



D Y PATIL GROUP

D Y PATIL DENTAL SCHOOL

Affiliated to the Maharashtra University of Health Sciences, Nashik
Recognized by Dental Council of India

BEST PRACTICE 1

1. **Title of Practice** - Healthy Teeth, Happy Kids: A School-Based Dental Wellness Program

2. Objectives:

1. To promote oral health among low socioeconomic paediatric children aged 6 to 12 years by providing free dental treatment.
2. To prevent dental issues, alleviate pain, and enhance the overall quality of life for students.
3. To instil healthy dental habits early in life fostering lifelong oral health awareness and positive attitude towards dentistry.
4. To expose students to pediatric dental problems and offer specific protection to prevent dental caries.

3. The Context:

1. Alarming prevalence of dental disease among children.
2. High prevalence of dental caries reported amongst underprivileged and low socioeconomical population.
3. Lack of affordability results in poor growth and development, lack of school attendance and poor oral health.
4. School based dental wellness program aims to address the problem with many activities aimed at preventing dental diseases and promote dental health.
5. Adopting Ramchandra Vidhalaya and Ashraya orphanage is a novel approach to attain the goal of disease-free mouth.
6. Well trained and motivated students and interns involve offering dental services by screening, diagnosis and applying preventive dentistry.

4. The Practice:

1. Baseline data

1. Following the screening of **2000** children, it was observed that 1784 had poor oral hygiene, dental caries and mild gingivitis.
2. Children indicated for pit and fissure sealant application followed by topical fluoride application were shortlisted.
3. Proper Tooth brushing demonstration and appropriate diet counselling will be reinforced.
4. Preventive procedure pit and fissure sealant and topical fluoride application were continuously implemented and monitored.
5. All existing dental caries will be restored.



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2. Formative evaluation

Was done to evaluate the retention fissure sealants and oral hygiene maintenance.

3. Intervention

1. Upon identifying students who would benefit from sealants and fluoride application, appointments were scheduled at the Department of Pediatric Dentistry DYPDS.
2. At the Department of Pediatric Dentistry students were trained batchwise during their clinical posting to apply pit and fissure sealants and topical fluoride application under the supervision of faculty. Yearly, a total of 90 students from final year and around 70 interns are trained.
3. Post treatment children were given demonstration of Fones tooth brushing and flossing technique to maintain good oral hygiene.
4. Follow up taken during 3rd, 6th, 9th month of each year to evaluate the retention of sealants.


5. Evidence of success:

1. In 2018, the prevalence of dental caries among the school children was 74%.
2. In 2023, percentage decrease in the prevalence of dental caries from 74% to 20% in school children was observed.
3. No new incidence of caries.
4. 100% retention of pit and fissure sealants.
5. Improved oral health.
6. Fear and anxiety regarding dental treatment was overcome.
7. Students and interns exhibit improvement in clinical skills, knowledge retention, and professional competence over the course of their involvement in the program.

6. Problems encountered and resources required

1. Initially children were anxious and apprehensive regarding the dental treatment
2. Scheduling the program at some intervals was a hurdle due to exams, timetable, holidays, systemic diseases.
3. Following up during the lockdown period posed challenges, resulting in 5% of treated children not being identified.




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