

2018 | Dr John G Niven BDS(Lon)



Report on Dental Camp held at Junbesi

3rd to 10th October 2018

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A dental camp led by Dr John Niven and Helen Niven in conjunction with Wilderness in Nepal and Kushudebu Public Health Mission Nepal was held in Junbesi from 3rd – 10th October 2018.

The first four days was a joint medical/dental camp. The dental team of Drs. John Niven, Yoko Kishimoto and Jangbu Sherpa, plus dental hygienist Ronda Hore were able to check nearly all the school children from the schools in the Junbesi Valley and organize treatment as required. A large number of Nuns were seen from Chupten Choling Monastery, plus monks from Serlo Monastery.

The second four days after the WIN members had departed on their treks, Dr John and Dr Jangbu continued treating patients.



Total patients and treatment for the 8 days: -

Patients	Patients treated	Fillings	Fissure seals	Scaling	Extractions	Miscellaneous
419	281	201	84	38	107	25

Several challenging problems were encountered, but the team was able to successfully treat all of them.

It was particularly pleasing to see the improvement in the children's dental health; in particular, the teenagers. The only permanent teeth we had to extract were for "orthodontic" reasons. We found that only 30% of the teenagers examined needed treatment, and that was usually of a minimal restorative or preventive nature.

The policy of concentrating on treating permanent teeth with restorative or preventive techniques, plus emphasizing oral hygiene over the past 6 years is yielding encouraging results.

The younger children are still a problem, the deciduous teeth in most cases tend to be in very poor condition and are often untreatable. We have taken a pragmatic approach, extraction if the tooth/teeth are abscessed or the patient is suffering from pain. We restore deciduous molars

where practicable. We also perform some simple palliative treatments to stabilize the caries problem. Any permanent molars present are restored if necessary, or fissure sealed.



At the conclusion of the dental camp all the equipment was packed and labelled. Dental supplies were sorted; out of date materials and materials of little use were discarded. We are currently organizing an up to date inventory of equipment and supplies. There is a good stockpile of dental supplies for the next dental camp.

Overall this was a successful camp, but as usual we could have stayed longer.

Helen and I would like to thank everybody who participated and assisted us in running the camp.

The following organizations/people sponsored this dental camp: -

- ✓ North Brighton Rotary Club, Melbourne Australia
- ✓ Goonellabah/Wollongbar Lions Club, NSW, Australia
- ✓ Troll dental, Wollongbar NSW Australia
- ✓ The people of the Alstonville Plateau and surrounding areas
- ✓ Our many friends from all over Australia

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Helen Niven

