



Khmer Association for Development

Final Report

- 1. Name of Organization** : Khmer Association for Development (KAD)
- 2. Project Title** : Provision of Dental Services for Prisoners in Cambodia
- 3. Project Objective** : To provide high quality basic dental care to prisoners and prison staff in a safe and efficient way.
- 4. Agreement No.** : 2008.2352.601
- 5. Amount of Allocation** : 13,394.30

6. Description of Work or Services:

After receiving funding in May 2008 from the Embassy of the Federal Republic of Germany to Cambodia, Khmer Association for Development submitted a permission letter for entry into the prisons throughout Cambodia to the Prison Department of the Ministry of Interior. Permission was granted, a dental team formed, relevant documents prepared, and dental supplies, instrument and equipment purchased during Jun and July 2008.



The members of dental team photographed together at CC1, Prey Sar

On August 02, 2008, a volunteer dental team of 8-10 members including 2-4 Cambodian and overseas dentists, 2-5 dental assistants and students, and 1 Dental Nurse led by Mr. Meas Chandeth, Director of Khmer Association for Development and Dr. Callum Durward, the Executive Dean of the Faculty of Dentistry at International University commenced treatment for the prisoners of Correction

Center 1 (CC1), Prey Sar. The dentists, dental assistants and dental students are all volunteers from various institutions including the Ministry of Health, International University, University of Health Sciences, Private Dental Clinics, NGOs etc. Since the beginning of the project the team has been working at CC1, Prey Sar, every Saturday from 7:30AM-5:00PM. The volunteers provide their own transport and lunch.

The dental services provided included examination, dental extractions, restorations complete dentures, canal treatment on anterior teeth, minor surgery, cleaning and education. The most common procedure has been extraction of painful or abscessed teeth. The work was carried out in the medical clinic in cooperation with the prison medical officials and prison wardens, who monitor the activities and safeguard the dental team as they work.

After each session, the dental supplies, instruments and equipment are stored in locked boxes in a secure room adjacent to the clinic. When arriving at prison, the team members set up all of the dental supplies, instruments and equipment so that the services can be provided efficiently and safely. Every week and between patients the instruments are carefully sterilized. When the work is finished at the end of day, the equipment, instruments and supplies are packed up and placed in the locked store room of the prison. All of the visiting dental staff as well as some of the prison staff help with this task.

The dental supplies, instruments and equipment for the prison project are shown below:



Before treatment, the patients are asked to sit and wait for their turn. They are given numbers and treated in order of arrival. A medical and dental history is taken for each patient and they are asked if they have eaten prior to coming to the clinic. If not, they are given a banana or sweet. After giving local anaesthetic the patient may be asked to wait in another chair while the dentist examines a new patient. This enables more patients to be treated.



The patients were awaiting dental treatment in CC1, Prey Sar



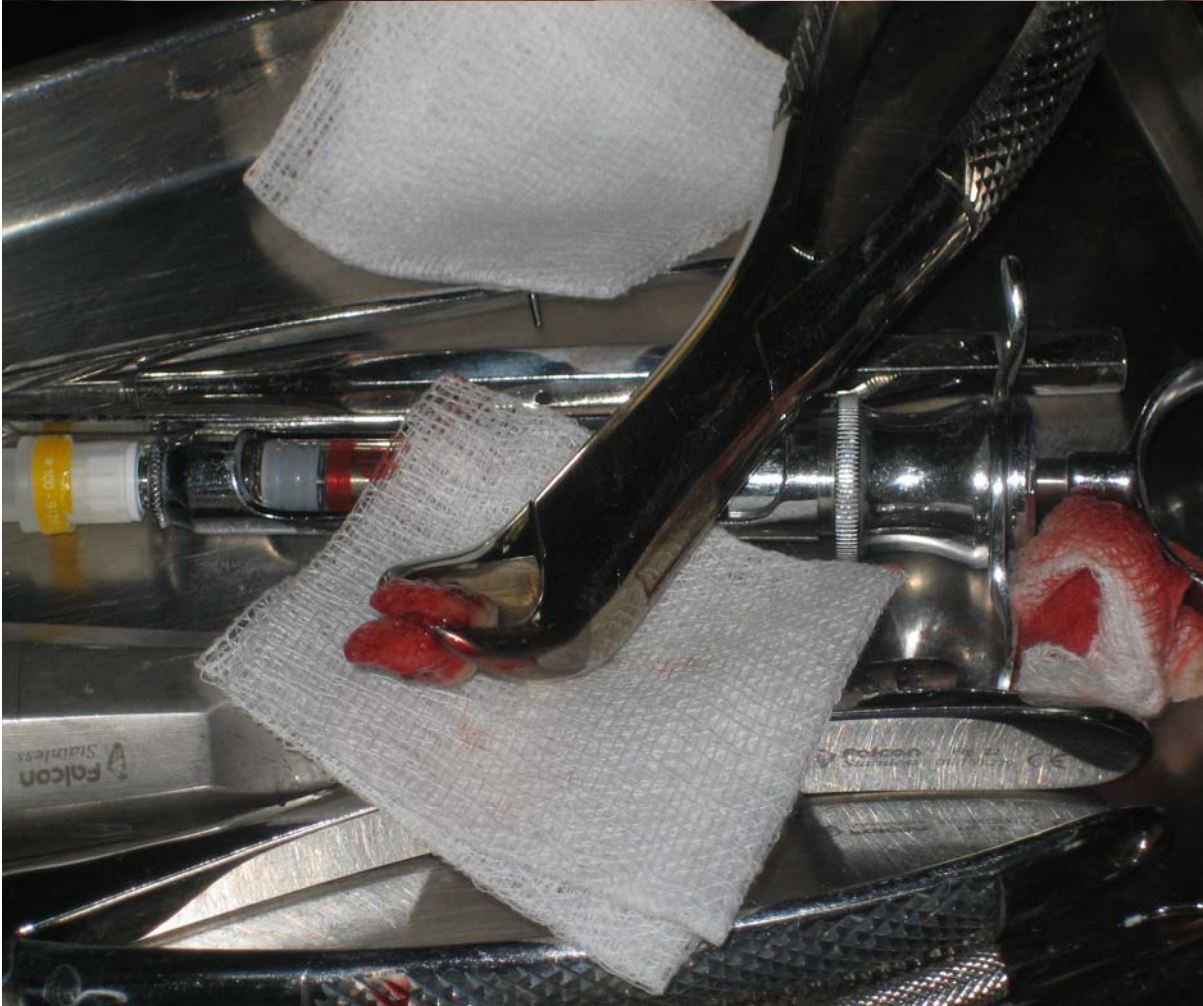
Each patient is registered and the medical history is recorded by a dental student or dental assistant.



All materials are cleaned and sterilized before use and between patients.



Dental Extraction of an Abscessed Tooth



After treatment, the dentist prescribes appropriate medication eg analgesics and/or antibiotics. Whether the patient has an allergy to any medications is checked. For most extractions, only paracetamol and/or ibuprofen are given. Following difficult extractions or surgery, or in immunocompromised patients, antibiotics are given. A packet of vitamins is also supplied to each patient. Along with the medications, patients are provided with written instructions on their use.



Dental assistant instructing the patients on how to take care of their teeth



The dental team carries out dental treatment in compliance with clinical notes and guidelines set out as follows:

1. Clinical Notes

- 1.1. Ask the patient if they have eaten prior to coming to the clinic. If not, give a banana or sweet.
- 1.2. After giving local anaesthetic you can ask the patient to wait on another chair while you examine a new patient. This will enable more patients to be treated.
- 1.3. Following simple extraction, irrigation of the socket is usually NOT needed.
- 1.4. You should decide what medications are to be given to the patient. Always check for an allergy to any medications. For most extractions, only paracetamol and/or ibuprofen will be given. Following difficult extractions or surgery, or in immunocompromised patients, antibiotics may be given. We also have vitamins for each patient.
- 1.5. Where medications are given, they must also have the written instructions on their use.
- 1.6. For dry socket, irrigate, place Alvogyl, and prescribe antibiotics for one week.
- 1.7. Avoid elective removal of impacted 8's as we do not have X-ray facilities. In some cases, it may be possible for a prisoner to go outside for X-ray and treatment. We can help to arrange this. For more difficult surgery in the prison, we can ask Dr Peace or Dr Someth to come to see those patients.
- 1.8. We can provide restorations in composite, GIC and amalgam. Use GIC or Dycal/LICA lining where necessary.
- 1.9. Endodontics can be carried out however we cannot get an accurate working length. Normally we will only do endodontics on incisors and premolars. We have Ca(OH)₂, Ledermix, sealer, and GP points.
- 1.11. It is possible to make partial and complete dentures where these are considered important (eg missing front teeth). Either the prisoner can pay, or they have no money, KAD or Tooth Angel Project may be able to pay. In such cases discuss with Dr Callum. We have alginate, wax, stone and trays etc.
- 1.12. For bleeding sockets/wounds we have sutures (silk and gut) and hemostatic foam. Ensure no one is still bleeding when the team leaves at the end of the day.
- 1.13. Scaling can be carried out on patients with a lot of calculus and/or perio disease. We have hand scalers and one ultrasonic scaler.
- 1.14. Extract teeth slowly to avoid fracture. Where necessary, section the tooth to allow roots to be removed one by one, and remove bone to enable easier elevation. This approach will often save a lot of time and minimize trauma.
- 1.15. For facial swellings, prescribe a combination of amoxicillin and metronidazole (if not allergic).
- 1.16. Post op written instructions to be given to each patient.
- 1.17. A toothbrush and oral health education can be given.
- 1.18. If an extraction or surgery cannot be completed, place the patient on antibiotics and inform Dr Callum.

2. Guidelines for Visiting Dentists and Dental Assistants

1. Our aim is to provide high quality basic dental care to prisoners and prison staff in a safe and efficient way.
2. The first priority is relief of pain and infection.
3. Be very careful of prisoners' movements around the clinical area – keep a close eye on all instruments, medicines and materials. Report anything you are unhappy about to a senior member of the team or the prison guards.

4. Cross infection control must be of a very high standard
5. Normally, only dentists and trained dental nurses will provide treatment
6. For those who do not bring their own lunch to eat, \$2 will be given to each student and assistant who is working all day, so they can buy some food.
7. Keep conversations with prisoners to a minimum. Keep their medical histories confidential. Inform the dentist of any relevant medical history.
8. Do not bring things into the prison for the prisoners – unless approved by the prison authorities.
9. No photos unless permission has been obtained.
10. The dentist will decide what medications are to be given. Always check for an allergy to any medications.
11. Follow the directions of the senior dental assistants (Nean and Phally) and the dentists.
12. Your responsibilities include:
 - Setting up on arrival
 - Cleaning and sterilizing the instruments
 - Bringing the instruments to the dentist on a tray which has been disinfected
 - Recording the data on the clinical record sheet
 - Recording the medical history
 - Giving the post-operative instructions and medicines
 - Cleaning the work surfaces with disinfectant
 - Mixing the materials
 - Packing up at the end of the day
13. You should wear a clean gown, glasses and footwear which covers your feet. If assisting the dentist also wear gloves.
14. Prison guards and their families are also eligible for treatment.
15. Fill out the dental record completely, as this information will later be analyzed to give us a clear picture of the dental needs etc. of the prison population.
16. The prison guards must know who to contact in case of a post-operative problem. Names and phone numbers should be given to them. It may be possible to make a special visit to the prison in emergency cases.

7. The Results Achieved and the Effects on the Prisoners

Khmer Association for Development has implemented the stage-1 prison project with the aim of providing high quality basic dental care to prisoners and prison staff in a safe and efficient way, so that they have good dental and general health; the first priority is relief of pain and infection. There is a health post in CC1, Prey Sar that provides the prisoners with minor general health care, but as in other prisons the prisoners do not receive any dental care. Many prisoners there are suffering from severe dental pain so that they are unable to eat and sleep well. In the past, if they had a mild pain, they would try to bear it or if more severe they would go to clinic of the prison and be given some Aspirin. In some cases, when the pain became too great to bear, they would hit their tooth with a sharp metal object in an attempt to remove it. Poor dental health in some cases has also adversely affected the prisoners general health, partly because they have been unable to eat or sleep properly.

There are more than 2,000 prisoners in CC1, Prey Sar. Since the project began, the team has been able to treat 17-50 patients per week and up to December 06, 2008, 554 patients had been treated. This treatment included dental extractions, fillings, a complete denture, root canal treatment, minor surgery, cleaning, examination, and education. In addition, the prison wardens were also provided with basic dental services. The prisoners have been very happy to have dental treatment from our dental team as evidenced by the large numbers who line up for treatment each week.

8. The Views of Prisoners of CC1, Prey Sar, Related to their Dental Problems and Treatment by Dental Team:



Phon Terng, a 32 year old man said that he had been suffering with dental pain for 2 years. Previously, when having critical pain he took antibiotics brought for him by his visiting family members, but it could only stop the pain just for a short while. Over the last 5-6 months, the pain got more severe. He was unable to sleep well and during meal times, he suffered from severe toothache. Due to inability to stop the pain, he just had to bear it.

When he came to meet our dental team, he said that he was having a serious toothache that affected his head. An abscessed tooth was extracted and he thanked the dental team for helping him and other prisoners to relieve their pain.

Pech Bunil, another patient, said that he had been living with severe dental pain over the last 3-4 months. The right, upper tooth was decayed and became very painful when grains of rice or other food got stuck in the hole.

So when eating, he avoided chewing on that side. As in the previous case the prison clinic could only give him Aspirin to stop the pain but this didn't help much and the pain always returned. Sometimes, when he had unbearable pain, he would pick at his tooth with hard, sharp, piece of metal but this only made things worse the tooth removed painlessly by one of the dental team.



9. Opening Ceremony:

On November 17, 2008, the Khmer Association for Development (KAD) organized an official opening ceremony of the Prison Dental Service to thank the German Embassy, promote the project to the public, acknowledge the activities to dental staff, and appeal to the dental profession for further support. The ceremony was held under officiation of H.E. Mr. Samkol-Sokhan, Vice Director General of the Prisons Department of the Ministry of Interior and Ms. Christiane Kapashi, 3rd Secretary of the Embassy of the Federal Republic of Germany to Cambodia. The 65 other invited participants came from NGOs working in the prisons, private dental clinics, the Cambodian Dental Association, the two Faculties of Dentistry, and the Ministry of Health.



In 2009, the project will implement the 2nd stage of the project which aims to provide more restorative treatment to prisoners throughout Cambodia. Finally, on behalf of Khmer Association for Development, we would like to extend our thanks to the Embassy of the Federal Republic of Germany to Cambodia for the considerable support they have provided which has enabled the establishment of the Prison Dental Service. We look forward to an ongoing cooperative relationship between KAD and the Embassy.

Kandal province, November 25, 2008



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