DENTAL OUTREACH IN MOROCCO

By Rachael Whitaker
(Dental Nurse/BADN Member)
Aims and Objectives

• Gain information about the work DentAid does in the UK and Overseas
• Discuss the Dental Needs of developing countries
• Learn more about working and offering Outreach Dental Care in Morocco
• Discuss the pros and cons of working outside our usual surgery setting
• 1 hour CPD
• GDC development outcome D
About Me

- 27 years old
- Living in West Yorkshire with partner/dog
- Dental Nurse since 2014, qualified 2016
- What made me want to partake in a charity trip?
DentAid

Mission Statement: DentAid represents people with insufficient access to dental care around the world. We provide education and treatment while equipping dental professionals with the skills and facilities to provide safe, sustainable care.

Motto/Logo: Improving the worlds oral health and making a difference with dentistry.
DentAid

- International Dental Charity founded in 1996
- Office based in Southampton
- Overseas trips started 2012 – DentAid Box
- UK work started 2015 – Mobile Dental Unit
- Started by donating dental equipment to a prison in Ukraine
- Sent dental equipment to over 70 different countries
- Train, Equip, Treat Educate
DentAid – Dental Needs Worldwide

• 70% of the world's population do not have access to dental care
• In developing countries dentistry is not a popular profession
• Dental health is not a priority
• Toothpaste is considered a luxury item in developing countries
• Decay 60% - 70% in children and 100% in adults
• 2.5 billion people worldwide suffer with toothache (7.7 billion full population – 32% in pain)
DentAid – Dental Needs UK

- Sugar intake within diets and availability in shops
- Children not attending dental appointments
- NHS practices with 2+ year waiting lists
- People falling through gaps in NHS provisions such as: homeless, low income, mental health issues, LGBT (fear of being judged), immigrant workers (language barriers/cultural difference)
DentAid – Volunteering

• 1-2 week trips in communities where access to dentistry is limited
• Multi-skilled teams working alongside local dentists
• Outreach clinics in schools, prisons, orphanages, churches, community buildings, refugee camps and outdoors
• All members of the dental team needed
• Uganda, Kenya, Morocco, Cambodia
DentAid – Volunteering

- Basic dentistry – no suction, spittoon, overhead light, 3 in 1 tip, handpiece, chair only for patient (not adjustable), working without electricity/running water, no clinical notes or computer system, make shift sharps bins/clinical waste, limited instruments/supplies
- Busy clinics – up to 170 patients per day
- Oral health education/fluoride applications are a key focus on every trip – set up tooth brushing programmes
- Mainly extractions – definitive treatments
DentAid – Volunteering

- Life changing experience
- Professional and personal development
- Opportunity to give back
- Use your skills to make a real difference
- Hard work with great team spirit and warm welcome
- Visit different parts of the world and understand issues with dental care provisions overseas/in UK
DentAid – Volunteering

- Costs £1200 - £2500
- Covers flights, accommodation, meal, travel and dental supplies
- Not included: vaccinations, travel insurance, sight seeing and visas
- Fundraising is a great way to raise awareness of the charity
- Team leaders to lead and oversee safety aspects
- Attend a training day before hand with info pack
- Whole team flies together
- Stay in local hotels or nights under canvas
- Experience something completely different to home
- Every trip is different
DentAid – Volunteering

• Have an open mind
• Embrace new cultures and ways of working
• Remember you are there to work with an occasional day off
• Contact with whole team before you travel via email and WhatsApp
• Great contact with BADN and DentAid
• DentAid make all arrangements
Morocco

- Chefchaouen – Rif Mountains, North West Morocco, North Africa
- “The Blue Pearl” – population 42,786
- Closed currency - Dirhams
- 36 Million – Population, Berber/Arabian/European Cultural Influences
- 99% Muslim country – languages Arabic, Berber, French
- Steadily growing economy with tourism/agriculture, however 4 million are below poverty line and many rural areas remain extremely poor
- Popular dishes include: cous cous, tagines, stews, seafood.
Morocco

- Drink bottled water
- Rural, narrow roads – very busy
- Poor attitudes towards women
- Squat toilets
- Narrows streets and markets – keep belonging safe
Morocco

- Team leaders Khadija and Mark
- Dentists Alan, David, Terng, Abeera, Shameen
- Hygienist Anne
- Nurses Kelly, Louise, Adina, Yasmin
- Translators Hannan, Sara, Abderrafia, Taz
- Amin Bakali – Sidi Allal Hajj
- 5 schools, patients 931, extractions 1059, fluoride applications 1450, OHE and toothbrushes 4000+
Morocco

• Sunday First day: team meeting and sightseeing, change money, walk to Spanish Mosque
• Mon – Fri: visiting schools
• Team meeting
• Surgery/Decon Set up
• Screening
• See the patients, extractions and OHE
• 2 nurses for decon, others chairside assistance, rotate roles
• X3 breaks in the day
• Surgery/Decon shut down
• Team meeting to end the day
• Saturday Final Day: mountain walking and visiting markets for shopping
Morocco

- High sugar intake – Moroccan Tea, fizzy drinks, sweets, biscuits
- Poor diet for children – no breakfast, substituted with sugary snacks
- Medical emergencies – fainting due to lack of food or nervous or heat
- Scared with needles or fear of treatment hurting
- Some children were orphans – girl asking for her mum
- Quiet vocal – shouting/crying (rather emotional)
- Children very thankful for our help
- Adults walking for miles to visit the dentist
- Negative headmaster (very upsetting)
- Language barriers
- Gross caries and infections
- Difficult extractions
ANNE’S BLOG

https://www.dentaid.org/morocco-blog/
Photos
<table>
<thead>
<tr>
<th>Arabic phrases</th>
<th>English phrases</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ahlan</td>
<td>Hello</td>
</tr>
<tr>
<td>Labas?</td>
<td>How are you?</td>
</tr>
<tr>
<td>Aji</td>
<td>Come</td>
</tr>
<tr>
<td>Tafadal</td>
<td>Welcome</td>
</tr>
<tr>
<td>Feen Kate hrak</td>
<td>Where does it hurt?</td>
</tr>
<tr>
<td>Hena</td>
<td>Here</td>
</tr>
<tr>
<td>Fetah</td>
<td>Open your mouth</td>
</tr>
<tr>
<td>Shud</td>
<td>Close your mouth</td>
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<tr>
<td>safi</td>
<td>It's ok/calm down</td>
</tr>
<tr>
<td>= Mezian/bravo</td>
<td>Well done/bravo</td>
</tr>
<tr>
<td>Shukran</td>
<td>Thanks</td>
</tr>
<tr>
<td>Beslama</td>
<td>Good bye</td>
</tr>
<tr>
<td>Hrak</td>
<td>Pain</td>
</tr>
</tbody>
</table>

**Notes:**
- Sit down
- Injection
- Spit
- Gliss
- Musca
- Szack
Thank you for listening

- Any Questions?