chhiringkharka), 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 Denmark.

Notable attendees included Kurt Lomborg, Anne Marie Lomborg, and Janaki Khadka, along with Gyanendra Gumdali, 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
Copy	Printing and photocopying educational materials	300
<b>Total</b>		<b>233,320/ 241431 total spent</b>
<b>Remaining</b>		<b>66,680 / 39998</b>

S.N	Budget	Expenses	Balance	Remarks
-----	--------	----------	---------	---------

--	--	--	--	--

**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