

Oral health promotion for special needs people in Kingdom of Tonga since 1998



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Introduction

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

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

- **Tonga Red Cross Society**

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.



- **ALONGA CENTRE**

The ALONGA for adult disabled people was established in 1977.



- **The special class at Negele'la primary school in Tongatapu**

The class has started in 2004 for primary school kids with special needs.



- **Care unit in the paediatric ward at the Viola's hospital**



Babis with cleft lip and palate

Activities

<2005~2007>

Japanese staff (SPMT) had decided almost the schedule of voluntary activities.



1. Oral check and education



2. Work shop for staffs

- 3. Donations:
- toothbrushes and
- other necessities
- 4. (Re) habilitations
- of eating
- etc.

<2009~>

1. Oral check and 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.
We got money from a flea market.



- free oral check
- free oral consultation
- free fluoride mouth rinsing
- Information about our activities
- Sale of handicrafts and clothes



- enough
- money!!

<2008>

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



←Dancing time

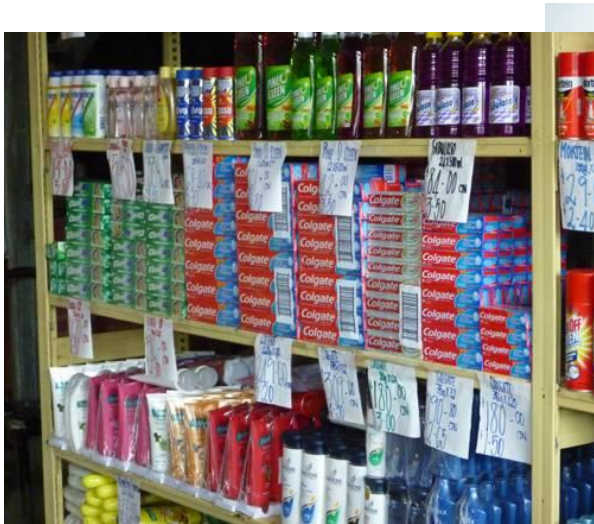


←Language exchange



←They didn't know that they should use toothbrush for each, so we donated toothbrush written name.

Good relationship built trust ♪



2-1. We got fluoride toothpastes which were enough to use for a year in OTA and ALONGA.



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CASH SALE			
M	DATE	C	123567
QTY	DESCRIPTION	RATE	AMOUNT
100	Colgate 175g	2.80	280.00
TOTAL \$			280.00
DELIVERED BY:		RECEIVED BY:	
VEHICLE NO.:			

2-2. We made boxes for each toothbrush by materials bought in Tonga.



3. Work shop for public nurses, participants and staffs of facilities.

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



<2011~>

- 1. Oral examination and oral education:
- All participants could accept examination.



2. Prevention for oral disease and dysfunction



3. Personnel training

3-1 Preparation for donation



3-2 Making education materials and questionnaires etc.



4. Media; TV, news paper, radio

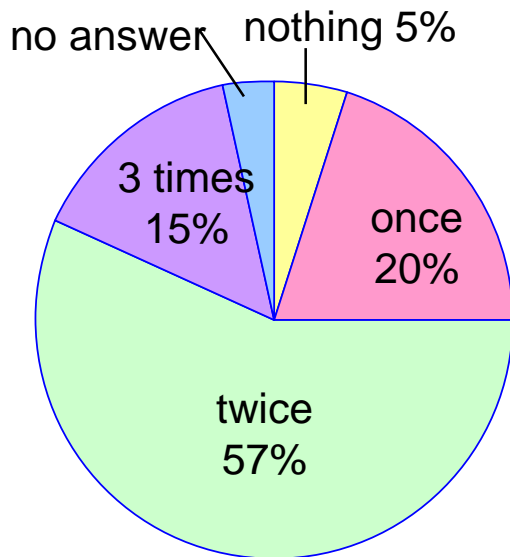


4. Distributing questionnaire survey about oral health and our activities

How many times do you brush your teeth a day?

Do you know how to brush your teeth?

Do you have own toothbrush?



85% Yes!!

97% Yes!!

Do you like brush your teeth?

100% Yes!!

Do you enjoy our program?

100% Yes!!

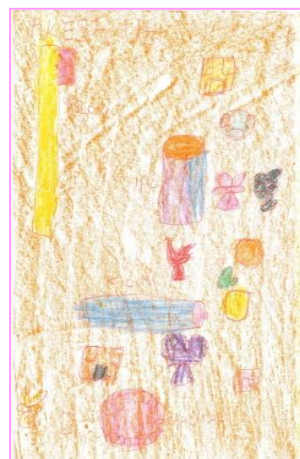
n=60

How about our activities? (no.)

- very happy (14)
- very happy to cange new toothbrush(3)
- very happy to brush my tooth(2)
- very happy to give toothpaste(2)

5. Education about oral health using drawing

We got enough money from free market, so we bought notebooks.

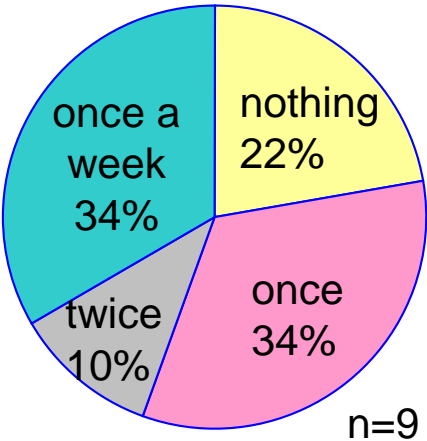


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Home visiting for dependent people at home

sex	age	disorder	bedridden	dental caries(no.)		periodontitis	calculus	dysphagia
				C2	C3/C4			
M	6	CP, MR	no	3	4	-	-	+
M	6	CP, MR	no	1	4	-	-	+
F	22	CP	yes	4	7	+++	+++	-
M	23	CP, MR	yes	1	1	+	+++	-
F	23	CP	yes	0	0	+	+	-
F	28	CP, MR	yes	2	3	+	+	-
M	30	CP	yes	2	0	+	+++	-
M	40	CP, MR	yes	0	0	+++	+++	+
M	48	CP, MR	yes	0	0	++	++	+

How many times do you brush your teeth a day?



Do you know how to brush your teeth?

56% Yes!!

Have you ever bought toothbrush or toothpaste?

100% Never!!

Do you have own toothbrush?

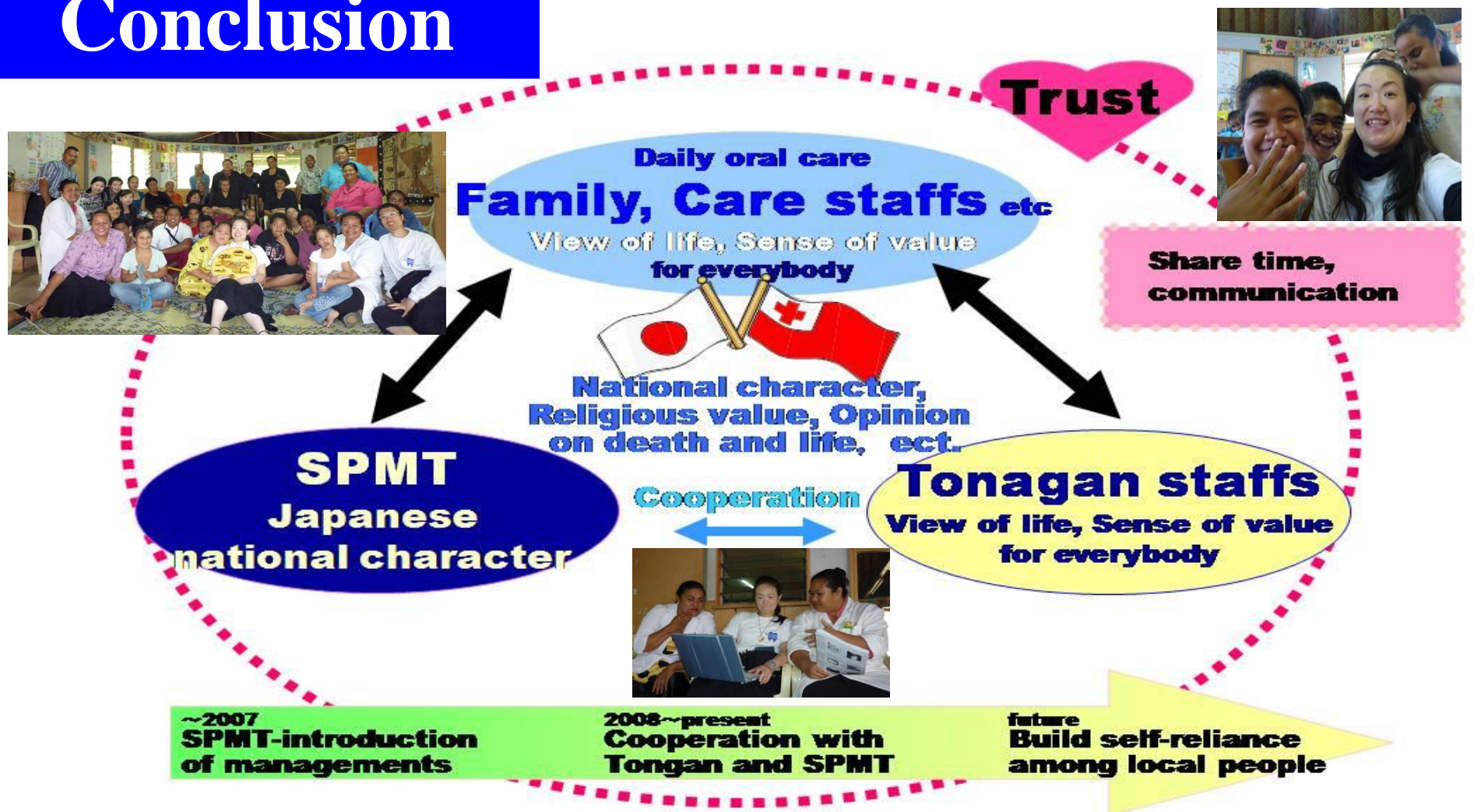
100% No!!

Do you enjoy our program?

100% Yes!!



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.