

## Nepal Dental Outreach Project 2016-17

(Under Australian Nepal Oral Health Care Programme 2015-20)

### Testimonials

#### **Harmohan Singh, James Cook University, Australia**

“I am Harmohan Singh, currently studying Bachelor of Dental Surgery at James Cook University, Cairns (Australia). I was born in India and grew up on my Family’s Banana farm in a small town called Innisfail. I enjoy playing team sports, travelling and don’t mind getting my hands dirty.

In Early 2014 I made a split second decision to participate in the dental outreach undertaken by Around Good People. I wanted an adventure before my holidays finished, by participating in the outreach not only did I get that but have made many lifelong friends, while getting dental experience and the satisfaction of helping others. It was truly a life changing experience and one that I will never forget.”

Upon arrival in Nepal I immediately fell in love with the culture, food, the atmosphere and the friendly people. The dental clinic was very well

organized with hands on work throughout the weekdays with dental assistants and supervisors there to help out. The accommodation was very homely with hot showers, western toilets and a professional chef just to name a few. Before we knew it, the outreach was over and we felt proud to have helped over 1000 people.

I hope to continue working with Around Good People in the future and would recommend this outreach to anyone in the future.

**Erica Chong, James Cook University,  
Australia**

“My name is Erica Chong. I am a 4th year dental student at James Cook University. I have always been interested in health, travelling and experiencing different cultures. Dentistry is a passion. People are a passion. Dental outreach in Nepal provides both.

Volunteering with Around Good People in January, 2014 was an experience that surpassed my expectations. This grassroots program involves the local Nepalese communities and provides dental support at the most fundamental level. Not only are the members of Around Good People warm and hospitable, but the organization of the outreach is phenomenal. We are truly privileged to have such an opportunity to give service these communities in need. Don't miss this experience of a lifetime!”

**Emma Wilkinson, James Cook  
University, Australia**

“My name is Emma Wilkinson and I'm currently studying dentistry at James Cook University in Cairns, Australia. During exams last year I was procrastinating online when I found Around Good People and the volunteering experience they were offering. Travelling and volunteering are both passions of mine and to combine them seemed like a dream come true! It wasn't until I arrived and began the experience that I realised it truly was a dream. The people, the country, the experience I gained as a dental student and the growth I gained as a person are all priceless. I couldn't speak higher of the organisation or the

patients. I hope that as many people possible make the trip - you'll make a massive difference to the people of Nepal but you'll be surprised what a difference they make on you!”

**Robert Marchmont, Griffith University,  
Australia.**

“The entire program was sensational and I rate it 10/10.”

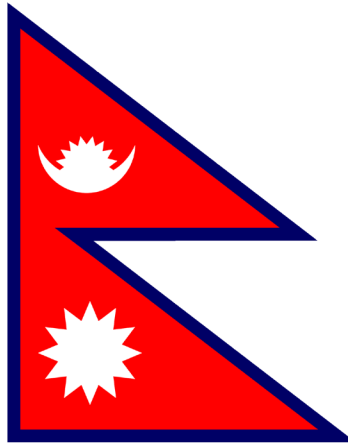
**Sophia Frankombie, Tasmania  
(Launceston), Australia**

“I graduated from Dentistry at Griffith University in 2013. Dentistry overseas offers a whole new challenge and reward, the experience and insight you gain lasts a lifetime. Around Good People runs a program that is at a grass roots level, meaning all investment (money, time, and treatment) goes directly to benefiting the Nepalese without a third party benefactor. Nepal is such a beautiful country both the people and the scenery. I am now practicing dentistry in the small island state of Tasmania, sharing my time between public and private practice. I hope to return to Nepal in the near future. I cannot recommend a volunteer dental trip more highly; it is a wonderful thing to have a skill that can help people.”

## **Erin Partridge, James Cook University, Australia**

At the end of my 2nd year studying dentistry I decided to volunteer in Nepal with another fellow student. I had such an amazing experience that I am sure it will be the first of many volunteering trips. The Nepali people were so warm and welcoming and the appreciation we received from the villagers made me feel like we were really making a difference. The program was extremely well organised and I felt completely supported by the program organisers throughout my entire trip. They went above and beyond to create a great experience for us, including weekend trips, wildlife safaris and paragliding. We also had the opportunity to experience the traditional lifestyle and Nepali chefs prepared all our meals which were absolutely delicious! As a 2nd year student, I hadn't had a lot of hands on experience, however, under the expert guidance of dentists from the local dental hospital I was able to perform extractions, restorations, scale and cleans and OHI. The local dental hygienists helped with the language translation and I never felt like I was out of my depth. At the end of 2 weeks we had treated over 1000 patients. I went into my 3rd year of dentistry feeling confident and experienced. I think this was a beneficial experience for everyone involved, I gained so much experience (more than I would have in a whole semester of uni) and we were able to provide dental treatment and pain relief to people who otherwise would not have had the opportunity. I have to say this was one of the most rewarding experiences of my life and I will never forget all the amazing people I met on my journey.

# **Go Nepal**



## **Nepal Dental Outreach Project**

**Nov 2016- Jan 2017**

**Sunday, 20th November – Tuesday, 29th November**

**Friday, 2nd -- Sunday, 11th December, 2016**

**Tuesday, 13th – Thursday, 2016 – Thursday. 22nd December**

**Saturday, 24th December, 2016 – Monday, 2nd January, 2017**

**Wednesday, 4th – Friday, 13th January, 2017**

**Sunday, 15th – Tuesday, 24th January, 2017**

Send a request for a Registration/Application form to:  
[outreach@aroundgoodpeople.com](mailto:outreach@aroundgoodpeople.com) or visit [www.aroundgoodpeople.com](http://www.aroundgoodpeople.com)

# Fact Sheet

## Description

In the winter (Nepal) of 2016/17 we run a series of non-profit Dental Outreach Projects in Nepal in active collaboration with the Dentists/Dentistry/Oral Hygiene students from Australia/New Zealand. Teams of fresh dentists and dentistry/Oral Hygiene students join professional in-country dentists to screen and treat rural villagers that have little or no access to dental healthcare. Everything is provided to them free of charge, and it is common for patients to travel for days to attend the clinics.

The group will have a project leader and qualified dental supervisors. Participants are accommodated in the village Programme House (for some outreach villages, It is a tented accommodation) and the price includes meals and transportation. Internal domestic flight is not covered (round trip costs approx. US\$ 250). Please note that you must have completed a Dental-related Degree/Course of at least 2yrs in order to be accepted onto this programme.

We are a community owned, rural based, self-reliant and sustainable non-profit social enterprise, geared up to act as catalysts - empowering the people to retool the socio-economic life skills for a dignified living fully in harmony with the environment. We provide culturally sensitive, region-specific health care solutions through initiatives which are self-sustainable and rooted in education/training by local health care workers in non-conventional

ways. Our Dental Outreach is a stand-alone unique enterprise. It not only brings in much needed succour to the unserved people, but also encourages to building a leadership legacy in these communities. We aim to train and expose local youths to get organised and take up the leadership roles to eventually be able to shape their own future, as they mould and carve out a place for themselves in the world outside. The stakes are high!

## Why the grassroots activism dental outreach?

Community engagement is a critical component of any public health strategy. In resource-poor mountain farming communities, improving basic oral health effectively requires engaging the neighbourhood residents at the local level. By utilizing a powerful community engagement strategy, we can empower the locals to address social determinants of health and hygiene by instilling resident-driven plans to improve the local context for oral health care. When the entire community is motivated, they get galvanised to address the problem themselves, and come forward seeking help, such as the proposed Dental Outreach. This is real empowerment, and a sustainable approach to bring a semblance of oral health care in these marginalised communities. Around Good People is thus committed to bring this mission to the stake holders of the professional fraternity of dentistry, synergising the demand-driven local community endeavour with a keen global

response of humanity from dentistry schools from everywhere. Challenges are formidable – but humanity always triumphs.

## Our Mission

The mission of Around Good People is to address the abysmal gap in oral healthcare infrastructure in Nepal. We believe that both the social need of the unprivileged/marginalised mountain communities and the continued learning needs of the dentistry students can straddle well. We strive to bring the volunteering international dentistry students with clinical experience to meet the basic dental care needs of the resource poor Nepal in a sustainable way. We want to show that the synergy between international volunteerism and empowered grassroots level initiative can be a viable model, and a tool that can cross over into a social good.

## Vision

Our vision is to be able to provide preventive oral health care education and basic public dental care services directly (or indirectly) to the most unprivileged and marginalized communities in the mountain villages of Nepal in a sustainable way.

## Goal

We impact the lives of the participating international volunteers and the patients they treat in the villages immensely. We aim to be the most trusted grassroots level activists working in the field of oral health care delivery in Nepal, collaborating with partner dentistry schools/

students/practitioners from all over the world.

The age-old Nepalese value system has its imprint on Around Good People value system too. AGP promotes a healthy learning and working environment, which encourages and fosters a climate of openness, respect and innovation, along with Integrity, Leadership, Ownership and Trust.

## Integrity

AGP respects honesty within and outside the organisation. AGP practices ethical business principles in dental outreach, medicine, treatment, law and spirit, and strives for patient/partner delight.

Fostering leadership and volunteerism is the essence of AGP growth. Through continuous collaboration with the partner communities and the overseas volunteers, we are always striving for innovation, research, networking, knowledge sharing and alliance, to bring the best dental outreach in the uncovered areas of mountain Nepal. AGP strives to excel and stay ahead.

## Ownership

AGP drives the sense of ownership for its volunteers and partners, providing opportunities for learning, knowledge enhancement and continuous growth.

## Trust

A strong foundation of trust encourages our volunteers to deliver their best. This trust is also



extended to reflect in our endearing relationship with our ever increasing patient base. Because of this, more and more villagers want us to organize our outreach in their areas. In all we do, we strive for Respect, Innovation and Excellence.

## Our Outreach

It has always been, and will always be, about Impacting the lives of the unprivileged people in the mountain villages of Nepal in oral health care through volunteering from the global Dentists/ Dentistry students/nurses/hygienists/therapists and oral health care professionals/students. We're passionate about treating the unprivileged mountain community patients with great care and commitment, to ensure that they always get high quality basic dental services completely free. This will be matched by the need of the dentistry students/professionals to be exposed to the skill enhancements and confidence-instilling exercises, while they volunteer in these much needed communities. We facilitate to synergize the skills/work hours of the dental professionals/ students to the ever increasing need for basic oral health care delivery need of the unprivileged community in the mountain villages of Nepal. We care deeply about all of this; our work is never done.

## We are Partners

You, us and they (villager patients) become We. We all are partners, because it's not just a job, it's our passion. Together, we embrace the synergy and diversity to create an opportunity where each of us can generate impacts in one another's lives. We always treat each other with respect

and dignity. And we hold each other to that standard.

## Our Patients

When we are fully engaged, we connect with, laugh with and uplift the lives of our patients – even if just for a few moments during which the person is getting treated. Sure, it starts with the promise of a perfect dental treatment, but our work goes far beyond that. It's really about human connection. Traditionally, the Nepalese community is very benign, gentle and easy going. They are always very grateful for the succour that you bring to them, without which they would be left with the pain shadowing their burdened lives to go on. Such is the impact of being a part of healing that you bring to them that feeling; it is so empowering and humbling. Suddenly, dentistry makes sense to you and it enables you to reconnect with your chosen field of profession.

## Our Clinics

Physically, our clinics are housed temporarily in a nearby primary/high school building or a community centre. The facilities are always run down as Nepal is a resource poor country. However, this presents a challenge to us to convert the place into an opportunity to bring forth the power of grassroots level activism. We quickly set up different work spaces, and separate rooms for registration of patients, OHI, fluoride application, scaling, filling, extraction, pharmacy, sterilizing, stores, changing room/pantry, and generator. Inside the clinic, the clinical head is the supervising dentist who, along with another dentist, comes from our partner dental teaching

hospital in Kathmandu. In true style of oriental wisdom, the supervisor becomes your friend, philosopher and guide. The dental hygienists/ assistants and local volunteer translators also help the overseas volunteers in the assigned dental chairs. Initially we work in pairs, but once your level of expertise and skill is known to the supervisor the work can also be assigned individually. We are supported by a phalanx of local volunteers for patient traffic management outside. The outreach venue is always busy. You will find that what they teach you theoretically in the dental school back home becomes a state of substance. You will experience wielding newly acquired skills in the clinic, as reality is augmented by the setting in which you are practicing your craft. Even for the experienced, this project will provide you with challenges different and unique to anything back home. The incubated dentist truly germinates with the profound experiences of the two week outreach.

When our patients feel this sense of belonging, our clinics become a haven; a break from the miserable night spent due to the tooth ache, and a place where you know your ailment will be taken care of. It's about understanding oral care, preventing dental problems, and cherishing a great smile. Always full of humanity.

## Our Neighbourhood

As grassroots level activists working in the field of oral health care, we go to work where we are invited by the local community. Therefore, naturally, every clinic that we operate in the outreach is part of a community, and we take our responsibility to acting as good neighbours

quite seriously. Being good neighbours mean we are part of the very community that we serve in the clinic. We live with the community for two weeks. We want to be invited in wherever we do business. We can be a force for positive action – bringing together our partners, patients and the community to contribute every day. Now we see that as our responsibility – and our potential for good – is even larger. Nepal is looking to Around Good People to set the new standard in dental care delivery outreach. We will lead.

## Highlights

### - Work experience

Working with rural communities is a great experience and the dental outreach programme is ideal for dental students or recently qualified dentists wanting to gain substantial experience of clinical procedures; especially extractions and restorations in challenging conditions. The dentistry outreach project will be invaluable for both professional and personal development, as well as really standing out on your C.V.

### - Food, Accommodation and Local Staff

Accommodation depends on the village that you are working, but usually we are offered the larger house in the community. We will then modify this building to form a modest and homely accommodation, with separate comfortable areas for social hub for like-minded people to relax during the evenings.

However, in some areas where our safety requirements do not meet the minimum standards, we will have fully secured tented



accommodations. Meals are included as part of the project and experiencing the local cuisine is definitely a travel highlight. We try to combine local specialities with home favourites to keep everyone happy and well fed! Specific dietary requests are always catered for, and the kitchen is always open for snacks and fresh drinking water.

### **- Support Network**

Adjusting to living and working in a foreign country can sometimes be difficult, so we make sure we provide you with the highest level of support both before and during your placement. There will be plenty of telephone contact with our staff in the lead-up to your trip, and upon arrival our local staff takeover. They will be there to meet you at the airport, take you to the guesthouse, and give you a full orientation in the local area. They will also make sure you are given 24/7 support throughout your stay.

### **-Free Time and Travel Opportunities**

We understand that an international elective is not simply about working in a different setting. Therefore we organise a well deserving travel package to visit and experience the enchanting Nepal in its best form, all for no extra cost! Here you make a considerable savings for not having to set aside money for such activities.

## **Outreach Clinical activities:**

- Oral Hygiene Instruction
- Distribution of free toothbrush and fluoride toothpaste
- Application of fluoride gel
- Application of sealant
- Screening & charting out Treatment Plan under the supervising of a supervising Dentist
- Scaling
- Filling
- Extraction
- Prescribing medicine and free dispensing distributing medicines

## **Program Duration**

**10 Days/ 14 Days/ 21 Days**

## **Min Qualifications**

Available to all dentists, Bachelor of Dentistry students, Dental Nurses, Dental Therapists, Dental Hygienists and Dental Assistants who have completed at least 2-4 years of study on a recognised university course in the field of dentistry a recognised university.

## **Placement type**

Community Oral Healthcare/ Dentistry delivery

## **Languages**

English / Nepali (a glossary of Nepali dental terms and phrases will be made available to the registered volunteers)

## **Programme Fee:**

Please email: [outreach@aroundgoodpole.com](mailto:outreach@aroundgoodpole.com) to get the current program fee quote.

### ***\*Cost Includes:***

- Everything for 8 days of pure dentistry and
- Airport pick up and drop
- Food/water
- Accommodations  
(Kathmandu/Pokhara and the outreach village)
- Surface transports
- In-country orientation/Training
- In-country staffs support
- Language Help

### ***\*Cost does not include:***

- Internal (domestic) flight to and from Pokhara  
(a short 25 minutes flight round trip costs approx. US\$ 250)
- Alcoholic/aerated drinks.

## **Experience Required**

Yes

## **Volunteer Types**

- Community Oral Health Hygiene Education
- Supervised Dental Outreach Clinic Volunteering  
including all clinical procedures

## **This Program is open to**

Everyone (professional/2nd year and above students) can join the programme.

This Program is also open to Couples and Individuals.

## **Documents required:**

1. Filled in Registration/Application Form
2. Recent Passport size photograph
3. Full Resume (of academic and extra-curricular)
4. Copy of MIPS cover
5. Copy of a valid Passport
6. Details of medical conditions (if required)
7. Mention of dietary restrictions and allergies
8. Recommendation Letter from the current mentor

## **Typical Living Arrangements (either or any one of the following)**

- Group living in village houses
- Home-stays
- Tents

## **Participants Travel**

Independently or in Groups

## **How Participants Work?**

The entire outreach group will be divided into smaller teams of 4/5, in rotation covering all clinic bays after a fixed number of extraction procedures are performed (under supervision) by a volunteering participant.