

Selected TDA Activities during the year 2015

Compiled by Lyimo G.V.

Overview:

During the Oral health week in Tanzania, various community oral health activities were conducted in Dar es Salaam (community at the Mnazi Mmoja Grounds during the WOHD commemoration) and in special needs centers/schools in three different regions of Tanzania - Dar es Salaam (Uhuru Mchanganyiko, Tandale Maalum, Sinza Maalum and Salvation Army Mgulani Primary Schools), Morogoro (Mkundi and Kingolwira Primary Schools and Mehayo and Fungafunga centers) and Shinyanga (Buhangija center). Amongst the visited centres/schools, Buhangija centre was the only facility where children and staff members also received dental treatment. The official commemoration of the WOHD was done in Dar es Salaam, at the Mnazi Mmoja Grounds on the 20th March, 2015.

During the Oral Health Week, members of the Tanzania Dental Association screened, demonstrated tooth brushing techniques and distributed tooth brushes and tooth pastes to a total of **705** children with various special needs e.g. *People with Albinism (PWA), Children with blindness or sight problems, Children with deafness and mentally / physically handicapped children* from the above named special schools/centres. At these facilities, guardians/care takers and teachers were also instructed on proper

brushing techniques so as to facilitate monitoring and reinforcement of the targeted children practices.

The 2015 Oral Health Week activities

1. Prior to the commencement of the 2015 Oral health week, TDA organized a **press conference to sensitize the public about the Oral health week in Tanzania, and the commemoration of the WOHD activities on 13th March 2015** at the School of Dentistry, Muhimbili University of Health and Allied Sciences.
2. **Official launching of the WOHD activities in Tanzania was done in Dar es Salaam on 15th March 2015** through an awareness creation walk and speeches, officiated by the Hon. Dr. Fennella Mukangara, The Minister for Information, Youth, Culture and Sports. About **450** members of the Tanzania Dental Association, dental students, special population groups, general public and media carrying banners with different oral health awareness messages participated in a 5km walk. After the walk, speeches, awareness programs and an exhibition (on scientific output of Tanzanian oral health professionals) took place at the Salander Bridge Club Grounds.



Fig. 1: Different awareness messages shared with the public on the awareness walk day

3. Oral health screening, oral health education and oral hygiene instruction sessions in various special needs schools/centres in three different regions of Tanzania from the 16th to 20th March 2015

3.1 The Buhangija Centre in Shinyanga Region from 16th to 18th March 2015.

The Buhangija Centre accommodates children with albinism, blindness and hearing impairment. Oral health checkups were conducted to all the 317 children and staff (teachers and care takers) at the Centre. After the checkups, oral health education, oral

hygiene instructions, emergency dental treatment, distribution of toothbrushes and tooth pastes and t-shirts were provided to the children. Treatment for those in need (including extractions, ART using Glass Ionomer (ART) and oral prophylaxis were done at the site. Complicated cases were referred to the regional hospital for further management. To ensure continued care to the children, the TDA team that visited the centre managed to solicit for a nurse and a clinical officer to be stationed at the Buhangija centre with an immediate effect from the 19th of March, 2015.



Fig. 2: Oral health education session to children-Buhangija Shinyanga



Fig.3: Children receiving incentives after oral education, tooth brushing practicing and dental checkup/treatment- Buhangija Shinyanga

3.2 Special Schools in Dar es Salaam Region from 16th to 18th March 2015.

A total of 355 students were screened at the Uhuru Mchanganyiko (128), and Tandale Magharibi (16), Sinza Maalum (25) and Salvation Army Mgulani (186) special schools in Dar es Salaam Region. Oral health professionals assessed and demonstrated proper tooth brushing techniques to all children. Toothbrushes and toothpastes were provided. Furthermore, referrals were made to dental clinics for those children that needed treatment.

3.3 Centre for Marginalized elders, mentally handicapped children and Primary Schools visited in Morogoro Region from 16th to 20th March 2015.

In Morogoro region, a total of 307 people (primary school children in Mkundi and Kingolwira, Mehayo centre for mentally handicapped children and Fungafunga centre for marginalized elders) were screened. Oral health education and proper brushing techniques were demonstrated. Toothpastes and toothbrushes were distributed to only a few children and elders due to the lack of funds to purchase more toothpastes and toothbrushes. Those diagnosed with oral diseases were referred to Morogoro Regional Referral Hospital dental clinic for free dental treatment.



Fig.4: Oral health education to the elderly at Fungafunga center -Morogoro



Fig.5: Oral health education session with standard four children at Kingolwira primary school -Morogoro

3.4 World Oral Health Day (WOHD) Commemoration in Dar es Salaam City on 20th March 2015

Official commemoration of the WOHD was done in Dar es Salaam City. The commemoration included speeches by the Regional Commissioner for Dar es Salaam (who was the Guest of Honor), President of the Tanzania Dental Association, Chairman of the TDA Board of Trustees and representative of the Ministry of Health and Social Welfare. After the speeches, free oral health checkups, oral health education, oral hygiene instructions and distribution of toothbrushes and pastes to members of public who attended the climax of the commemoration were done. A total of **425 people** participated in the event with **85%** of the attendees being given referrals for treatment at their closest dental facility.



Fig.6: Oral education at the Mnazi Mmoja Grounds during commemorations of the WOHD –Dar es salaam

LINKS:

- <http://www.tanzaniatoday.co.tz/news/waziri-fenella-azindua-wiki-ya-afya-ya-kinywa-na-meno>
- <http://presstz.net/details/waziri-fenella-azindua-wiki-ya-afya-ya-kinywa-na-meno-162144.html>



- <http://amsuni.blogspot.com/2015/03/uangalifu-wahitajika-katika-dawa-za-meno.html>
- <https://hivisasa.co.tz/afya-health/jamii-yaimizwa-kuzingatia-afya-ya-kinywa-na-meno>
- <http://ujijirahaa.blogspot.com/2015/03/madaktari-kutoka-katika-chama-cha.html>
- <http://www.tanzaniatoday.co.tz/news/chama-cha-madaktari-wa-kinywa-na-meno-waendelea-kutoa-huduma-ya-bure-katika-kituo-cha-watoto-wenye-ulemavu-wa-ngozi-albinorlm>
- <http://bashir-nkoromo.blogspot.com/2015/03/chama-cha-madaktari-toka-mikoa.html>
- <http://www.tanzaniatoday.co.tz/news/chama-cha-madaktari-wa-kinywa-na-meno-chatoa-huduma-ya-bure-katika-kituo-cha-watoto-wenye-albinism>
- <http://www.sufianimafoto.com/2015/03/maadhimis-ho-ya-siku-ya-afya-ya-kinywa.html>

Supporters/Sponsors of the events:

The TDA acknowledges with thanks support from the following supporters/ sponsors who contributed to the success of the 2015 Oral Health Week activities in Tanzania, and WOHD commemoration.

