

# One-2-One Dental Volunteering



One-2-One Cambodia is made up of communities of people from all over the world, whose aim is to improve the lives of the vulnerable and destitute people of Cambodia: including orphans, street children, people with HIV, and prisoners. We are a Christian faith-based NGO that expresses its faith in the practical work that is done. One-2-One is a not-for-profit charity and 100% of the proceeds are used to help those we work with, including our patients and the local staff we employ.

Our present approach is the result of over 10 years of experience in Cambodia, working with dental volunteers from all over the world.

## Who are we helping?

We recognize that there are many deserving groups who would benefit from our help. Presently One-2-One has elected to focus on working to improve the oral health of primary school children within poor communities and prisoners without access to dental care.

Dental volunteer activities are conducted across three different types of settings.

- Primary schools,
- Prisons,
- the One-2-One Happy Dental Clinic in Phnom Penh.

For those who wish to volunteer in the prison setting, One-2-One offers basic restorative and relief of pain dentistry in prisons all over Cambodia. For Primary school children, the strategy is known as the Healthy Kids Cambodia Strategy (HKC), and this project has the support of the Ministries of Health and Education. Patients may also be seen in the One-2-One Happy Dental Clinic which currently has three fixed dental chairs.



## Would you like to volunteer for the Healthy Kids Cambodia project?



There are 3 levels of intervention in the Healthy Kids Cambodia Strategy, (see table below), and it runs in partnership with local universities and several Non-Governmental Organisations.

Our key focus is on **prevention** of dental caries, and so we try to engage our volunteers in at least one week providing Level 1, Level 2, and/or Level 3 services. Level 1 and Level 2 services are generally provided in school settings. Level 3 services could be provided in a school (using mobile dental equipment) if there is a

group of 6 or more volunteers. Alternatively, Level 3 care can be provided at the One-2-One 'Happy Dental Clinic' (3 volunteers/week).

<p><b>Level One</b> Dentists Dental students (any year) Dental assistants Nurses Dental therapists/hygienists Dental therapy/hygiene students (any year)</p>	<p>Daily tooth brushing with a fluoride toothpaste Daily hand washing Bi-annual basic health screening, de-worming, Vitamin A and referral (where appropriate) Bi-annual application of Silver Diamine Fluoride to arrest caries in primary teeth Health education</p>		
<p><b>Level Two</b> 3<sup>rd</sup> year of dentistry completed 2<sup>nd</sup> year of therapy/hygiene completed Dentists, hygienists, therapists</p>	<p>Fissure protection using glass ionomer cement (sealants) Atraumatic Restorative Treatment (ART) restorations (simple fluoride releasing white fillings without drilling)</p>		
<p><b>Level Three</b> Qualified dentists and dental therapists 4<sup>th</sup> year of dentistry is completed</p>	<p>Treatment provided includes Composite, amalgam and GIC restorations as well as dental extractions.</p>		
	<p><b>Happy Clinic</b> Up to 3 volunteers per week</p>		<p><b>Mobile clinic</b> If you have 6 or more in your group</p>

## Would you like to volunteer for the prison dentistry project?

One-2-One and its partners have been working in prisons for 10 years and volunteers have provided positive feedback for this experience. Due to the high logistical costs for this type of activity, a minimum of 6-volunteers is required in order to initiate a mobile dental trip to a provincial prison. Treatment provided includes composite, amalgam and GIC restorations, as well as dental extractions.



## Logistics

All programmes operate Mon-Fri for the full 5 days (except Cambodian public holidays). We require you to arrive on the Sunday before starting your week with us before 15:00 for dental orientation and to settle in. Please consider how you will manage any restrictive dietary requirements and food allergies. During busy periods, we may require you to commit to 2 weeks of volunteering with us. In this case, the first week would be doing Level 1 and Level 2 then the second week would be providing Level 3 services (depending on qualifications).

<b>Dental Programmes</b> <b>US\$ 100 – US\$ 120/day</b>	<b>Non-Dental programmes</b> <b>US\$ 70/day</b>
<p>Happy Clinic (Phnom Penh)            Healthy Kids (Phnom Penh or Provinces)            Prison (Phnom Penh or Provinces)</p> <p><b>Includes:</b>            Shared accommodation at one of our guest homes</p> <ul style="list-style-type: none"> <li>● Airport pick up and drop off</li> <li>● WiFi</li> <li>● Traditional meals/ clean water</li> <li>● 121 T-shirt</li> <li>● Local sim card if required</li> </ul> <p>The costs of the dental programme</p> <ul style="list-style-type: none"> <li>● Transport to/from workplace</li> <li>● Dental consumables</li> <li>● Local support staff</li> </ul>	<p>Weekends and non-dental days</p> <p><b>Includes:</b>            Shared accommodation at one of our guest homes</p> <ul style="list-style-type: none"> <li>● Airport pick up and drop off</li> <li>● WiFi</li> <li>● Traditional meals/ clean water</li> <li>● 121 T-shirt</li> <li>● Local sim card if required</li> </ul> <p>Local Sightseeing (if here for the full day)</p> <ul style="list-style-type: none"> <li>● Transport – (Tuk Tuk) for the day</li> </ul> <p>Entry to Tuol Sleng museum and the Royal Palace not including admission fee.</p>

## Frequently asked questions

1. Where is my money going?
  - Your contribution covers toothbrushes, toothpaste, and soap for the children at the schools, so that healthy behaviours continue long after you have gone. We also give prisoners toothbrushes when we provide services there.
  - It also goes towards dental materials; Level 1 costs around \$500/week (treating 500 children), Level 2 costs around \$200/week (treating 200 children) and Level 3 costs around US\$1000/week in materials.
  - Supporting you to practice dentistry in this environment requires our own Cambodian staff, who are also from underprivileged backgrounds. They provide translation, assistance, and administrative support, in order to navigate you through the complexities of living and working in Cambodia. Your contribution helps support the salaries of 1 or 2 Cambodian dentists, dental nurses (therapists), dental assistants, drivers and other support staff.

- Transport to the province (if mobile dental clinic is outside Phnom Penh) and to the prison or school each day.
  - Food and accommodation at the One-2-One Guest House in Phnom Penh, or at a provincial hotel or guest house.
  - Sometimes there is a small amount left over, this is used to support our team to go back to those same communities that you treated, in order to provide ongoing preventive care (Level 1 and 2) later.
2. What kind of places will we stay?
- If you stay in Phnom Penh, you will be in our One-2-One guest-house which has aircon and cooked breakfast. Some of our 121 staff and sponsored university students also stay here.
  - If you go to the provinces, you will stay in a small hotel or guesthouse with air conditioning. One of our top priorities is finding a clean and safe place for you to stay.
3. What will I be eating?
- If you stay with 121 you will have your breakfast and dinner at One-2-One. Lunch may be near the work site at a nearby restaurant.
  - If you go to the province, breakfast will be at the guesthouse/hotel, and lunch and dinner is often at a nearby Cambodian restaurant.
4. Is this *voluntourism*?
- Voluntourism has got a bad name as it has traditionally involved overseas volunteers flying in, extracting a few hundred teeth, and then flying out, with little long-term benefit for the local people – not to mention leaving the children in a state of shock. This is not what we want to do.
  - We believe that with our new Healthy Kids Cambodia strategy we are providing *dental aid* in an appropriate way for the developing world. We focus more on prevention, with local involvement, follow-up visits, and a step-by-step approach. We have developed this approach following many years of providing dentistry in mobile settings in Cambodia, and we are purposefully moving away from the ‘parachute’ model in which foreign volunteers arrive in a community, complete tooth extractions and walk away, leaving people without support and undermining their relationship to local health care providers.
  - This new strategy is backed by the School Health Department (Ministry of Education Youth and Sport) and the Oral Health Bureau at Ministry of Health, and both local and foreign dental volunteers are participating in the program. You will be providing much-needed dental care in a culturally appropriate way in-line with the wishes of the Ministry of Health. One-2-One has a good relationship with both Ministries, and your visit complies with their requirements.
5. Am I allowed to practice in Cambodia?
- Although the regulation of dentistry in Cambodia is limited, One-2-One is committed to following locally accepted best practices and therefore have a

Cambodian Dentist and/or Dental Nurse accompanying all visiting dental volunteers. Dentists need to obtain temporary registration with the Cambodian Dental Council. One-2-One can assist with this provided the dentist provides the necessary certified documents.

6. I would like to know more about the Healthy Kids Cambodia approach.
  - If you would like to know more about the Healthy Kids Cambodia approach then please check out our Healthy Kids Cambodia Manual and training power points
  - If you would like to view some of the research that has been produced to validate this approach then please check out the following reports and presentations that have been presented in journals and at both local and international conferences:

“Recognize that every interaction you have is an opportunity to make positive impact on others.” – *by Shep Hyken*

## **For Further Information**

Please contact:

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Visit our website: [www.one2oneworld.org](http://www.one2oneworld.org)

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