

Students Of Granada

 NYU | DENTISTRY



2017 REPORT

School – Based Preventative Oral Health Program: Granada, Nicaragua

Escuela Carlos Bravo

32 classes PreK-Grade 6
844 students

Escuela Margarita Urbina

10 classes Pre-K-Grade 6
338 students

Escuela de Zamberg

15 classes PreK-Grade 6
480 students

Escuela Padre Misieri

17 classrooms PreK-Grade 6
604 students

The goal of our 3-year pilot is to implement a program of daily classroom brushing and dental hygiene education that will have a positive impact on students' dental health.

In September 2017, Students of Granada and NYU Dentistry launched a 3-year preventative dental pilot in 4 public schools in Granada, Nicaragua. Colgate donated toothbrushes and toothpaste as well as student educational materials.

The goal of the pilot is to implement an integrated dental health program in schools that ensures daily tooth brushing, includes dental health education, and engages teachers and parents to provide ongoing support. Given the success of a similar program in the country of Grenada, West Indies (75% reduction of new dental caries in first permanent molars within three years) we hope to develop an effective school-based model that results in positive improvement of students' dental health - and one that will eventually expand to all schools in Granada and other regions of Nicaragua.

The program included:

1. Dental Hygiene: Two dental hygienists visited every classroom to talk about the importance of dental hygiene and to show students and teachers how to brush properly.

2. Toothbrushes: Every student received a toothbrush or a Bright Smiles, Bright Futures dental kits donated by Colgate. Each class received a large tube of toothpaste.

3. Clinic Referrals: Students requiring additional treatment were referred to the free NYU Dentistry's outreach clinic held at La Casa de Los Tres Mundos in Granada.

4. Dental examinations establish a baseline burden of disease: A sample of students ages 6-9 and 12 years were given complete exams to establish the prevalence and severity of tooth decay. Children received topical fluoride to arrest decay and prevent future caries.

5. Parental Engagement: Each school held a parent meeting to explain the school program and the importance of daily brushing and diet on dental health.

6. 100 teachers were engaged in the

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Dental Hygienist Pam Graboso and interpreter Johnny de La Vega review proper brushing technique.

Escuela Carlos Bravo

Wednesday, September 19, 2017
Thursday, September 20, 2017

32 classes dental hygiene instruction
552 students attended (out of 844)
219 dental exams
45 students referred for treatment
45% caries prevalence

- Reviewed program facilitation, teachers and parent engagement with the school director, Milena Zeledón Varela and assistant director, Javier Mendoza Lopez.

- Mario José Méndez, Promoter

of School Plans for Colgate Palmolive donated dental supplies and offered to participate in classes and parent meetings at all schools during the 5 -day program.

- The educational team, led by Professor Jill Fernandez, RDH, and supported by interpreter Johnny De La Vega, demonstrated proper brushing technique, hygienic distribution of toothpaste, and how to make brush holders from recycled water bottles for toothbrush storage in schools.
- More than 200 parents attended an after-school meeting where the dental program was explained and

program and were given shirts with school emblems as a sign of appreciation and participation.

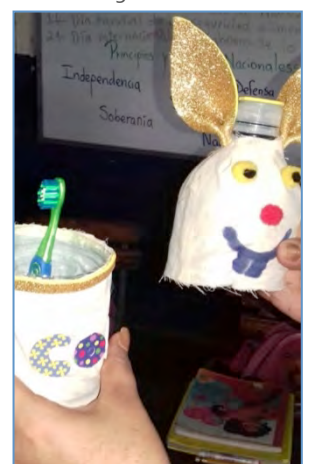
7. **School leaders were involved in the planning stages** to discuss the goals of the program, facilitation of dental exams and hygiene instruction, teacher involvement, and how to best secure and store toothbrushes.

8. **Integration with school curriculum:** School leaders developed a storage solution for brushing using decorated recycled water bottles – aligning with environmental science and art activities.

details about the free dental clinic and student referrals were shared.

- All schools were suffering from a conjunctivitis outbreak so classes had lower than normal attendance.
- School leaders at Carlos Bravo had been working with Colgate intermittently for more than 2 years and consistently administered fluoride rinse provided by MINED* twice a month to all students. This may have contributed to the lower rate of dental caries than was seen at the other three schools.
- Directora Zeledón facilitated most of the preplanning and regularly checked with other school leaders.

* Ministry of Education of Nicaragua





Doctors My Tran and Tamarinda Figueroa Godin examine students and work with hygienist Pam Graboso to record baseline results.

Escuela de Zandberg

Friday, September 21, 2017

15 classes - dental hygiene instruction
 442 students attended (out of 639)
 125 dental exams
 34 students referred for treatment
 54% caries prevalence

- Teachers met with program team at the beginning of the day to gain an overview of the program and their roles.
- 12-15 parents attended a presentation about the program and learned about the free clinic.
- Students receive a fluoride rinse treatment twice a month (provided by MINED).



Escuela Margarita Urbina

Monday, September 24, 2017

9 classes - dental hygiene instruction
 170 students attended (out of 271)
 88 dental exams
 20 students referred for treatment
 52% caries prevalence

- Approx. 20 parents attended a presentation, which featured traditional dance performances by students and included time for Professor Fernandez to review dental hygiene and clinic information.
- Students receive a fluoride rinse treatment twice a month.
- The school posted one of the brushing sessions at: <https://www.facebook.com/EscuelaMargaritaUrbina/videos/534441563563023/>

Escuela Padre Misieri

Tuesday, September 26, 2017
 Wednesday, September 27, 2017

17 classes - dental hygiene instruction
 260 students attended (out of 395)
 188 dental exams
 44 students referred for treatment
 44% caries prevalence

- 50 parents were in attendance for a school cultural presentation. Professor Fernandez and Mario Méndez were given the opportunity to explain the dental program and brochures about the NYU Dentistry clinic were distributed.
- We were unable to conduct additional exams on 2nd day – however it did not impact the validity of the sampling. The prevalence of caries rate may have been underestimated due to age range examined.
- Students used fluoride rinse provided by MINED monthly.

Year 1: Follow-Up and Program Sustainability

1. Toothpaste Refills: Each school received large tubes of toothpaste and in some cases, individual sample-size tubes. There may be enough donated supplies (thanks to Colgate) to carry the program through most of the first school year. However, school budgets are very lean and many families in public schools are extremely poor. Demonstrated and sustained implementation by school leaders and teachers and engagement by students at each school in Year 1 will help encourage continued material support by Colgate and NYU future pilot phases.

2. Reporting: School leaders and teachers are critical to the success of the program. We have asked that each school send in regular videos and photos of students in action or of their decorated brush holders. Students of Granada and Mario Mendez of Colgate will continue to visit the schools or ask for WhatsApp updates to ensure that there is regular communication about challenges and progress.

3. Motivation: Teachers are always pressed for time and resources. Students of Granada, Colgate, and school leaders will develop strategies to keep teachers and students focused on the program – especially after the holiday break (contests, reports in local newspaper and radio).

4. Community Awareness: As the program enters Year 2, Students of Granada and Milena Zeledón will reach out to local school, health, and government officials to make them aware of the program and progress to date to build community awareness and support.



Professor Jill Fernandez teaching an oral hygiene class at Carlos Bravo.



Javier Mendoza, Asst. Dir. Carlos Bravo; Kathy Davis, Students of Granada; Milena Zeledón, Director Carlos Bravo; Mario Mendez, Colgate; Rachel Hill, NYU Dentistry; Hector Perez, Students of Granada, and Puppy