

Hope and Smiles for Liberia (H.A.S. Liberia)

The objective is to provide preventative dental hygiene services and basic personal hygiene supplies to children and young adults in underserved populations in Liberia. Liberia is an improvised nation recovering from a 16 years devastating civil war with great need for the basic necessities of life.

The goal of H.A.S. Liberia is to bring hope and smiles to the children and young adults of Liberia by providing them with some of the basic necessities needed to live a healthy and dignified life. H.A.S. Liberia will provide basic personal hygiene supplies such as deodorant, soap/body wash, body lotions, tooth brush and tooth paste, new and gently used clothes and shoes to students at various schools in Liberia. In addition, H.A.S. Liberia will provide back packs with pens, pencils, note books, sharpeners, erasers to all students and sanitary pads to female students so that they are empowered and do not miss school due to their monthly periods, at the beginning of the school year. H.A.S. Liberia will also provide education on dental health and the correlation between dental health and cardiovascular health (as well as overall health and hands on dental hygiene services such as prophylaxis, fluoride treatments, sealants, nutritional counseling and smoking cessation counseling.

Current & Future goals

- Raise enough funding to obtain a mobile dental van equipped with all supplies needed to provide dental services such as prophylaxis, debridement, sealants, scaling and root planning and fillings as authorized by a dentist. The mobile dental clinic will increase access to care in rural communities in Liberia by allowing me (Hygienist) to provide preventative dental hygiene services to children and youths whenever and wherever they are located. The cost of a used Mobile Clinic runs \$150,000 and up depending on the

year, size and unit package. There is also additional cost for equipment and supplies ranging up to \$10,000. However, my goal is to get as much items donated as possible. Some of the items include: Prophy setup at 299.99 per set, ultrasonic scalar \$1055, ultrasonic tips at \$69.99 per tip, exam kits at \$ 99.99 per set, foot pedal for ultrasonic \$130.00, Prophy angles & Prophy paste \$500 per box (500), fluoride: gel or varnish, sealant materials: itch, primer and sealants, dental chairs, 4x4 & 8x8 gauze, x-ray films, disinfectant solutions, cotton tip applicators, tongue depressors, headrest covers, cotton rolls, 2x2 cotton filled gauze sponges, patient bibs, evacuation and ultrasonic cleaning solutions, educational materials explaining gum disease, periodontal disease and dental decay/cavities. Will also need a reliable driver and gasoline.

- Alternative plan is to get a few portable dental equipments and supplies that I can use until there is enough funding to purchase a mobile dental unit. This will not enable me to provide all the services I want to provide but I can still do a lot of preventative services for children ages 10 or below. This plan is limited in that there will be no access to x-rays, ultrasonic scalars or any of the equipments used by dentist to drill and fill cavities. Dental hygiene services will be limited to procedures that can be performed above the gumline. I will be able to provide very limited supragingival scaling, which is necessary for children with calculus/tartar buildup above the gumline. Also, I will not have a private space to provide treatment and talk with the children and if a portable autoclave is not purchase I will have to use all disposable items which can be costly and create more wastes products for the environment. With the portable equipments I can provide screening, assessments, child prophylaxis, fluoride treatments, sealants, education, nutritional

counseling and smoking cessation counseling. The portable equipments include the following items:

- ProSeal II \$4,660- a device that is great for applying sealants & child Prophy (polishing).
 - Portable Patient chair \$ 2,942
 - Carrying case (optional) \$234,
 - Portable Operatory light \$1,028
 - Portable Operator stool \$619
 - Portable Autoclave \$6,206 Will allow me to sterilize instruments.
 - Miscellaneous items \$14,000– all other supplies, gasoline, rental car and driver, rental space to provide services, housing hygienist & assistants, other transportation, etc, etc.
 - This option can be estimated at about \$30,000!
- Become certified in restorative dentistry which will allow me to fill Class 1 and 5 cavities with amalgam or composite restorations (if a dentist is not available). This course is called the Restorative Extended Functions and is currently being offered by the University of Minnesota school of Dentistry. The procedures that the hygienist is allowed to complete after being certified include placing, contouring and adjusting: a) amalgam restorations, b) glass ionomers, and/or, c) Class I or Class V supragingival composite restorations, whose margins are entirely within the enamel; adaptation and cementation of stainless steel crowns; and adjusting the occlusion on newly placed restorations. The course is an 80 hours training program which occurs over the course of four weekends and costs \$2,295.00. The total cost of this training will be about \$3,000 which includes the

\$125.00 examination fee, mileage, food, lodging, and other expenses to be used towards the examiner who completes the certification process at the hygienist's place of work.

This is an optional course that will come in handy but I believe that I can still provide treatment or services to people even if I do not complete the training. Patients with more complex dental issues will have to be referred to one of the three dentists in Monrovia as their treatment needs will be out of my scope of practice and a dentist will still need to be present to utilize all the skills learned in the course. However, the skills and knowledge obtain from this training will allow be to be able to perform certain procedures that I am not certified to do at this time. This training will increase access to care for many individuals in rural communities with minor dental concerns who do not have the means or the finances to go to Monrovia and receive treatment.

- Get a dentist and a dental assistant willing to volunteer services on the mobile dental unit. The dentist can diagnose and treat advanced carious lesions as well as prescribe medications for pain management. The assistant is needed to assist the dentist when he/she is providing treatment and can assist the hygienist as well.
- Very Long term goal is to open a community health Clinic with a dental focus where possibly future hygienists of Liberia can receive education and hands on training.

If possible I will like to begin by distributing new or gently used clothing and shoes and some personal hygiene supplies to students at maybe one primary or elementary school Spring or Summer 2011. I currently have a friend who's a dental hygienist I will ask her if she can help with either services or supplies. I will need to start looking for a dentist or assistant to volunteer. I have an uncle in Liberia that works for women rights; he's very passionate about his work and usually travels to several counties within Liberia. He can be very useful in helping me fine areas

where my services are greatly needed and I could ask him to distribute the items if needed although I would really like to be present at distribution.