

歯科衛生士として出来る 技術移転

カワムラ歯科医院・南太平洋医療隊

鈴木千鶴

南太平洋医療隊のトンガ王国における主な活動は・・・

- ・ 学校歯科保健指導
- ・ 乳幼児歯科保健活動
(歯科スタッフ、教師、保護者)
- ・ 小学校巡回 フッ化物洗口(週1回)
- ・ オーラルフェステバルの開催
- ・ ワークショップの開催
- ・ スタッフ教育
- ・ 器機材の支援
- ・ 救急車、指令車の寄贈
など・・・



・2013年より新プロジェクト開始



歯周病治療の現状

・歯周病・・・痛みや動揺歯への対応



抜歯 or 投薬

・抜歯後の対応・・・義歯装着(有料)
多くの場合放置



トンガ王国における口腔保健のアプローチから 生活習慣を改善するプロジェクト

プロジェクトの成果

1) 歯科・医科スタッフが生活習慣改善の指導できるようになり、トンガ国民は生活習慣が改善する

2) 中高生対象の口腔保健啓発活動

3) 妊産婦の口腔保健啓発活動

4) 普及啓発の担い手(教師、政府職員、トンガTV職員)
を育成

5) 普及啓発活動が国内で定着

デンタルスタッフへの技術移

転



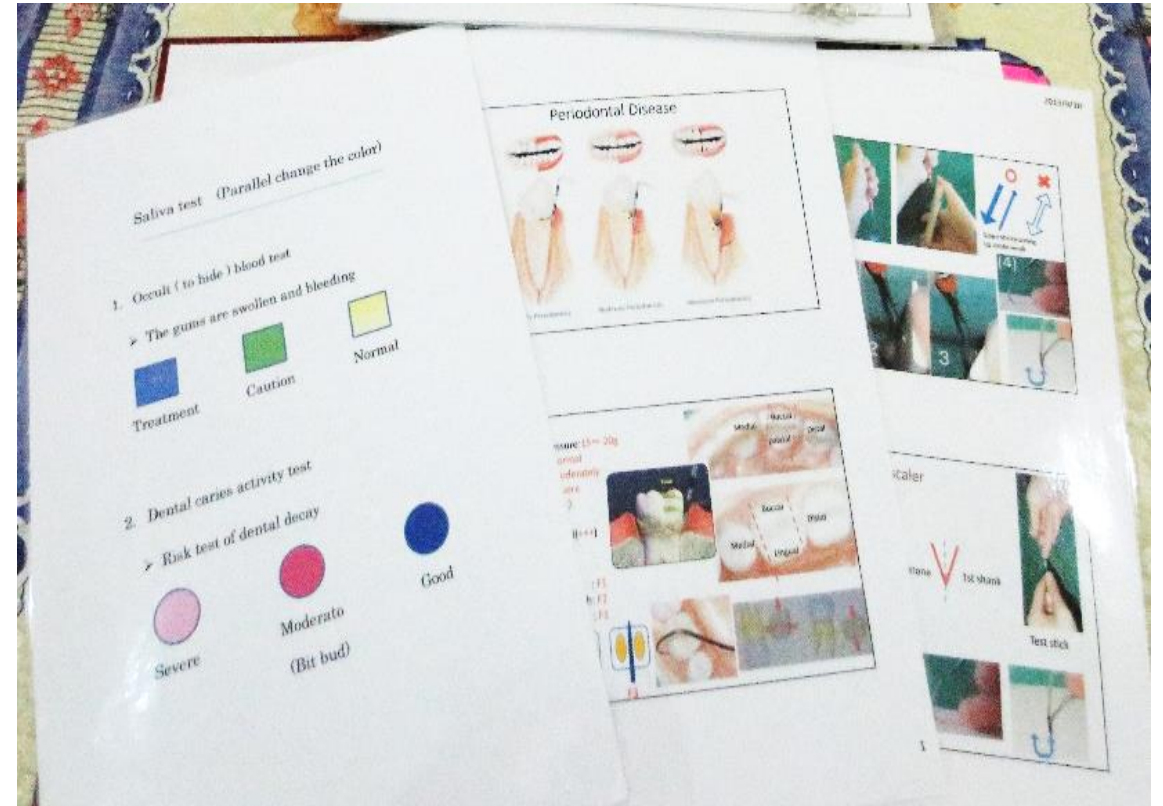
VAIOLA病院にて

口腔内写真
歯周病検査
歯磨き指導
クリーニング
(SC,SRP,PMTC)

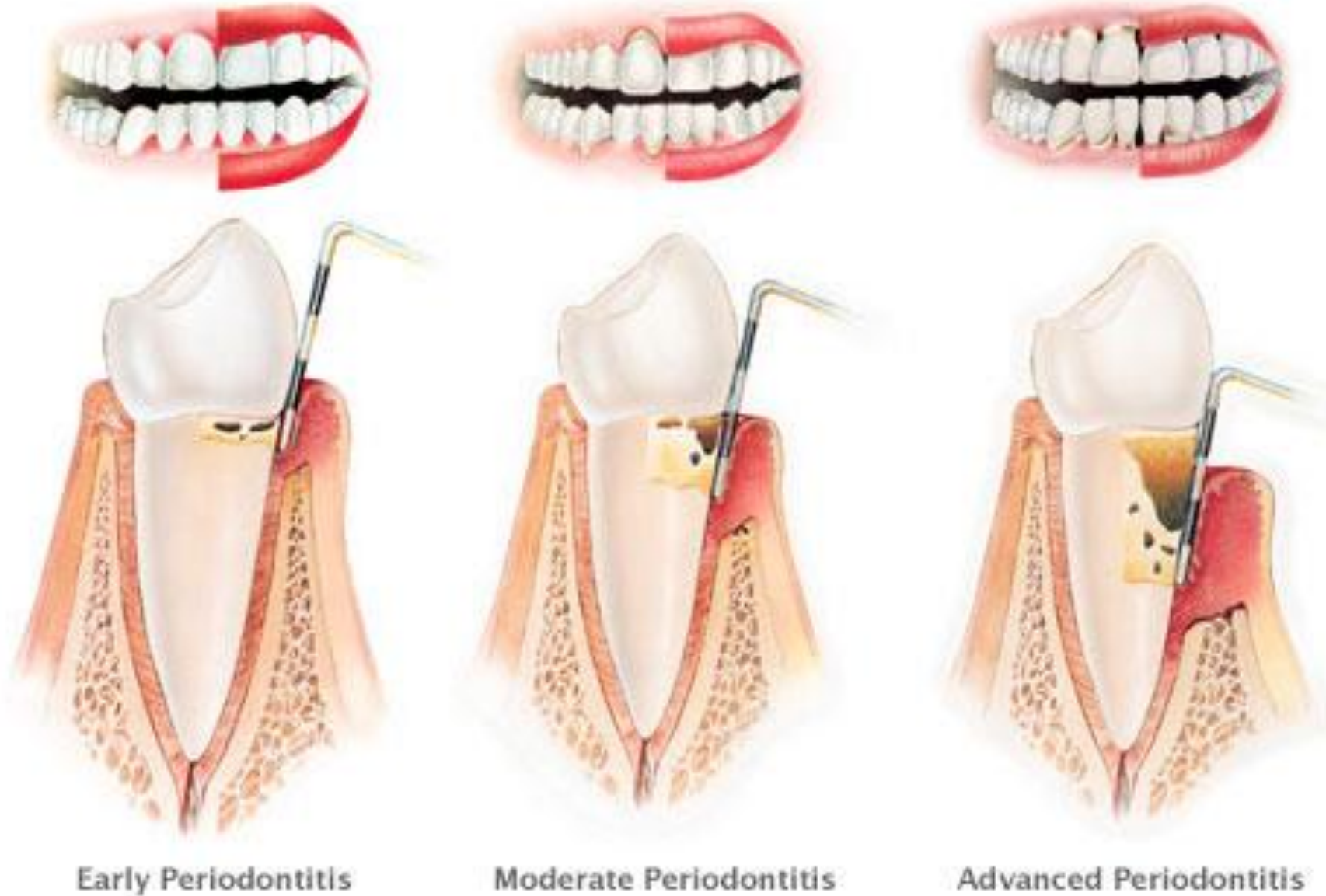


指導用マニュアル

- ・歯周病とは
- ・歯周病治療の流れ
- ・器材の紹介
- ・検査、測定方法
- ・スケーラーの種類、使い方、使い分け
- ・チェアポジション
- ・口腔内写真の取り方
- ・歯磨き方法
- ・歯間ブラシの使い方

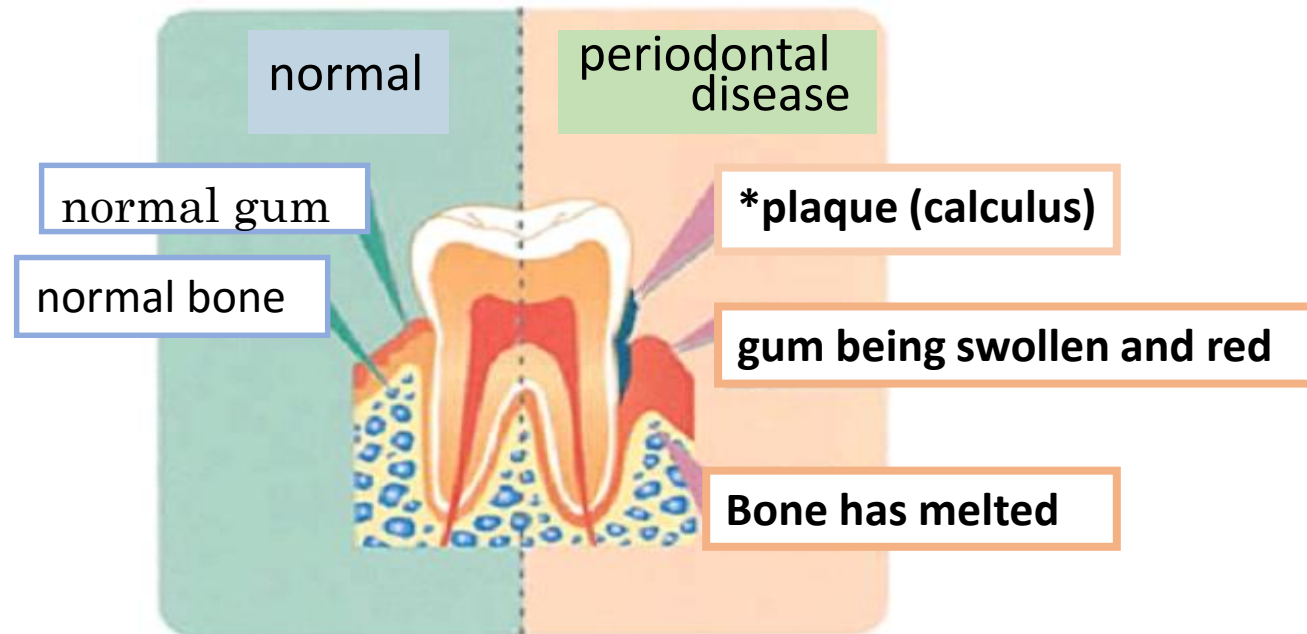


Periodontal Disease



What is periodontal disease ?

- Periodontal disease is a chronic bacterial infection that affects the gums and the bone supporting the teeth.



- *plaque : a harmful substance which forms on your teeth, which BACTERIA can grow and breed in
- *calculus : a hard substance that forms on your teeth and can cause them to dental diseases
- Left untreated, dental plaques spread and grow between the gum and tooth. It produces poisons or toxins that cause the gums to separate from the teeth and form pockets . When this happens, these pockets deepen and eventually the bone holding the tooth in the jaw is destroyed. Teeth then become loose and may have to be removed.

Scaling and root planing

- Current treatment for periodontitis involves scraping dental plaque, the polymicrobial biofilm, off the tooth, a procedure called scaling. Root planing involves scaling the tooth's root. Scaling and root planing are often referred to as deep cleaning.
- The objective for periodontal scaling and root planing is to remove dental plaque and calculus (tartar), which house bacteria that release toxins which cause inflammation to the gum tissue and surrounding bone.

The flow chart of Periodontitis treatment

Plaque Control is Important!

* 1st Time

- Oral Examination
- Take Photo
- Probing
- Porphyromonas
Gingivaris (Bacteria)
a) with the microscope
is shown.
- Tooth Brushing
- Motivation

* Home care



<Early Periodontitis>

* 2nd Times

Tooth Brushing
Professional Tooth Cleaning

<Moderate Periodontitis>

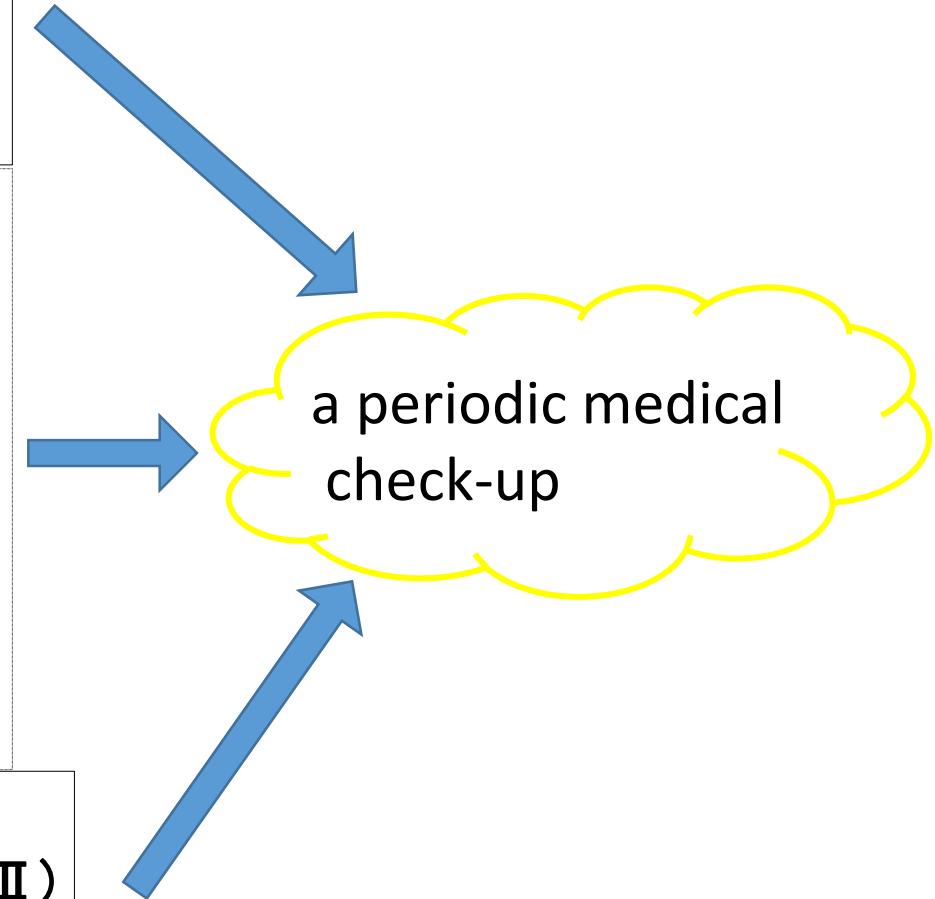
* 2nd Times ~ 3th times

Recheck after 1 Month (4th times)

Tooth Brushing
0,1~0,2% Chlorhexidine
Professional Tooth Cleaning
Root Planing (The recheck will be
recommended / required to the patient
according to the risk.)

<Advanced Periodontitis>

(Pocket Depth : over 7mm or Furcation II)
Flap operation : Modified Widsman's Flap



Treatment

- Pocket Probing(EPP)
- Oral Hygiene Instruction(OHI)
- Tooth Brushing Instruction(TBI)
- Scaling(SC)
- Root Planing(SRP)
- Professional Mechanical Tooth Cleaning(PMTC)

Recall

- Normal :4~6Month
- Moderately :2~3Month
- Severe : 1Month



Diabetes and Oral Care

Could diabetes put your smile at risk?

Extra care is needed to avoid oral care complications from diabetes.

▪ Periodontal Treatments' Instruments



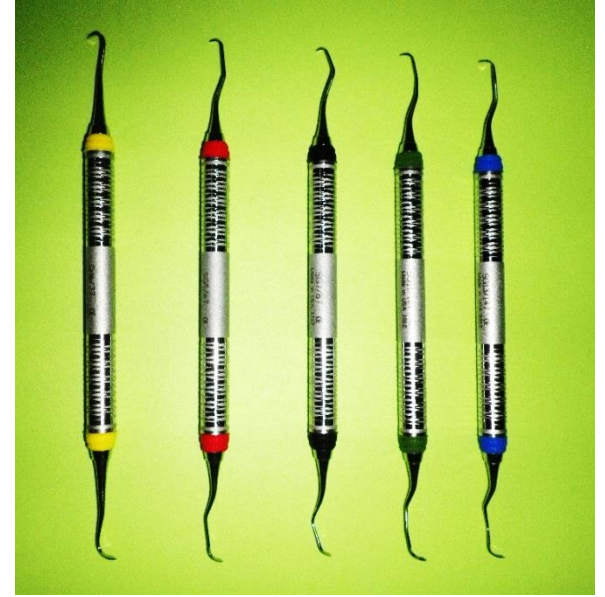
▪ Pocket Probe



▪ Probe for Furcation



▪ Ultrasonic scaler



▪ Hand scaler



▪ Prophy brush

▪ Prophy cup



▪ Prophy paste

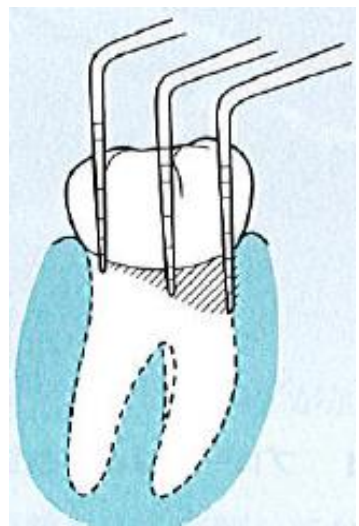
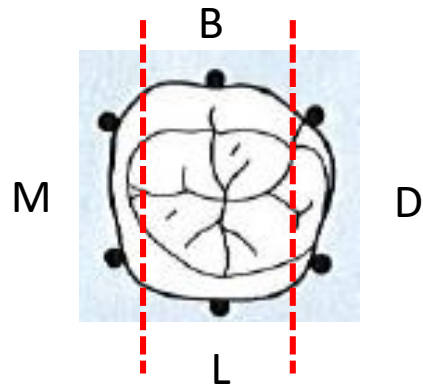
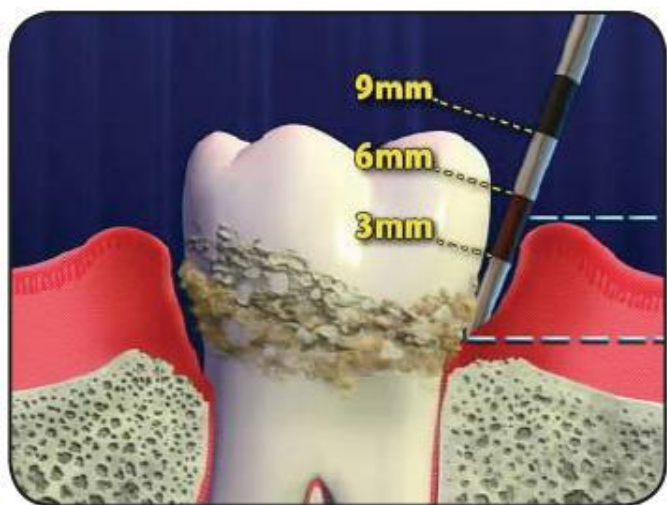
▪ **Pocket depth**

Probing pressure: 15 ~ 20g

1 ~ 3mm: **Normal**

4 ~ 6mm: **Moderately**

7 ~ mm: **Severe**



▪ **Bleeding on Probing: (+)**

after 30sec check

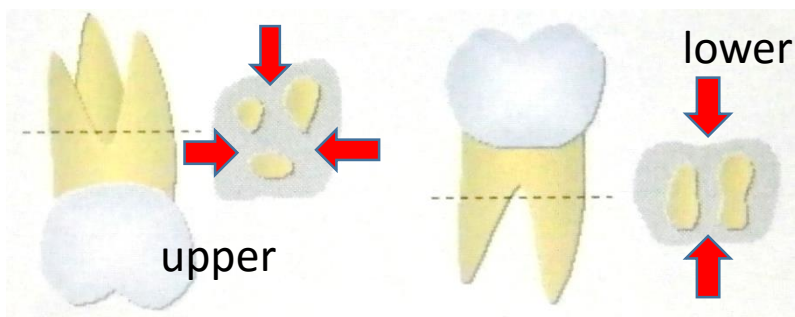
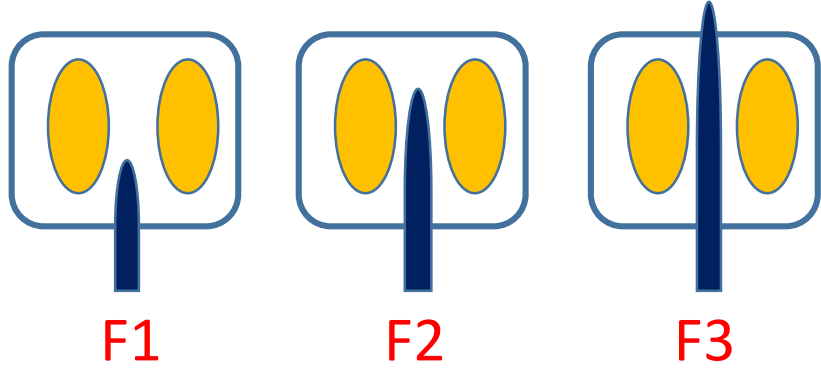


▪ **Furcation involvement**

1/3 : **F1**

1/3 ~ not Through: **F2**

Through : **F3**

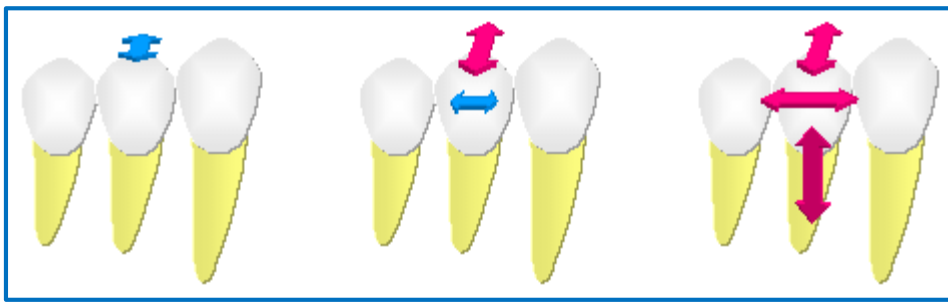


▪ **Mobility**

Front and back: (+)

Four quarters: (++)

Up and down: (+++)

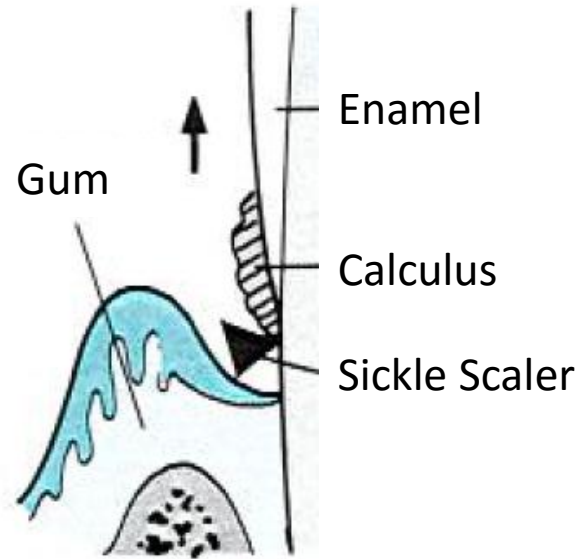


Sickle type scaler

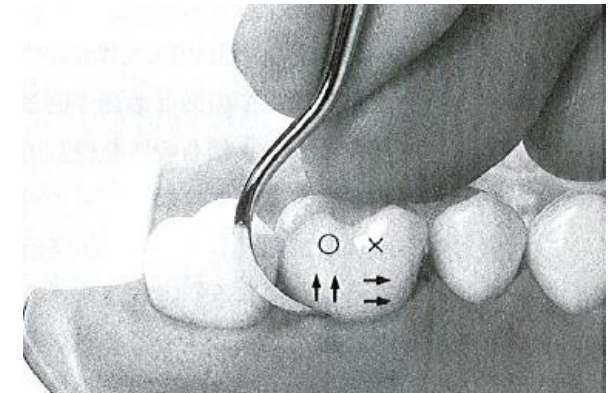
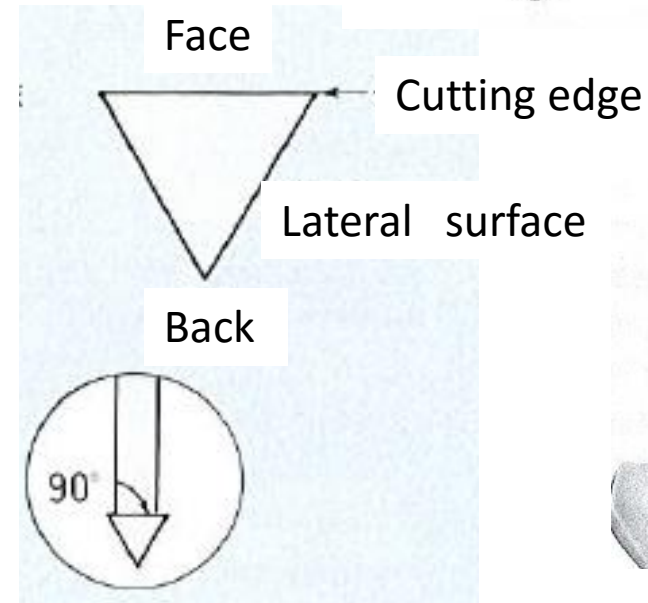
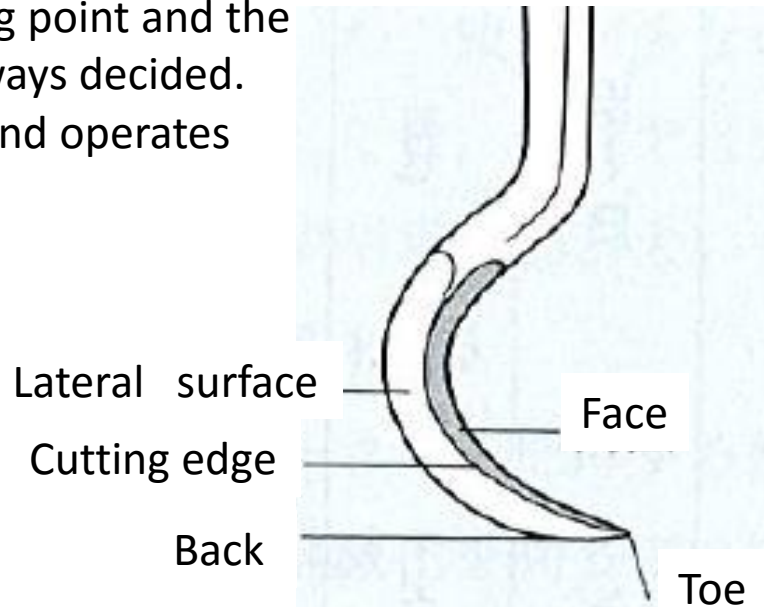
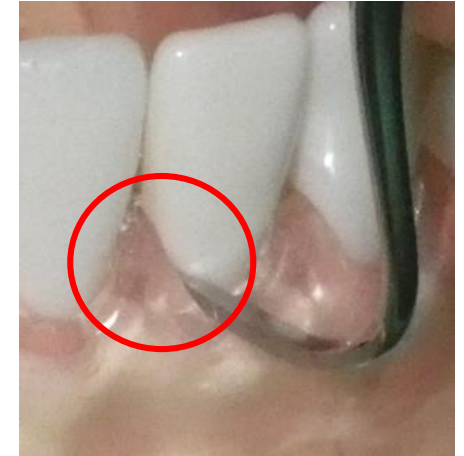
▪ supragingival scaling

place the 1st shank parallel to tooth surface

- ① A scaler is operated in the direction of dentures axial direction within a gingival pocket.
- ② The blade is always operated at the fitness angle along dental curved surface.
- ③ The scaler carry out operation to which the starting point and the end point are always decided.
- ④ It certainly fixes and operates a scaler.



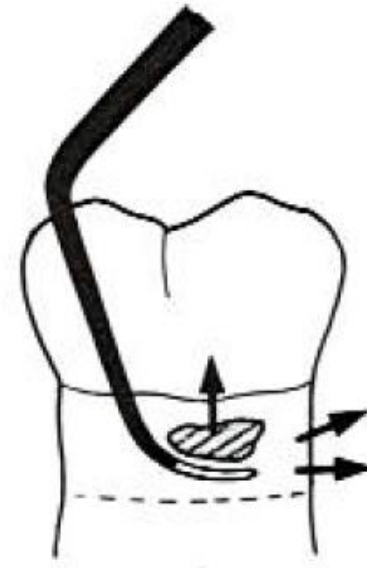
▪ Pull Stroke



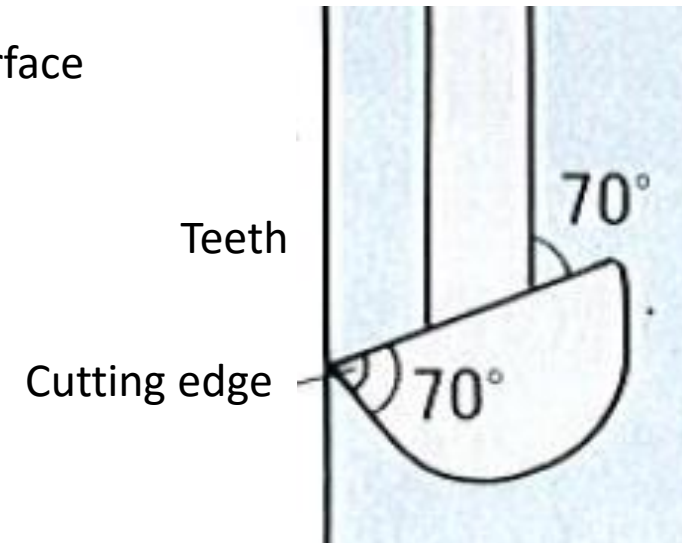
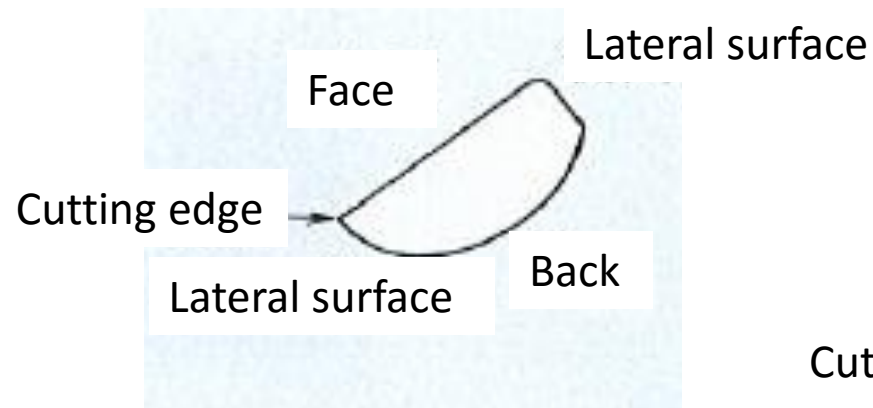
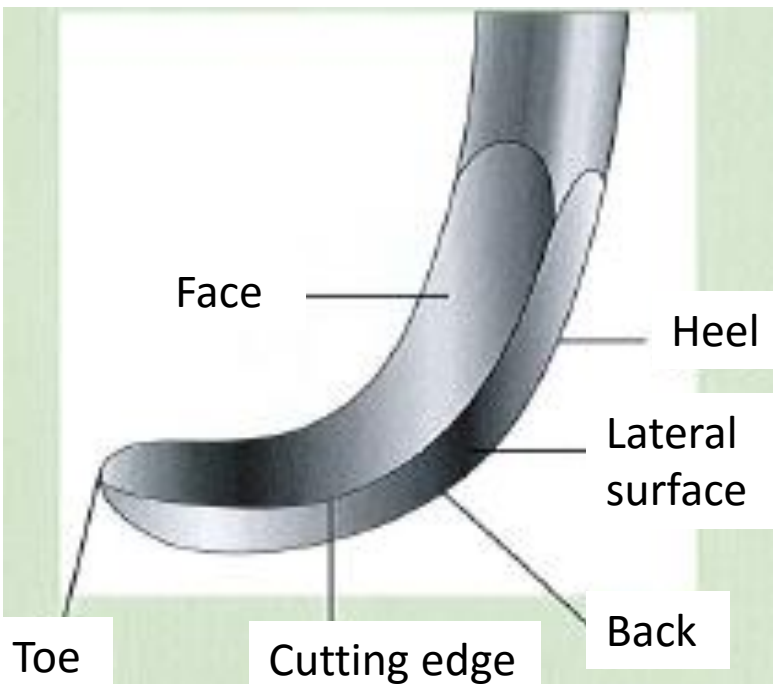
Curette type scaler (Glacey curette)

- subgingival scaling

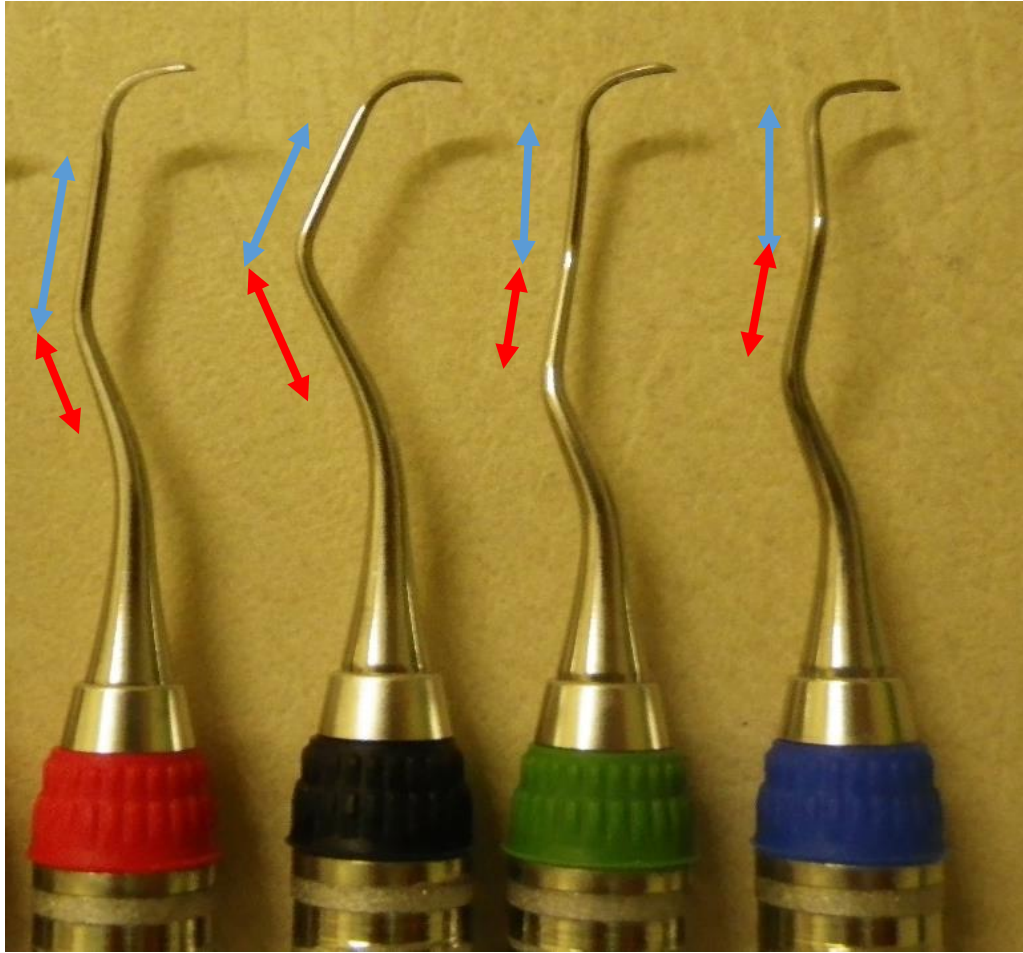
place the curette below the gingival margin
and move 1~5mm stroke and place the curette
parallel to tooth surfaces



▪ Pull or Push Stroke

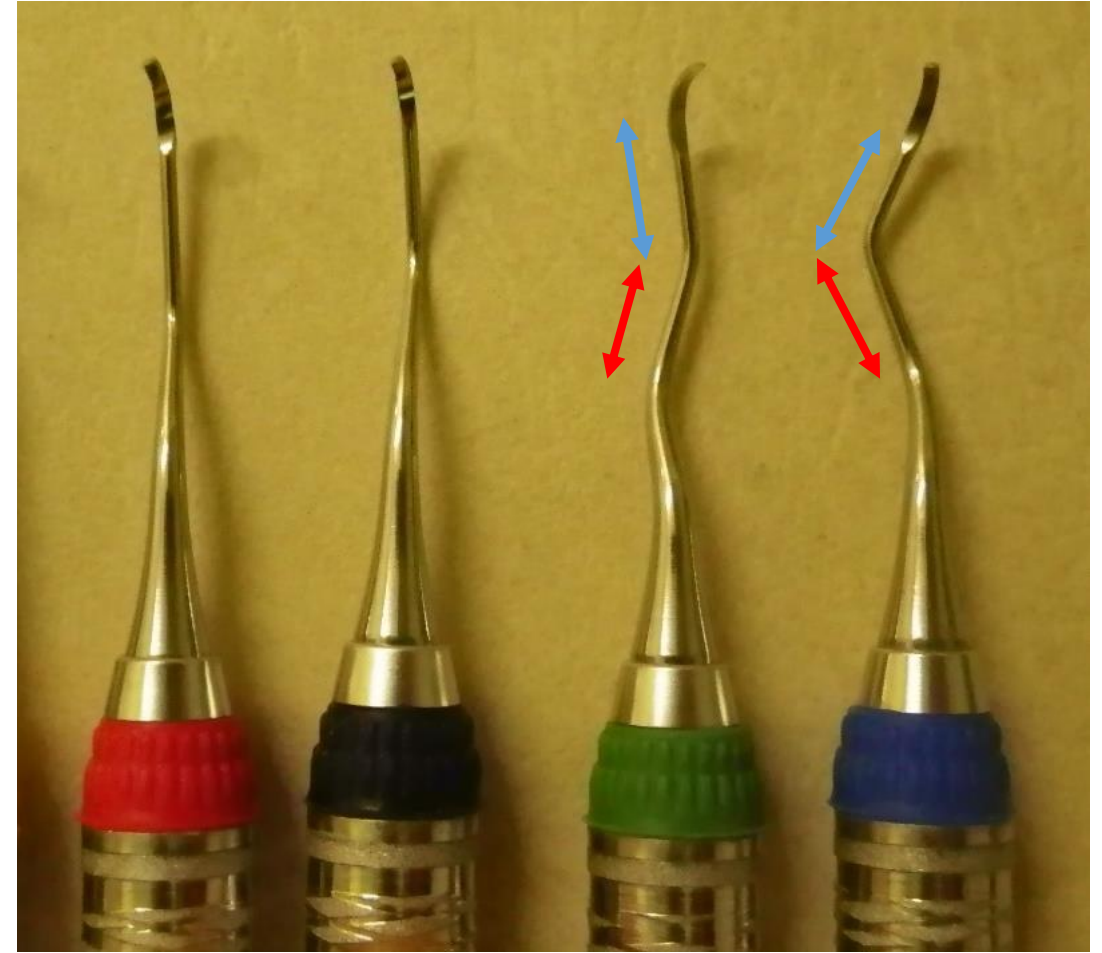


↕ lower shank(1stshank)



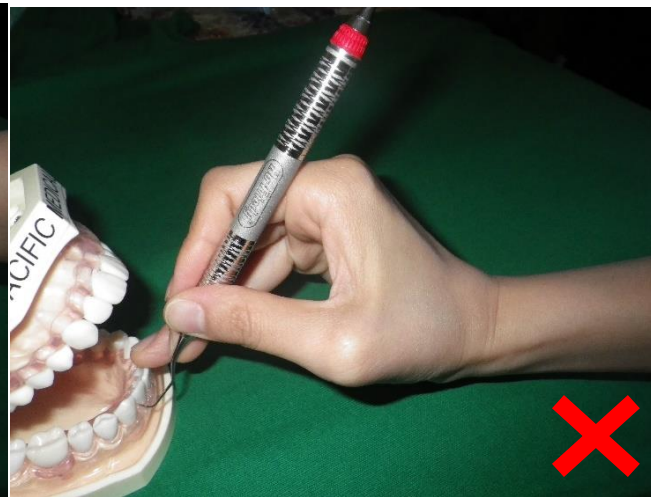
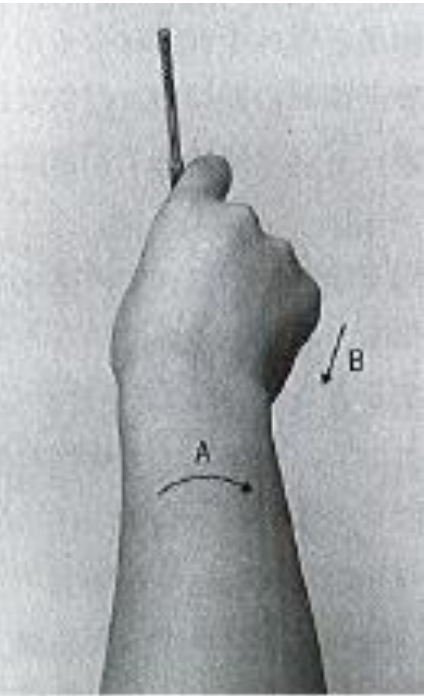
#5/6 #7/8 #11/12 #13/14

↕ Upper shank(2ndshank)



#5/6 #7/8 #11/12 #13/14

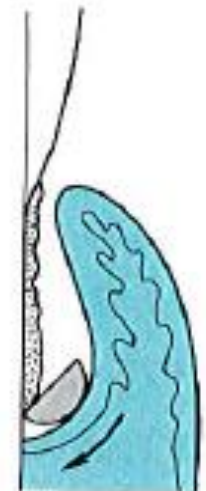
Basic of Scaling technique



Support with your ring finger and don't stroke up and down but gently move your arm right and left



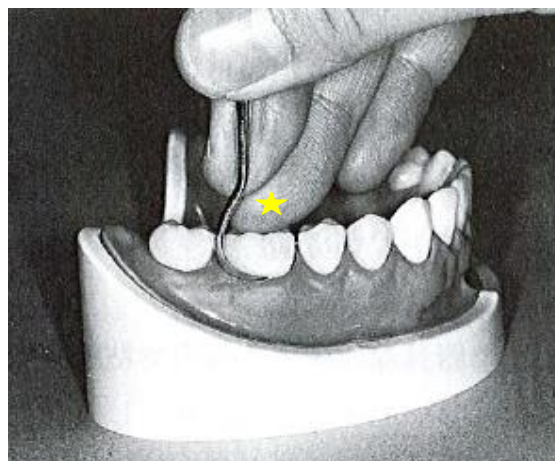
①



②



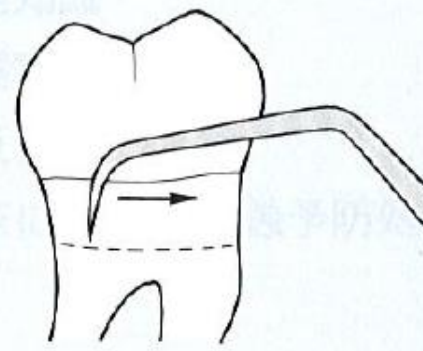
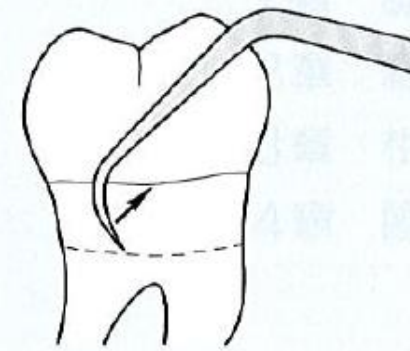
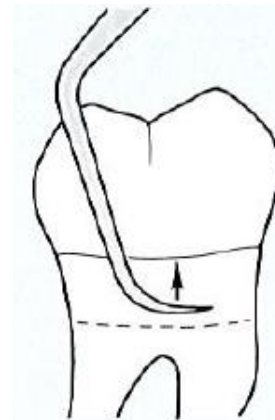
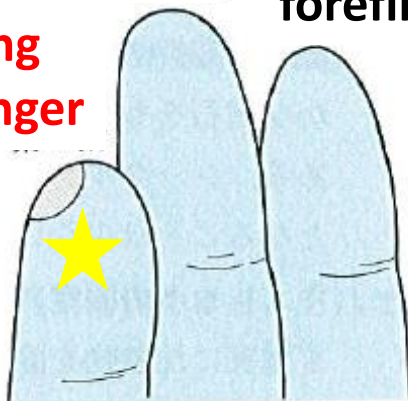
③



middle finger

forefinger

Ring
finger

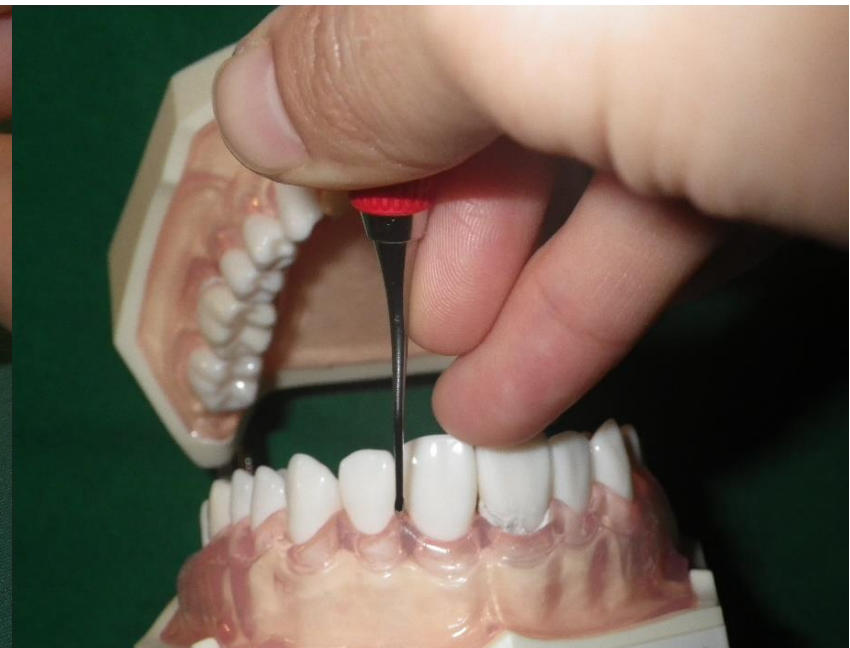


Anterior teeth



▪ Sickle

#5/6



Posterior teeth



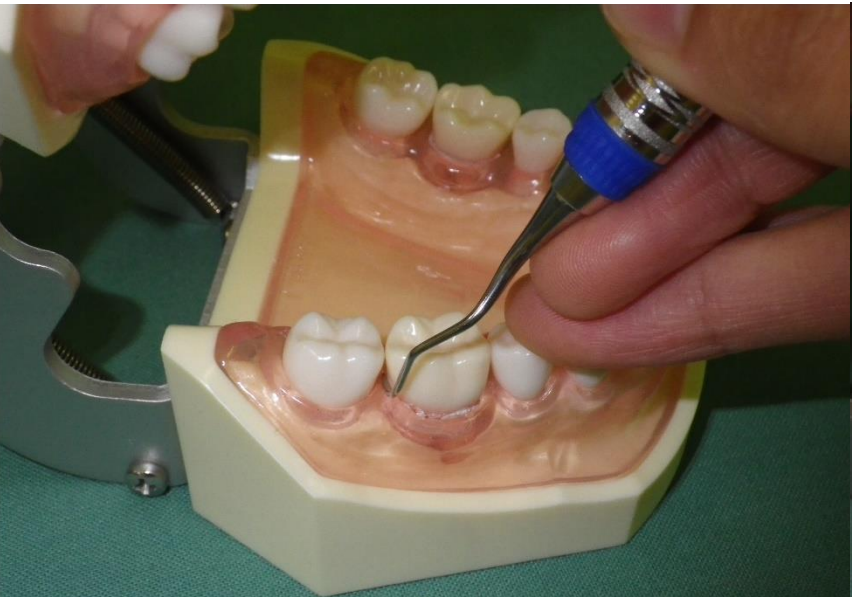
#13/14 Distal



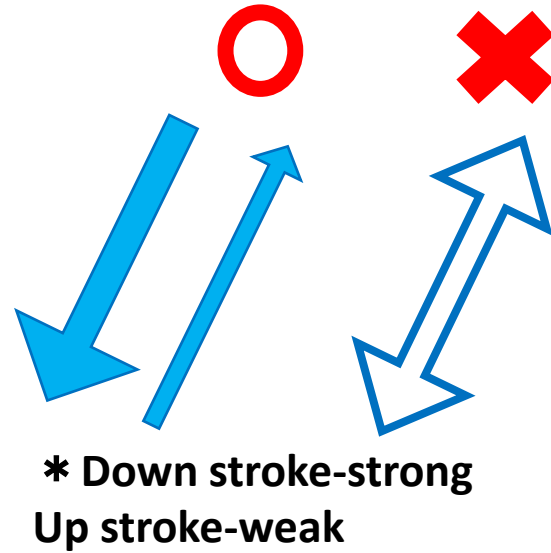
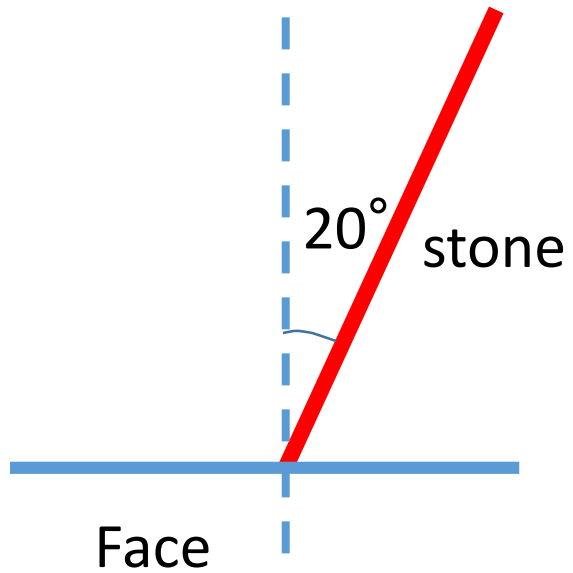
#7/8 Buccal&Lingual(P)



#11/12 Medial

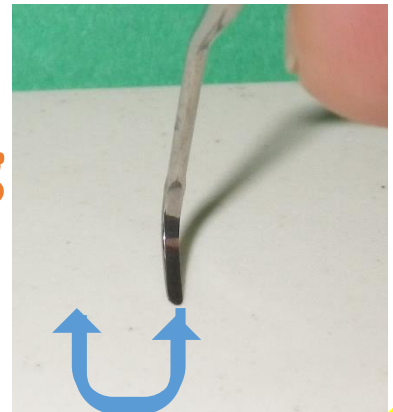
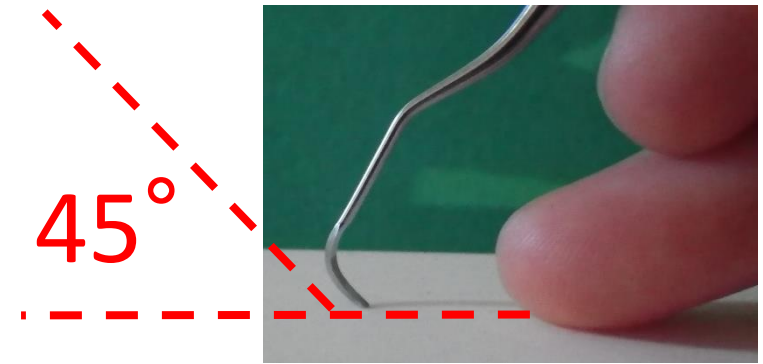


Basic of Sharpening technique



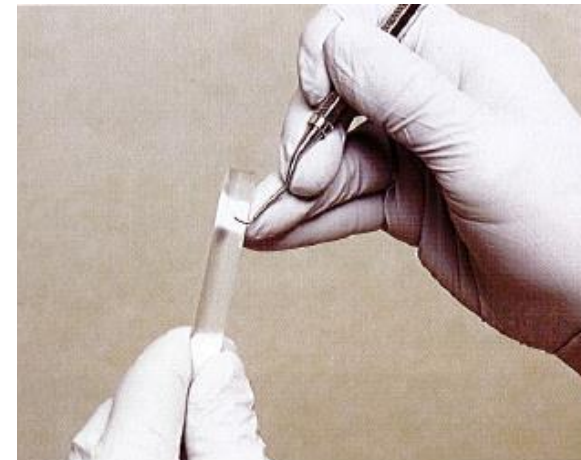
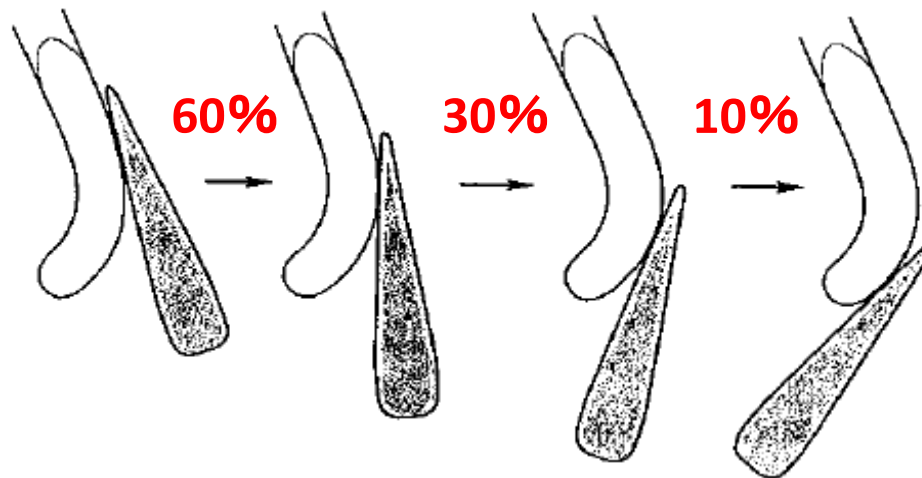
Toe Sharpening

* Once every ten times



* A Face should become a floor and parallel.

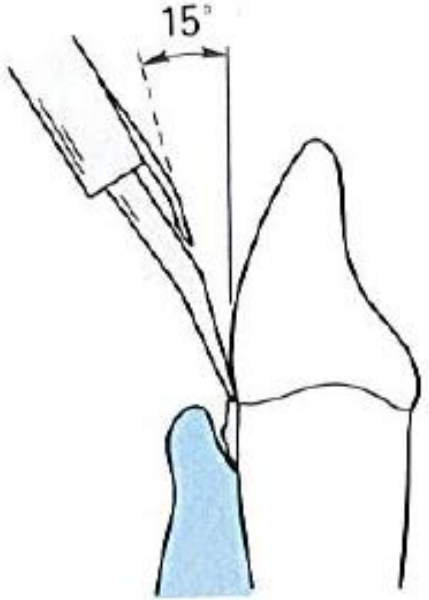
* As for a ceramic stone, oil is unnecessary.



Test stick



Ultrasonic scaling



- Feather touch
- Removal of big dental calculus
- It finishes it up by the curette.
- On a gingival margin
- The patient who is using Pacemakers is absolutely taboo.

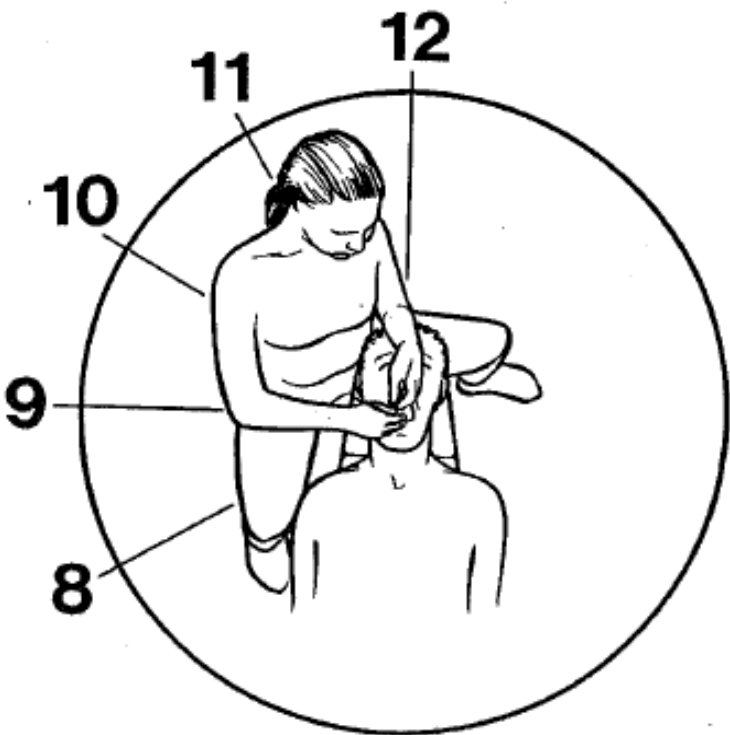
PMTC

Professional
Mechanical
Tooth
Cleaning



- Secondary polishing
- Primary Polishing
- Removal of coloring and Strong dirt





▪ 8:00 (front) position



▪ 10:00 to 11:00 position



▪ 9:00 (side) position



▪ 12:00 position (behind the Patient)

Chair position

▪ Areas 1 and 2

- Patient position:
Area1-head straight ahead
Area2-head turned slightly away from operator
Area1&2-chin down



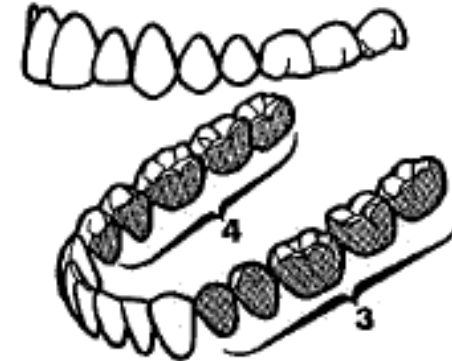
- Operator position: 9:00

▪ Areas 3 and 4

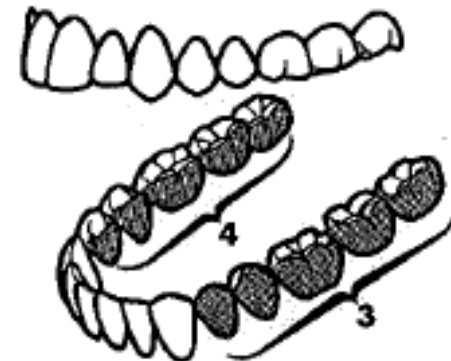
- Patient position:
head turned toward operator, chin down



- Operator position: 9:00



- Operator position:
10:00 to 11:00

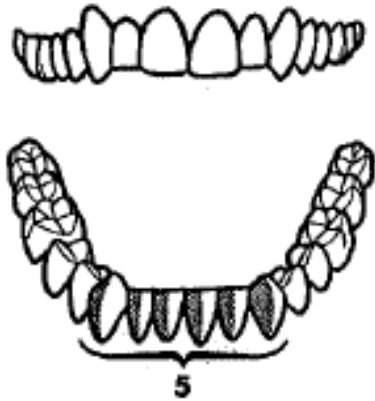


▪ Areas 5

▪ Patient position: head straight ahead, chin down



▪ Operator position: 8:00

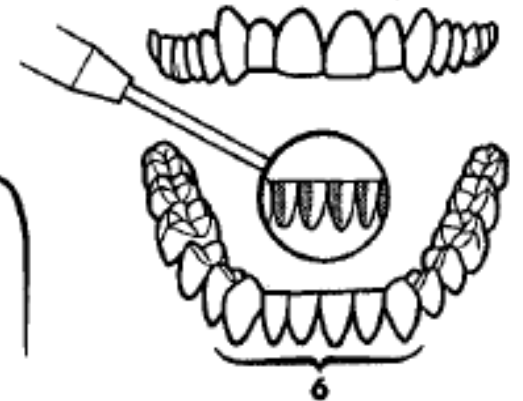


▪ Areas 6

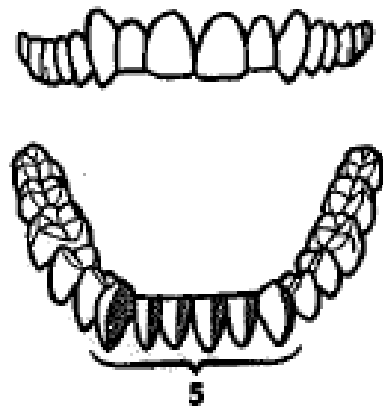
▪ Patient position: head straight ahead, chin down



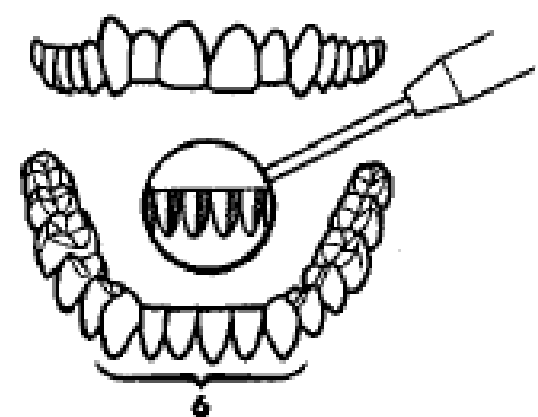
▪ Operator position: 8:00



▪ Operator position: 11:00 to 12:00



▪ Operator position: 11:00 to 12:00

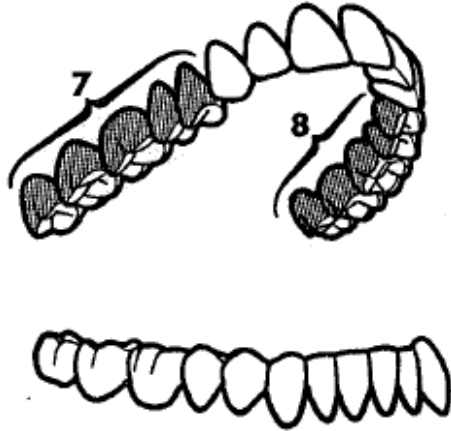


▪ Areas 7 and 8

- Patient position:
Area 7-head straight ahead
Area 8-head turned slightly away; chin up



- Operator position: 9:00

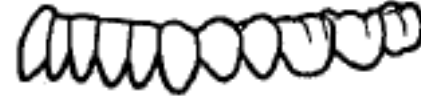


▪ Areas 9 and 10

- Patient position:
head turned toward operator, chin up



- Operator position: 9:00



- Operator position:
10:00 to 11:00

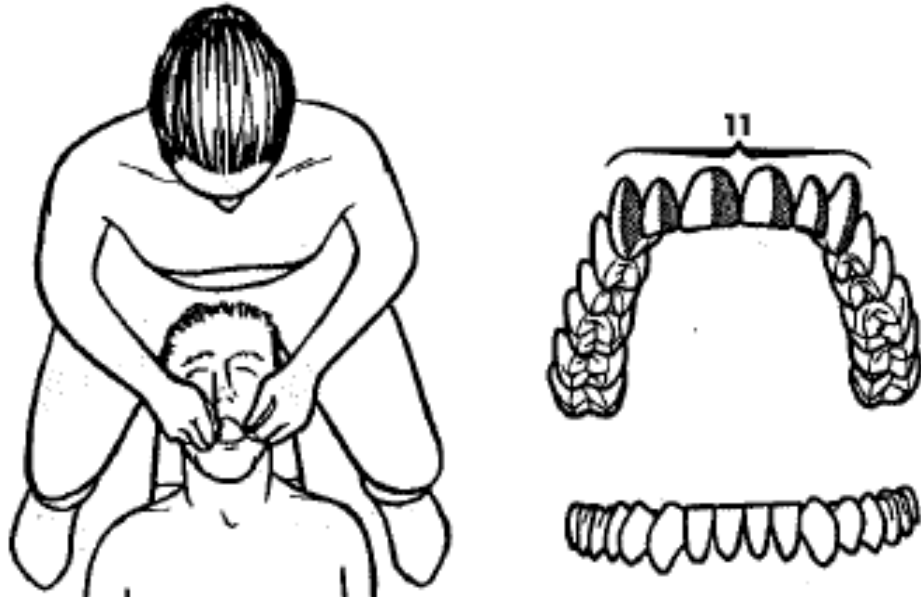


▪ Areas 11

- Patient position: head straight ahead, chin up



- Operator position: 8:00



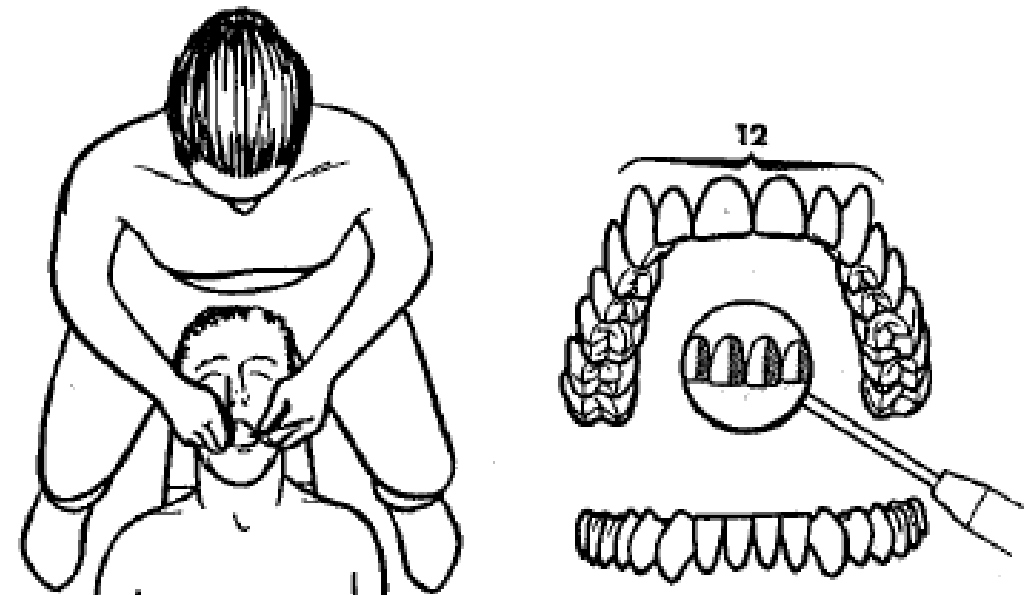
- Operator position: 11:00 to 12:00

▪ Areas 12

- Patient position: head straight ahead, chin up

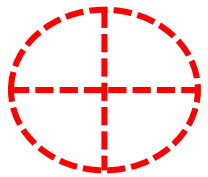
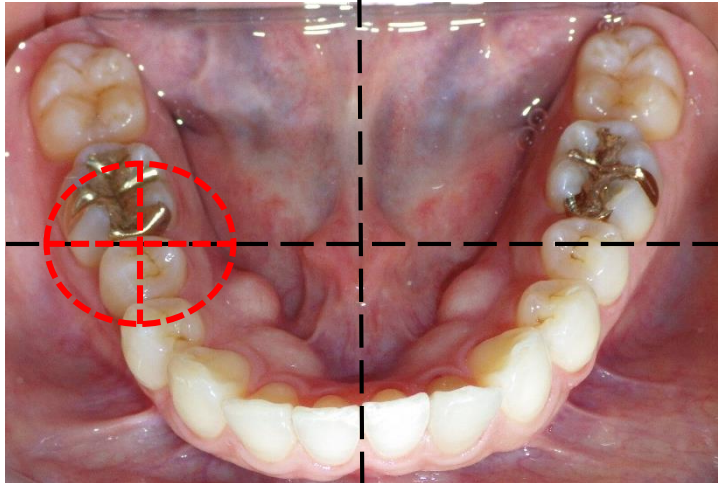
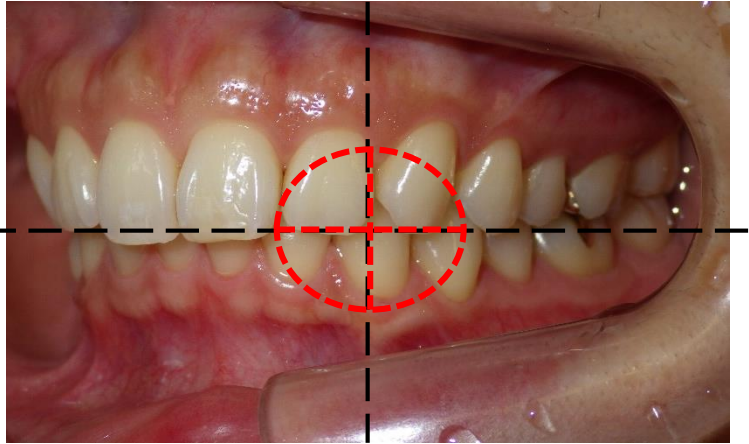
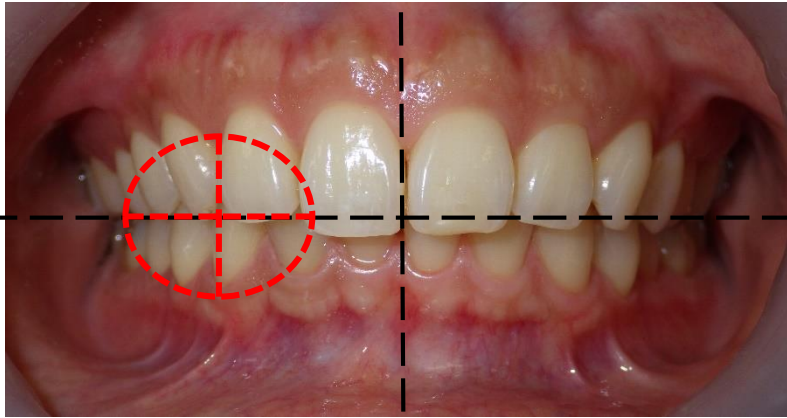
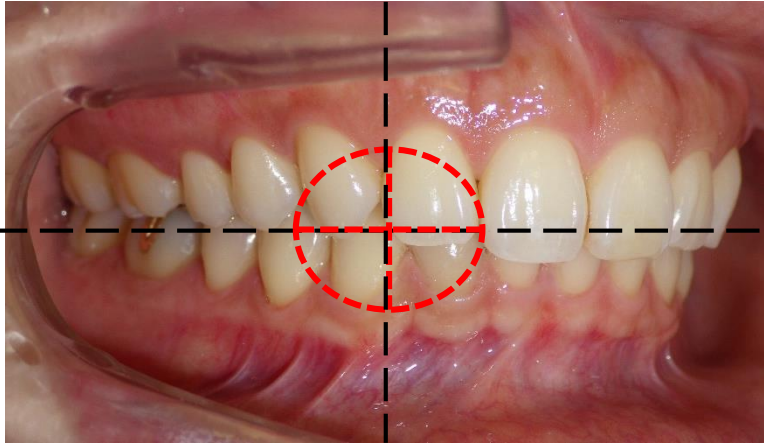
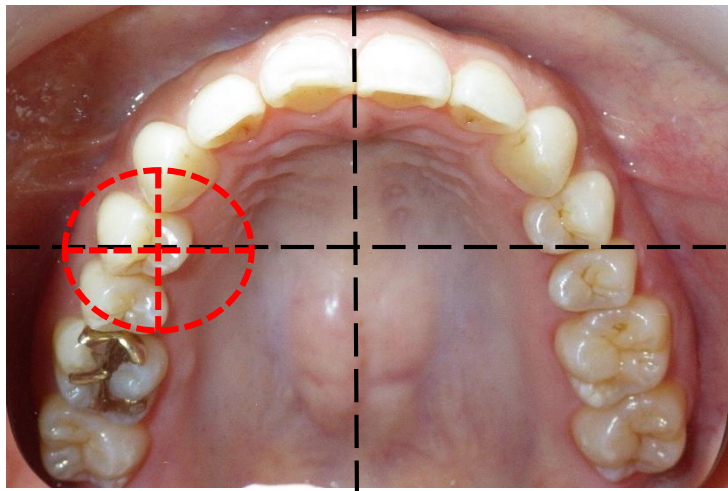


- Operator position: 8:00



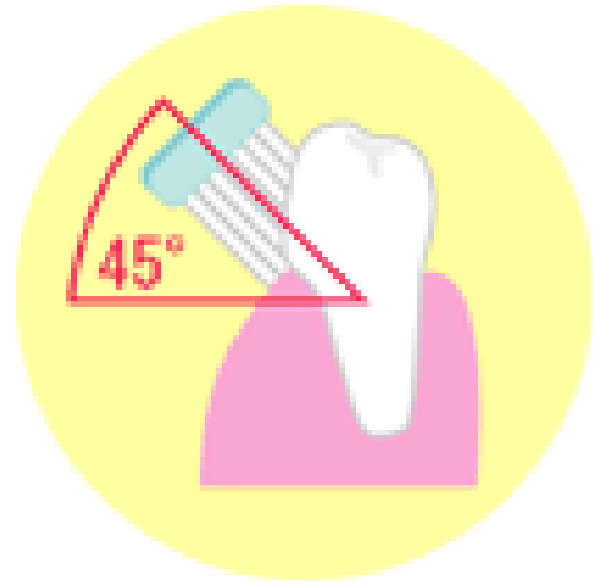
- Operator position: 11:00 to 12:00

Take photo

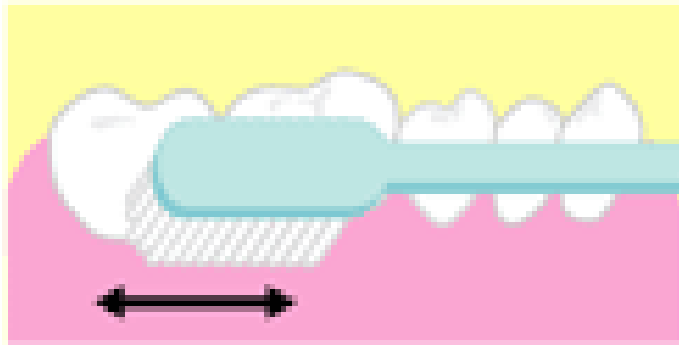


: focus

The Angle of Tooth Brush



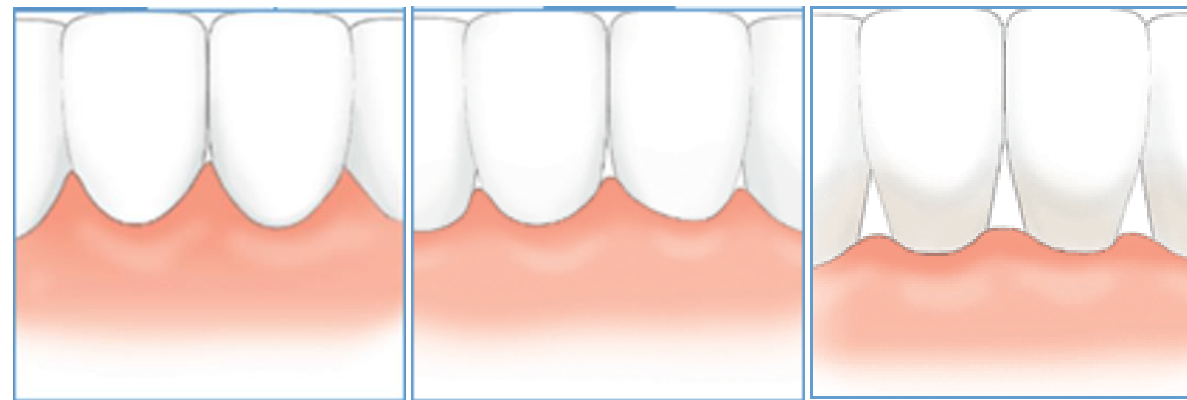
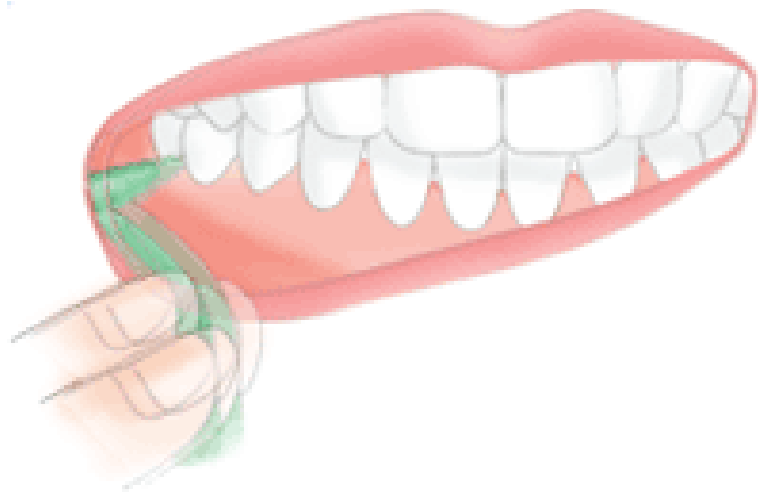
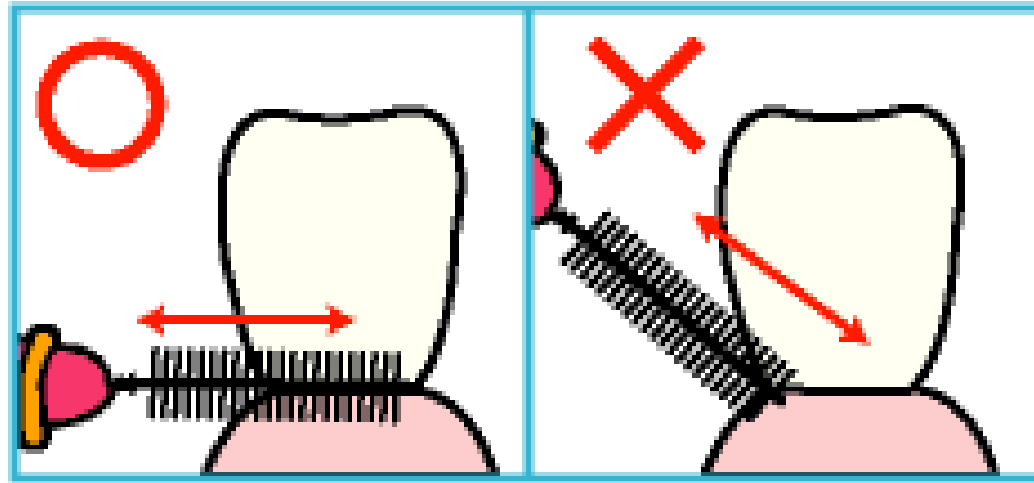
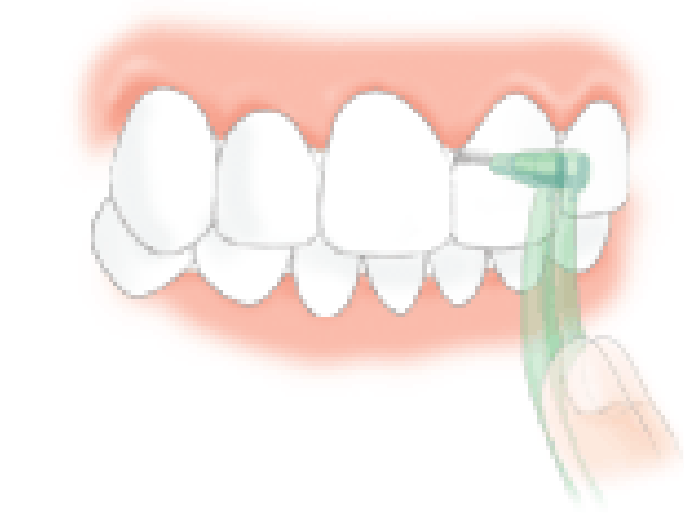
Bass method



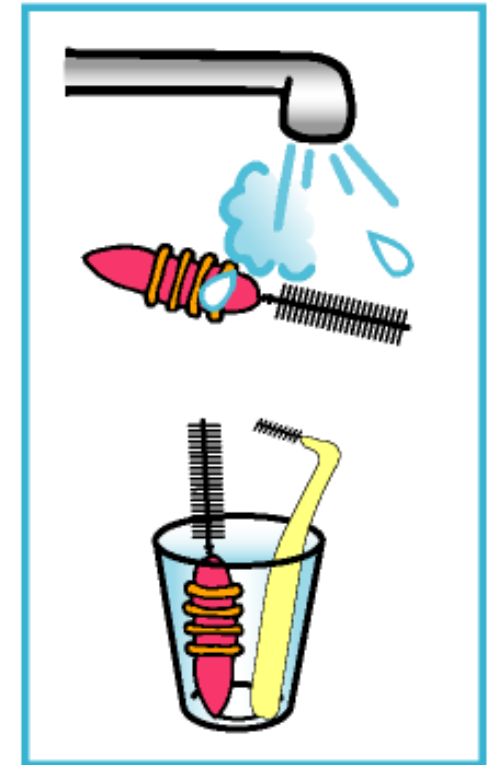
Scrubbing method



Interdental Brush



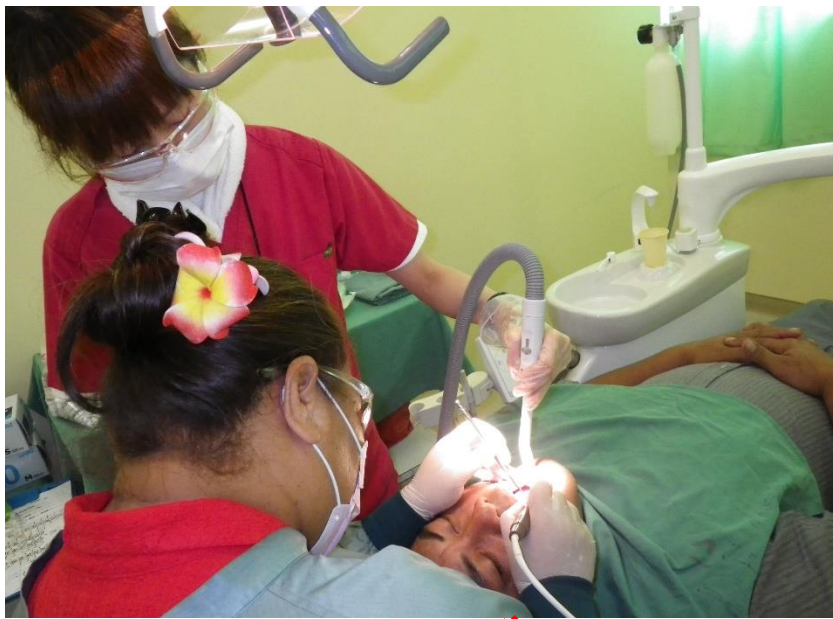
Size SSS → L



歯周病の説明



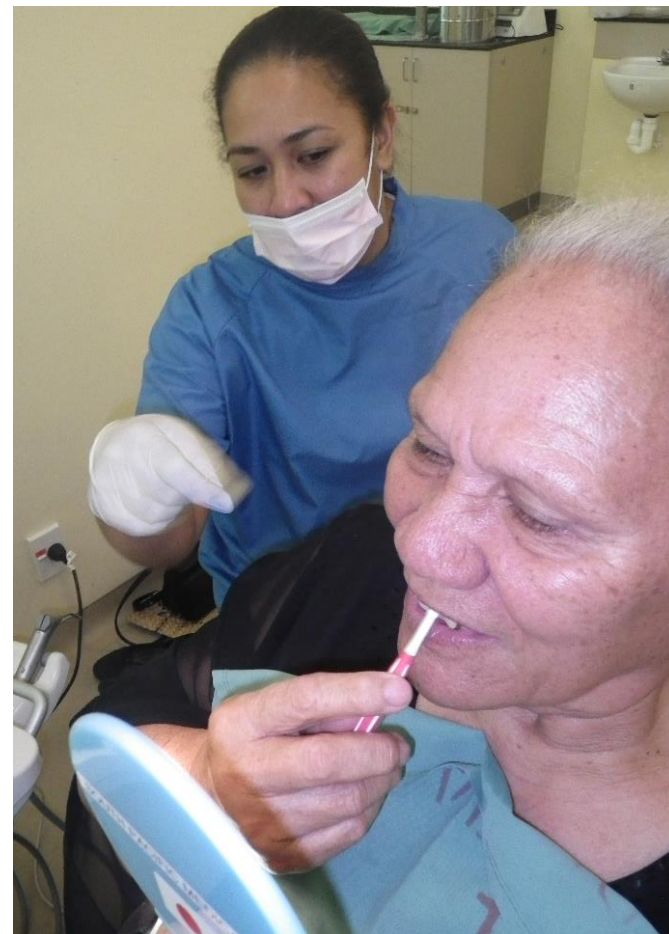
P検の説明



クリーニング



スタッフからスタッフへ



歯磨き指導

Before



症例集の作成



After



43歳
男性
糖尿病患者



砂糖を控えて
来年はワンサイズ小さいTシャツに！