

## Extracts from Barbara's Diary of Dental Trip August 2006

Volunteers - 5 dentists, one nurse & one teacher specialising in sport  
Two main contacts are Lillian with Arise Africa and George Smith a black American with a ministry on Bavuma Island and with the prisoners in the high security section of Jinja prison  
Off to the market to buy supplies e.g. bin liners, nail brushes, soap, bowls, buckets, etc

We meet at the landing sight on the side of Lake Victoria ready for our 1 hour 30 min boat trip to Bavuma Island. We help to load all the supplies everything we will need for the Dental clinics.  
We are taken up the hill to the school where we will have our first dental clinic. The people are waiting in the church across the compound.

Dennis from Belfast puts two benches one on top of the other to make an operating table so that he does not have to bend down to far. We all think he is mad as the benches wobble but later we have to hand it to him his system worked well and the patients were fairly comfortable  
Joan realises that Triage is definitely the way forward as some patients have just come to look at us and do not necessarily need treatment so she is able to give them some time while the others get on with actual treatment.

George has provided an interpreter per dentist so this makes life easy for us  
We see around 70 people.

Katrina who is a general nurse and is married to Nick who is a dentist becomes our practise manager and is very good in organising the layout of our make-shift clinic  
All the instruments on black boards doubling as tables down the middle of the room and all the sterilisation at one end.

We are using Virkon cold sterilisation, so the dentists can come and choose their own forceps  
There are two Ugandans (Joseph & Edward) who are interested in becoming dental workers so they are assigned to Nick and Dennis to shadow them and learn as much as possible.

Finish clinic around 6pm

Jo and Beth organise games with the kids

### Day 5

Sunrise is beautiful, breakfast of fruit and chapattis, black tea then off to the boat to go to Lukooma, another area of the Island, about 30 mins. away

Here we have use of a school so we have a waiting area under the trees and a big classroom

Same routine as before - 2 benches one on top of the other

5 stations for the different dentists and instruments down the middle sterilisation at one end.

Triage next door all works very smoothly.

Patients arrive slowly but then we have a steady stream. Mainly extractions

Some fillings we have Fuji 9 Glass ionomer.

Scalings are needed but not easy to do with lack of instruments and suction

Throughout we do not have power or light, although the dentists have torches.

Claudia is testing a head torch designed by one of her contemporaries. It is very good but lots of leads from battery to light, so needs a bit of modification.

This time we see 48 people

Again Beth and Jo have a great time with the kids playing football, frisbee and then colouring pictures. All the equipment has been donated

### Day 6

Namujira - another landing site on the island. This time we see 37 people

Same routine by now, we are getting very slick.

### Day 7

Sunday

Church first then clinic in the shed opposite

Just a few poles and a roof

No walls

We can see a storm brewing in the distance but thankfully it never quite gets to us  
Short session as it is now afternoon. Not easy to work in the heat.

Day 9

back to Jinja to meet with Lillian and replenish our stocks

Then off to Buyenga a remote village on the Jinja - Kamuli road about 1 hour from Jinja

The next few villages we visit are mainly women's groups that Lillian had nurtured over the last 5 years. Lillian teaches them basic family skills; child welfare, food hygiene, etc

Here we saw 84. It is a very busy clinic & we had to refer one lady for a difficult upper 8 surgical extraction. We have a contact in Jinja who has a reasonable surgery so we left some money for transport and fees. Transport is always a problem these villages are so far away from the main road. It would cost them £10.00 just to get there and back..Money they just do not have.

So it was good to have donated money to use

Day 15

Ready for work again

This time we are in a village in the middle of a sugar cane estate where teeth are very bad.

One boy, Joseph presented with a large mandibular swelling & high temperature.

After the clinic session, we took him with us to Jinja main hospital, along with a pregnant lady and a man who had an abdominal mass. We were an ambulance. Fun and games at the hospital, where 2 were admitted. We had to go across to pharmacy and buy their drugs - Paracetamol pen v etc, before they could be treated.

Joseph went to the dental dept. Sadly they were not helpful they just gave him a letter of referral for Malago, Kampala. We are hours away and they do not have transport, so we talked for a while I know the system and in Jinja it is not good. Main Hospitals function best early morning & it is now 4.30 pm.

We do eventually go to a private clinic and get Joseph an X-ray which helps a bit with the diagnosis also there was an ultra sound scan

But we are not really any better off as to what it is

So we have to give in and arrange for him to go to Malago

He was admitted to the cancer unit

We went to see him on Friday 1<sup>st</sup> September. He had had a biopsy .

Diagnosis - Burkett's Lymphoma

Treatment - fortnightly chemo. for 8 sessions

We have left money for him and I will get to see him in October. His prognosis is good.

All together it was a very successful trip

There was so much more to the trip than just dentistry

The Lord is using me to show the volunteers that there is so much to life and with Jesus in your life you can have life in all its fullness.

On these trips we are showing Jesus love in action & this promotes questions and lots of spiritual discussions.