



Global Community Health Volunteers (GCHV)
Dental Team

- Following is a sample itinerary for a ***Dental Team*** composed of students that are either **in undergrad with a focus on Dental School (Pre-Dental), or for those that are already 1st through 4th year Dental students**
- This draft itinerary is for a 9-day program, and includes 3 meals per day, in-country transportation, lodging, 24-hour staff assistance, and in-country orientation.
- This itinerary is adapted to the experience of each group in the area where the community is located, the type of program, and is subject to changes before and during the experience.
- Cost for the program is **\$1800.00** plus application fee of **\$50.00**. Program cost is based on a minimum of 10 students.

Goal: To learn about global health issues, provide dental care to populations with little or no access, experience Nicaraguan culture, and gain perspective on the global landscape.

Safety Measures: Built into every GCHV Program will be many safety precautions specific to the Coronavirus Pandemic to include all breakfasts and dinners at the hotel, lunch served at the clinic sites, dedicated transport to/from the clinics with buses cleaned after each transportation, increased screening protocols in the clinics, handwash/alcohol stations, masks provided for all students, GCHV employees, and additional/replacement masks provided for all patients that arrive to the clinics, adherence to any/all State Department/Embassy calls for additional precautions, screenings, quarantines, etc. During house visits replacement/additional masks will be provided to local inhabitants that need them as a part of a public health campaign, and when doing the initial assessments at these houses the students will practice social distancing. Additionally, GCHV will have MD's on site to monitor student health on a daily basis to include temperature checks and health screenings prior to departure for the clinic, at lunchtime, and in the evenings after supper.

Day 1 (Saturday)

Meet GCHV staff at the International Airport of Managua.

Transport and settle into hotel

Welcome Dinner

Day 2 (Sunday)

Morning:

“Welcome to Nicaragua” orientation at hotel.

Afternoon:

Seminars (Dentist)

Simulated Community Clinic Scenarios

Evening:

Eco-Tourism Activity

Group reflection; discuss tomorrow’s agenda

Day 3 (Monday)

Morning/Afternoon:

Group will split into small sub-teams to visit assigned communities. All communities are located within 30 minutes from the hotel. Volunteers will do “home visits”, accompanied by GCHV staff and local community volunteers, letting the local residents know that we are providing free dental care, assessing living conditions and inviting people with dental problems to be treated in our clinics. During the visit we will assign a date/time to be seen at our clinic. These visits enable us to reach the most vulnerable people in our communities. Along with a team of Dentists, health promoters, and interpreters, we analyze the current living conditions and habits that affect the well-being of our patients. The information gathered will be transferred to local health authorities and we will have a chance to educate our patients and give recommendations to the families. Common dental problems include gingivitis, and dental caries. This house visit program will allow the volunteers to correlate lifestyle with disease.

Evening:

Seminars (Dentist)

Group Reflection; discuss tomorrow’s agenda

Day 4 (Tuesday)

Morning/Afternoon:

Establish Community Dental Clinic in assigned communities (volunteers will work in small groups and rotate through a variety of roles to include performing patient interviews, taking vital signs, assessing the patient and then presenting the patient to the Dentist, and helping in the pharmacy). Volunteers will also have the opportunity to observe the examination/diagnosis/treatment process where appropriate under the supervision of a local Dentist.

Late Afternoon:

Eco-Tourism Activity

Evening:

Seminars (Dentist)

Group Reflection; discuss tomorrow’s agenda.

Day 5 (Wednesday)

Morning/Afternoon:

Community Dental Clinic

Late Afternoon:

Eco-Tourism Activity

Evening:

Seminars (Dentist)

Group Reflection; discuss tomorrow's agenda

Day 6 (Thursday)

Morning/Afternoon:

Community Dental Clinic

Evening:

Eco-Tourism Activity

Group Reflection; discuss tomorrow's agenda

Day 7 (Friday)

Morning:

Community Dental Clinic

Afternoon:

Health Education fair in assigned communities. On this day we will share healthcare education to include information on flossing, brushing teeth, dental hygiene, proper nutrition, and much more.

Late Afternoon:

Eco-Tourism Activity

Evening:

Group Reflection; discuss tomorrow's agenda

Day 8 (Saturday)

Recreation day:

Eco-Tourism Activities

Day 9 (Sunday)

Departure

Specialty Seminars - to include but are not limited to the following:

- Brief overview of common oral diseases
 - Basic dental exams and screenings
 - Overview of field extractions/techniques
 - Overview of field cavity filling process
 - Overview of manual cleanings in the field
 - Review of dental instruments and equipment
 - Discussion of dental care delivery system in the host country
 - Differences between the host country and U.S./Canada
 - Importance of community education/public health
 - Basic dental Spanish (allows dental students more independence)
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Potential Eco-Tourism Opportunities: (Facilitated through collaboration with Nica Bike Ecotours)

- Granada Sightseeing
 - Granada Islets
 - Chocolate Museum
 - Zipline
 - Volcan Masaya (Day / Night)
 - San Juan De Oriente
 - Catarina
 - Mercado de Artesania
 - Coyotepe
 - Cultural Cooking Class
 - Cultural Dance Class / Zumba Dance Class
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GCHV Director / Physicians / Team Leaders:

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Medical Director: Dr. Camilo Gutierrez

Dental Director: Dr. Carolina Soto

MD/Dentists:
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