

Oral health promotion activities for special needs people in Kingdom of Tonga since 2005



Mami Endoh^{1,2}, Reiri Takeuchi^{2,3}, Sayuri Kawamura^{2,4}, Kohji Kawamura^{2,4}, Kyoko Yokoyama^{2,4}, Chizuru Uchida^{2,4}, Kazuaki Uchino^{2,5}, Sisilia Fusi Fifita^{2,6}, Chieko Taguchi^{2,7}, Seigo Kobayashi^{2,8}, Takato Nomoto¹

1 Departments of Special Needs Dentistry, Nihon University School of Dentistry at Matsudo, Matsudo, Japan
2 South Pacific Medical Team, Kawaguchi, Japan
3 Departments of Biochemistry and Molecular Biology, Nihon University School of Dentistry at Matsudo, Matsudo, Japan
4 Kawamura Dental Office, Kawaguchi, Japan
5 Yokohama City University school of Medicine

6 Ministry of Health Vaiola Hospita
7 Preventive and Public Oral Health, Nihon University School of Dentistry at Matsudo, Matsudo, Japan
8 Nihon University

Introduction

The South Pacific Medical Team, a voluntary group organised by Japanese dentists, has worked to improve oral health in Kingdom of Tonga (Tonga) since 1998. Our team have also supported for disabled people in two institutions for the disabled or the special class at a primary school in Tongatapu Island since 2005. The program for the disabled has been promoted by the Tongan dental team from dental office of the Ministry of Health. Japan Overseas Cooperation Volunteers (JOCV) have supported us since 2008.



Where is Tonga?

The Kingdom of Tonga is part of Polynesia in the South Pacific Ocean. It consists of 170 islands divided into five main island groups: the Tongatapu Islands, including the capital city; the Ha'apai Islands; the Vava'u Islands; the Niua Islands; and the 'Eua Islands. These islands are distributed across an area of 600 km north to south and 200 km east to west. In 1998, the population of Tonga was about 100,000.

Subjects and facilities

1. Tonga Red Cross Society: CENTER, Home visiting [Intellectual disability (ID), Down's syn., Cerebral palsy (CP), etc.]

The Ofa Tui Amanaki Centre (OTA) was established in 1968, and continues to have 3 major programs such as education, home visitation and early intervention program.



2. PETESAITA DISABLED ALONGA CENTRE [Physical disorder, CP, ID, Defness, Autism, etc.]

The ALONGA for adult disabled people was established in 1977.



3. The special class at Negele'la primary school [Aut, ID, Down's syn,]

The class was established in 2004 for primary school kids with special needs.



4. Care unit in the paediatric ward at the Viola's hospital [Premature baby, Baby with cleft lip and palate]

Vaiola Hospital is the main hospital in Tonga, situated on Taufa'ahau Road on the outskirts of the capital city, Nuku'Alofa.



Activities

<2005~2007>

Japanese staffs had decided almost the missions and the schedule of voluntary activities.



<2008>

We changed our previous ideas. We spent day time in the institutions and had much time to discuss with staffs of the institutions and the dental team for finding out their real needs.



<2009~>

1. Oral education

Tongan staffs offered oral education for the participants, their parents and staff of facilities, Japanese were advisers for them.



2. Donations

We held the oral festival in a flea market on weekend.



- free oral check and oral consultation
- free fluoride mouth rinsing
- information about our activities
- sale of handicrafts and clothes



Visiting first time at 2009

We made boxes for each toothbrush by materials bought in Tonga.



We got fluoride toothpastes which were enough to use for a year.

3. Work shop for participants and staffs of facilities, etc.

We made slides of presentation together, Tongan staffs offered a presentation for them by Tongan language.



2. Prevention for oral disease and dysfunction

① Oral education



Tooth brushing consultation

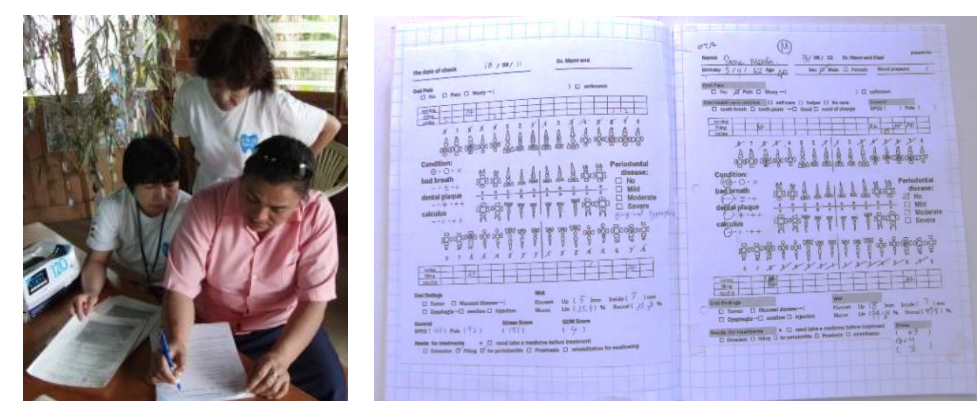
② Fluoride application

③ (Re)habilitations of eating



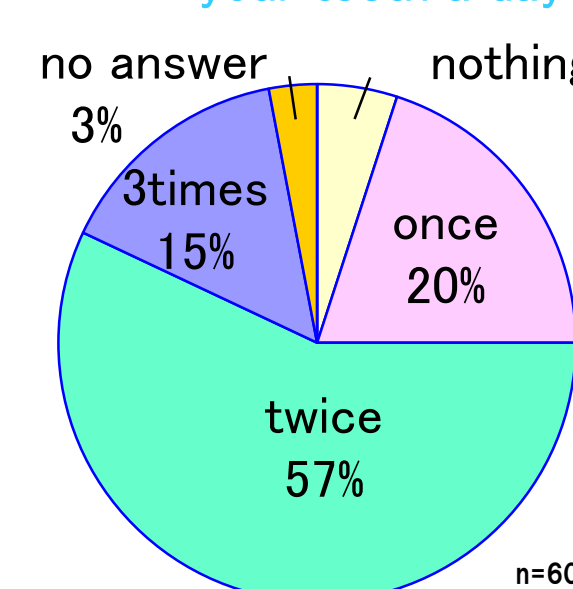
3. Personnel training

Tongan staffs could perform preparation for donation and making education materials, questionnaires, and results etc. by themselves.



4. Distributing questionnaire survey

How many times do you brush your teeth a day?



Do you have own toothbrush?

Do you know how to brush your teeth?

85% Yes!!

Do you like brush your teeth?

100% Yes!!

Do you enjoy our program?

100% Yes!!

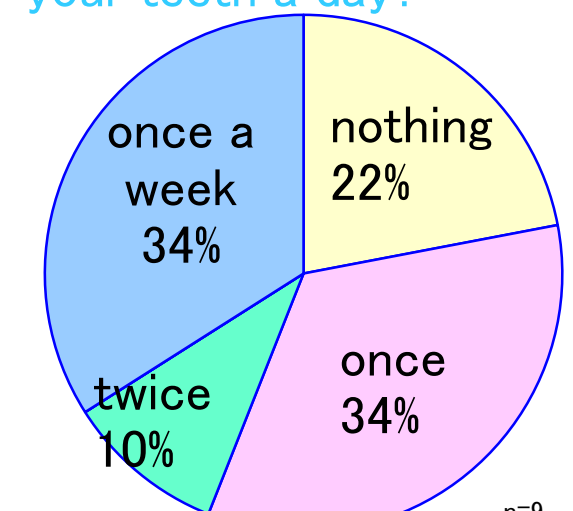
97% Yes!!

<2012~>

Home visiting for dependent people at home have started.



How many times do you brush your teeth a day?



Do you know how to brush your teeth?

56% Yes!!

Do you have own toothbrush?

100% No!!

Do you enjoy our program?

100% Yes!!

100% Never!!

100% Yes!!

<2015>

OTA's member had never come to dental hospital, so we have invited them and staff of OTA to see and experience dental office.

1. Orientation of dental treatment for OTA's member

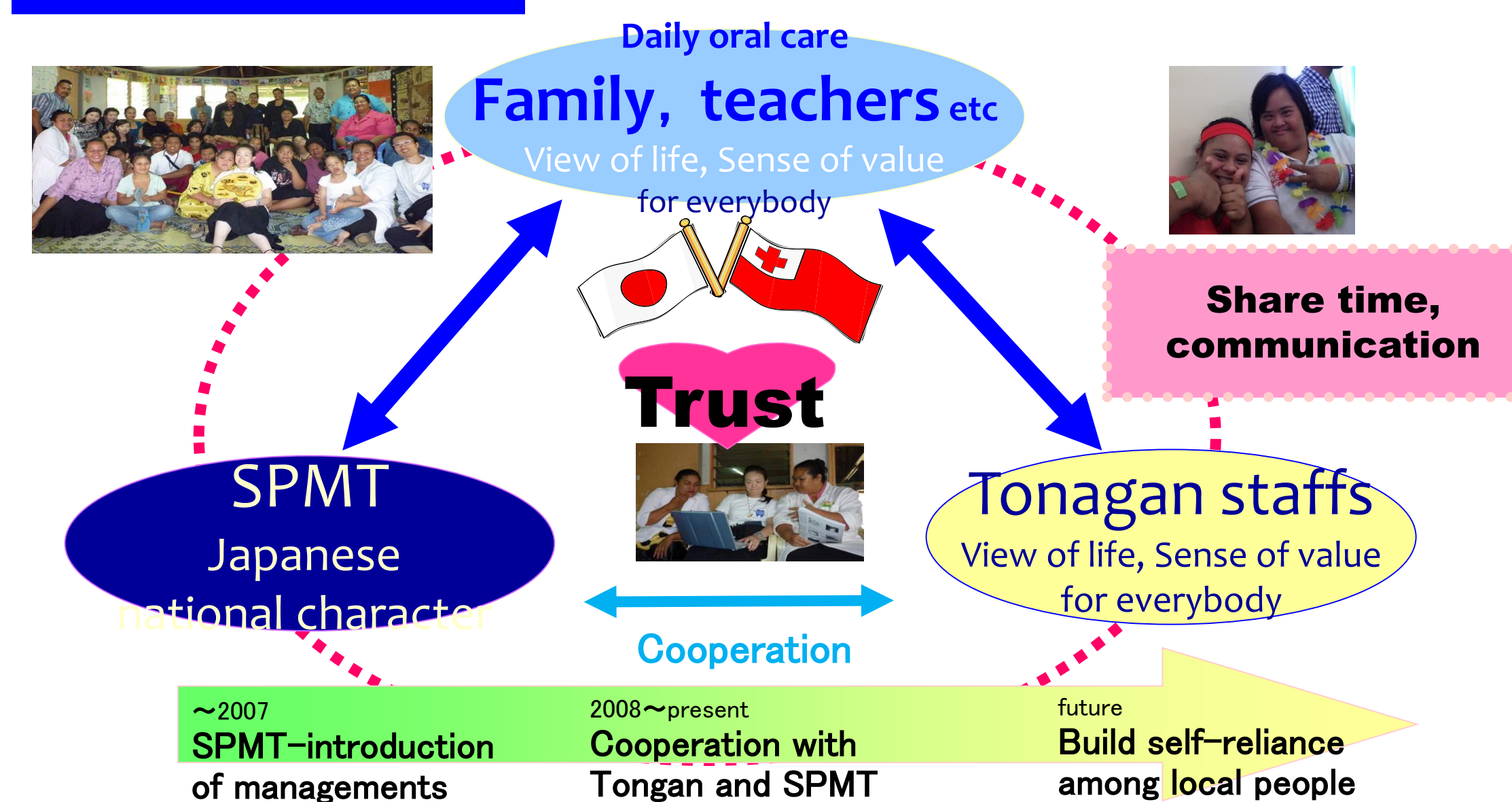


2. Medical Check up: height and weight, blood sugar and blood pressure

ALONGA's member had never tested blood sugar etc., so we have done medical checkup with public nurse at ALONGA.



Conclusion



We have the relationship of mutual trust and good cooperation with them by long term activities. We hope this program is performed by self-reliance among Tongan people.