

Oral health promotion for special needs people in Kingdom of Tonga



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Introduction

The South Pacific Medical Team, a voluntary group organised by Japanese dentists, has worked to improve oral health in Kingdom of 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 (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.



地図データ ©2015 Google、INEGI 2000 km



Subjects and facilities

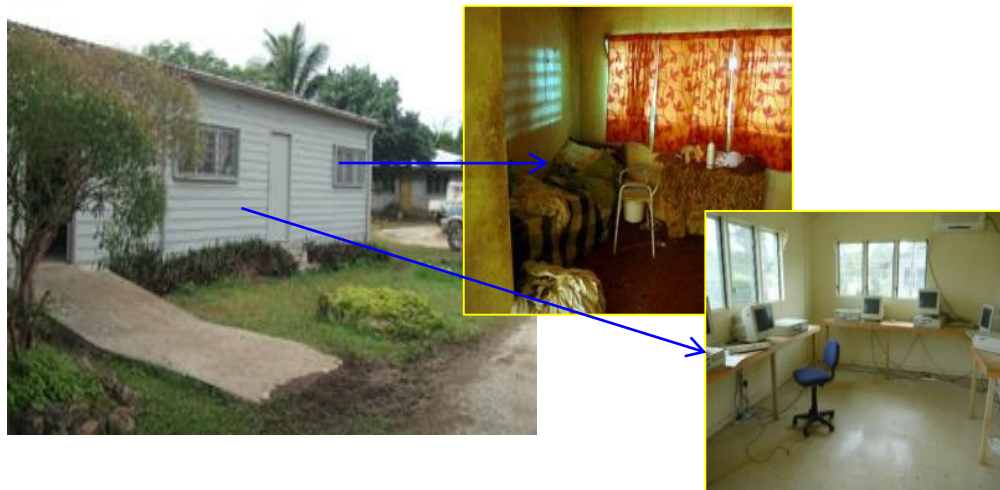
1. Tonga Red Cross Society: OTA CENTER, Home visiting 【Intellectual disability, Down's syn., CP, etc.】

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, MR, DEF, Aut, etc.】

The ALONGA for adult disabled people was established in 1977.



3. The special class at Negele' la primary school

【Aut, MR, 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.



Oral check and
oral education



Donations:
toothbrushes etc.



Work shop for staffs



(Re) habilitations of eating

< 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.



Dancing time

Good relationship built trust 🎵



Language exchange



Tongan staffs came
to support positively.



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

< 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.



<2011~>

1. Oral examination: All participants can accept!!



Monitoring SPO₂

Oral examination

Measuring oral moisture

Chewing gum test

2. Prevention for oral disease and dysfunction

① Oral education



Tooth brushing consultation

Education using drawing: We bought notebooks by money from flea market.

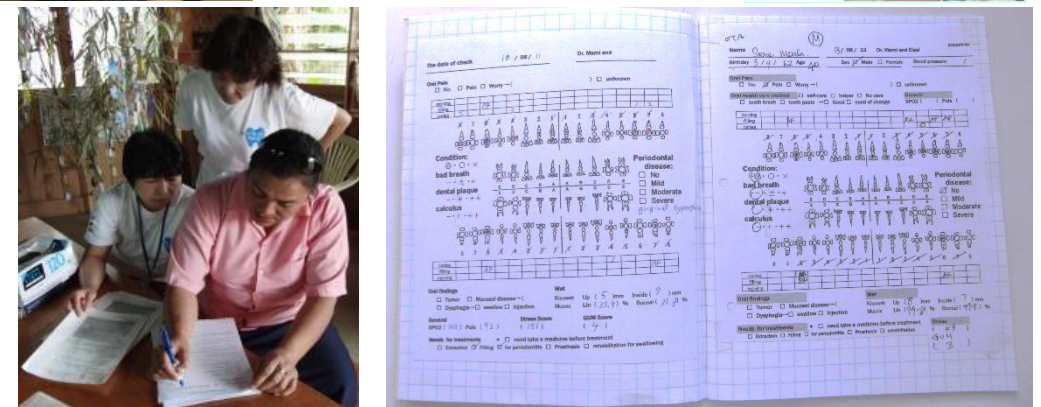
② Fluoride application

③ (Re) habilitations of eating



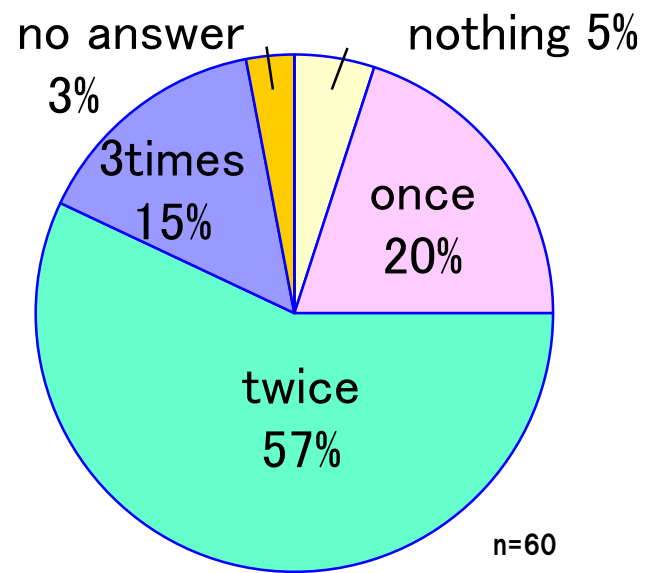
3. Personnel training

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!!

97% Yes!!

Do you enjoy our program?

100% Yes!!



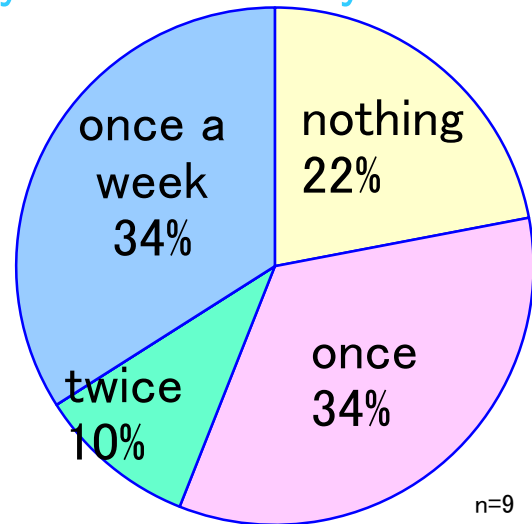
n=60

<2012~>

Home visiting for dependant 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!!

Have you ever bought toothbrush or toothpaste?

100% Never!!

Do you enjoy our program?

100% Yes!!



n=9

<2015~>

1. Orientation of dental treatment for OTA's member

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



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.



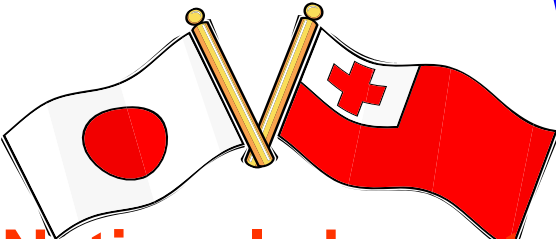
Conclusion



Daily oral care
Family, teachers etc
View of life, Sense of value
for everybody



**Share time,
communication**


**National character,
Religious value, Opinion
on death and life, ect.**



Cooperation

Trust

SPMT
**Japanese
national character**

Tonagan staffs
View of life, Sense of value
for everybody

~2007
SPMT-introduction
of managements

2008~present
Cooperation with
Tongan and SPMT

future
Build self-reliance
among local people

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.