



## Sunnymede Trust Oral Health Training Day

Sharon Rakin, Chair of the Sunnymede Trust

Twice a year, the Sunnymede Trust delivers an Oral Health module to students of the Diploma in Tropical Nursing (run by the London School of Hygiene and Tropical Medicine:LSHTM). At their July session, the Sunnymede team was joined by Cath Periam and Pamela Ncube, Oral Health Promoters from Kings College Hospital.

The LSHTM 6 month Diploma course for nurses and midwives aims to provide students with knowledge of major tropical diseases and health issues. It also gives them an insight into primary health care in developing countries so that they can learn to maximize care with minimum resources and understand the importance of promoting health through prevention rather than cure.

The Oral Health session focuses on appropriate care in low resource situations, emphasising the importance of prevention and cross infection control. Trustees from the Sunnymede charity run the session with the help of other dental volunteers including dental practitioners, nurses and hygienists.

Dr Sharon Rankin (Chair of Sunnymede) was delighted to bolster her team for the day with two Oral Health Promotion specialists, Cath Periam and Pamela Ncube from Kings College London Dental Institute. *'Cath encouraged the students to take a creative approach to Oral Health Promotion, with an emphasis on solutions rather than theory and to be adaptable to the local environment and traditions e.g. the use of chew sticks. She also encouraged students to use their imagination to create teaching resources such as simple*

*puppets and games using what is to hand. Pamela talked about her experiences in Zimbabwe and stressed the growing need for Oral Health education to be holistic and to take into account local issues such as Nutrition and HIV/AIDS. The students really appreciated their lively presentation and we are very grateful for their time.'*

The Trust has structured their training to meet CPD requirements so that volunteers who join their team can both test and broaden their understanding. *'Learning to adapt ones knowledge to suit low resource situations, without compromising good and safe practice, is a fantastic way to reinforce core teachings'* says Sharon.

The CPD aim of the session is to enable the dental care professionals to pass on the message about incorporating appropriate Oral health care provision into general health care in low resource communities. In order to achieve CPD verifiable hours, the volunteers are required to:

- Read the 'Teeth Relief' Oral Health training manual and pre session training notes
- Learn and discuss (with Diploma students) how to incorporate Oral Health into general health in low resource situations
- Teach 3 practical sessions, using the training manual:

- 1)Examinations, instruments and charting
- 2)Injections (infiltrating and nerve block)
- 3)Principles of extracting teeth

The 'Teeth Relief Oral Health Manual' was written by the Sunnymede Trust and is designed to serve as an educational and training resource for people with basic medical knowledge. It is a well illustrated and excellent reference book for teachers, trainers and students.

As a registered charity, the Trust does not receive any funding and would welcome donations of specialised training equipment (e.g. study models or skulls)and they're always happy to hear from individuals or groups who could sponsor copies of the manual for communities who cannot afford to pay.

If you'd like to know more about the work of the Sunnymede Trust, contact Sharon Rankin via [info@teethrelief.org.uk](mailto:info@teethrelief.org.uk) .

Article written by Marian Lennon  
Administrator, Sunnymede Trust

**Sunnymede Trust** (a Registered Charity since 1989) is committed to sharing knowledge and is dedicated to the improvement of Oral Health in disadvantaged communities.

### **Teeth Relief Oral Health Manual**

Can be viewed or downloaded from [www.teethrelief.org.uk](http://www.teethrelief.org.uk) Copies are also available from TALC (Teaching Aids at Low Cost) [www.talcuk.org](http://www.talcuk.org) CD version will be available soon.

**Cath Periam** (Joint Oral Health Promotion Manager) and **Pamela NCube** are based at **Kings College Hospital Department of Special Care.**

**Iain Corran** is a Sunnymede Trustee and a member of the NOHPG committee.

**Sharon Rankin** is Chair of Sunnymede Trust and joined the Acute Dental Care Department at Kings College Dental Institute in October 2009.

