

Brush At School (BAS) Oral and Medical Prevention program

BAS is a part of the School Health Program (SHP)

The “**Brush at School**” is our most important slogan for Dental Help in Nepal

Brush At School is a school-based, health intervention program based On the “Fit for School” program developed in the Philippines.

Motivation and Information,

This program is to inform and motivate the schoolchildren, their parents and schoolteachers about the importance of healthy food and hygiene. This program will be carried out before screening programs are carried out.

Goal:

Making a start with the awareness of healthy food and general and oral hygiene, also to learn to practice this by washing hands and brushing teeth.

Target group:

Students of government schools are the most important targets. The first time all pupils of the program participate from then on pupils up to class 8 participate in the total program.

Implementation:

The oral hygienists of local team of DIRDC or MIYO carries out the implementation (possibly in coop with teams from abroad)

- ✓ Motivation and information of the parents and the teachers about:
 - The benefit of being sound.
 - The importance of healthy food, hygiene and screening
 - The content of BAS program
 - The goal of the next programs SAS/GAS/OHP/ENT/EYE
- ✓ Information for students about:
 - Food, Health and Diseases
 - Oral hygiene and General and personal hygiene
- ✓ Practical information for students about
 - Tooth brushing
 - Hand washing, brushing and cutting nails
- ✓ Instructions for teachers how to follow up this program daily.

Agreement:

The manager of the DIRDC / MIYO will regularly evaluate the agreement with the headmaster about fulfilling their tasks concerning the BAS program.

Preparation first time before programs:

- Realize water tank and taps at the school. (SAS)
- Inform schoolteachers about program and planning
- Prepare logistics
- Which teacher will be responsible for the program after it is initiated
- Which pupils get a task in program

What to take to the school:

- Soap, big pieces
- Nylon stocking to put soap in
- Nail nippers
- Hand brush
- Toothbrushes in right sizes
- Toothbrush holders
- Tape and pen to provide name on toothbrush
- Toothpaste with fluoride
- Instruction sheets
- Laptop, beamer, electricity and other connection cables
- PowerPoint presentation about healthy food and other instruction material.

When the BAS program has been carried out the head master is responsible for follow up. The school teachers should ensure that all children wash their hands and brush their teeth as instructed every day before the go into class.

When this program has been implemented at school it should have follow up:

- ✓ Three times a year the manager of the DIRDC /MIYO should visit school to check:
 - 1) If all supplies for programs are available
 - Soap, big pieces
 - Nylon stocking to put soap in
 - Nail nippers
 - Hand brush
 - Toothbrushes in right sizes one per child
 - Toothbrush holders one per class
 - Tape and pen to provide name on toothbrush
 - Toothpaste with fluoride
 - Instruction sheets
 - 2) If programs are carried out each day.
 - 3) If all supplies are in proper state are taken care for and stay at school.
- ✓ Once a year the BAS program should be repeated for the lower classes from nursery to 4, so new school children will also be informed and instructed and the youngest get repetition of program. Carried out by oral hygienist of DIRDC or MIYO Nepal with the help of the teachers.