This poster presentation is based partly on an elective course taken at York College in the Department of Nursing during the summer of 2015. In June 2015, as part of our elective nursing course which addresses assessment of healthcare services in a global underserved population; we traveled to Haiti to participate in a class project on dental hygiene. When we arrived in Carries, Haiti, we had the opportunity to meet with a group of preschoolers at the Mission of Grace orphanage. We presented our project on dental hygiene. Overall, every preschooler had the opportunity to demonstrate the proper oral care.

INTRODUCTION

OBJECTIVES

Participants will be able to:
1. Recognize how vital oral hygiene is to an individual’s general health.
2. Identify the correct tooth brushing techniques utilized to instruct the preschoolers.
3. Explain and demonstrate proper hygiene techniques to brush teeth to elementary school children.
4. Explain the importance and encourage elementary school children to care for their mouth regularly to prevent tooth decay.

MATERIALS & METHODS

The following materials/methods were used:
1. We distributed packages that contain toothbrushes and toothpaste.
2. Each of the preschoolers had the opportunity to practice after our teaching session.
3. The American Dental Association (2012) guidelines were used which include:
   1. Place your toothbrush at a 45-degree angle to the gums
   2. Gently move the brush back and forth in short (tooth-wide) strokes.
   3. Brush the outer surfaces, the inner surfaces, and the chewing surfaces of the teeth.
   4. To clean the inside surfaces of the front teeth, tilt the brush vertically and make several up-and-down strokes.
   5. Brush your tongue to remove bacteria and keep your breath fresh.
   6. Clean between teeth daily with floss.
   1. Brush your teeth ‘at least’ twice a day with a soft-bristled brush.
   2. Replace your toothbrush every three or four months, or sooner if the bristles are frayed.

RESULTS

After the presentation the preschoolers were able to demonstrate the correct brushing techniques. The administration and staff of the orphanage also became engaged in our project, and planned to continue many of the steps that we used to engage the preschoolers.

CONCLUSION

The preschoolers were able to follow instructions and demonstrated proper brushing techniques. Our nursing process was very helpful throughout our project. Assessment, Nursing Diagnosis, Planning, Implementation, and Evaluation (ADPIE) assisted us in teaching the preschoolers. We learned a lot about our weaknesses and strengths during our stay in Haiti. It was a life changing experience for all of us.

REFERENCES


