

## GENERAL GUIDELINES FOR FOB DENTAL TEAMS

1. The FOB dental mission is designed primarily for extractions. Extractions provide immediate relief from pain and infection of odontogenic origin. Extractions are likely to do the most good while requiring the least amount of resources. Remember that the people you treat are likely to have no access to dental care at all. In the US, the idea of saving teeth is so ingrained in dentists, it is almost visceral. While in Honduras, put those thoughts aside. Generally, the best and most definitive care you can render in the community setting is extraction.
2. It is recommended to have the FOB nurse give a short lesson on dental hygiene and teeth brushing as part of the morning message in each community.
3. Don't get in over your head....Remember, "First, do no harm." It is perfectly acceptable to decline to treat a patient if you feel the care they require exceeds your skill level or abilities given the circumstances (lack of suction, hand pieces, good lighting, etc.).
4. Try to limit yourself to no more than 2 to 3 teeth per patient, preferably in the same quadrant, although this is only a guideline. It is going to be impossible to extract all the teeth that need to be extracted on every patient you see. Supplies are planned based upon the concept that we will try to do little bit for a lot of people. Remember that if you do too extensive surgery, there may not be enough time for all the patients that could be seen that day.
5. See the Dental Inventory for the list of supplies and instruments that will be provided by FOB. If there are supplies or instruments not on the list but ones which you feel strongly about taking, please do so but bring these items back to the US with you. FOB has worked hard to develop this formulary and would like to maintain it 'as is'. We would, however, very much appreciate any feedback as to needed changes in the formulary. We value your input.
6. The overall goals of care for any individual patient should be:
  - a. Relieve pain
  - b. Eliminate infection or potential sources of impending infection
  - c. Eliminate or treat pathology (simple things like fibromas, PG's, etc.)
7. Be on the lookout for oral and maxillofacial pathology in children that may benefit from more advanced care. FOB has partnerships with Cleft Lip and Palate and OMF teams that come to Honduras. Please refer these children to FOB's Honduras Medical Coordinator, Dra. Maria Moncada.
8. The dental team will consist of: the doctor, an assistant to help with instrument processing, and a combination intake/triage/translator. Although the clinic can be conducted outside, crowd control will become an issue as curious community members try to get a closer look.
9. Try to have the community leader bring the people with serious pain to the head of the line, because some people are there for smaller problems. Always having a person waiting to have the anesthetic take effect will increase the number of people you can see in a day.
10. Instrument sterilization - use three plastic tubs, stored in two separate tubs, marked to separate the clean tubs from the dirty tubs. The dirty tub has an outer "packing" tub marked with red tape and a red "X." The clean tubs are stacked and placed into a larger "packing" tub which is unmarked. Take a table or flat surface and cover with the clear plastic shower curtain so you can lay out a covering (such as patient bibs) and spread out all the clean instruments, grouping them together by type of instrument (forceps, elevators, etc.). Open the plastic tub marked with a red "X" and take out the tub inside

marked also with a red "X" and red tape. The outer container is meant for packing up the contaminated container at the end of the day. Place water and a packet of enzymatic cleaner into the tub with the red tape meant for soiled instruments. Open the other larger plastic container which is unmarked and remove the 2 inner containers. Set them up next to the red taped container with the enzymatic cleaner. Fill the middle tub with Cidex (or diluted bleach if Cidex is unavailable). Fill the third tub with water for rinsing the instruments. For a given patient, you can select the three or four instruments needed from this clean supply of instruments. When completing a surgery, take the soiled instruments and place them in the first tub which contains the enzymatic cleaner. The instruments are debrided with an enzymatic cleaner and a brush to remove any blood or debris—safety glasses must be worn for this step to prevent splashes of contaminated material into the eyes while brushing the instruments. From there place the instruments in a second tub which contains Cidex (bleach if necessary). The instruments are soaked in the Cidex/bleach for 15 min by timer. Once the Cidex soak is complete, the instruments are moved from the Cidex, rinsed in a tub of clean water and then placed back into the pile of clean instruments from which you can select to do the next surgery. At the end of the day, pour the Cidex back into the bottle with a funnel. Pack the small dirty tub along with the metal tongs, instrument brush and funnel into the larger plastic container marked with an "X" and red tape to keep the "dirty" products separate from the clean. Empty the water rinse tub and stack into Cidex tub and place these 2 tubs into the larger unmarked packing tub. The 2 packing tubs can then be placed into the large green container designated for sterilization.

11. If you plan to bring your own instruments, please contact the Central Office to make arrangements.
12. Labels will be available for the pain medication and antibiotics that the dentist will prescribe for patients after surgery.
13. Consider carefully how you will manage your medical/dental waste. There is a temptation for people in developing nations to try to salvage and re-use contaminated medical supplies, so consideration should be given to taking medical/dental waste back to the Barnabas House for disposal. Usually you can ask a community leader to burn your medical waste immediately after the clinic and they will.
14. You will have a sharps container for needles, etc., which should be brought back to BH for disposal by the staff.