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Enhancing Communities Health

1.0 WHO IS KINGA AFRICA

Kinga Africa is a registered Non-Governmental and Nonprofit making Organization in Kenya with no political or religious affiliations.

Here at Kinga our aim is to prevent future generations from making negative health choices, thus improving their quality of life. We exist to promote oral health especially among children in less privileged communities

VISION

Towards a Smiling Africa

MISSION

Preventing Negative health choices through educating and empowering communities for their future

2.0 WHAT DO WE DO

Through community outreach to schools, orphanages, churches and other community groups we are providing much needed knowledge and tools for the people to look after their own health.

We operate a school based “Smiles for a lifetime” program which provides education on oral health, menstrual hygiene, hand washing and general health. We provide the learners with necessary supplies including toothbrushes, toothpaste and anti-bacterial soap.

We also provide extensive training to teachers and community leaders on general health and dental hygiene, enabling the continued education of the communities after our first visits.

At Kinga we are strongly against “Infant oral Mutilation” and we are on a mission to reach out to all the communities in Africa that practice it. In most African communities they have a cultural belief that the swelling in the area of the gums associated with the un-erupted cuspids in infants (also referred to as ini, plastic teeth or nylon teeth, by the locals) is a cause of persistent fever and diarrhea. To remedy the infections, they extract the un-erupted teeth using unsterile tools. This causes pain, misalignment of teeth, HIV and other infections.

In order to fill the health gap in Africa between health providers and the communities, we organize free “dental camps”. This increases access and affordability of dental care services. Our long term goal is to establish stationary clinics to improve access and affordability of health services to the needy communities

The need for Kinga Africa

Kinga Africa was established because of the great need for education, particularly amount children about health issues in Kenya. Children are not given access to health education and services that are readily available in the western world.

We are committed towards educating children on oral heal practices

Our current outreach is to primary school's children in Kenya

We have many future goals to ensure that health education is here to stay in Kenya, and you can help us!



3.0 OUR PROGRAMS

Smiles for a Lifetime

This program works in schools and aims to equip people, mostly children with good oral health practices and habits to help reduce and prevent dental problems. The program stresses the importance of hand washing with soap to prevent infections. It also empowers teenage girls with menstrual hygiene knowledge and provide them with sanitary pads. This ensures that they do not miss school during menses.

There are many benefits of good health choices and practices for our bodies and our general well-being. It is our mission to ensure that children and wider community throughout Africa get the right information that helps them in maintaining good oral hygiene. We supply the children we visit with free toothbrushes, tooth paste, sanitary pads for girls and educational materials.

We have since reached millions of children through our smiles for a lifetime program.

We are committed towards educating children on correct oral health practices, menstrual and general hygiene. This includes important yet simple practices such as the importance of brushing the teeth, and hand washing.



ACTION AGAINST INFANT ORAL MUTILATION (IOM)

What is IOM?

Infant oral Mutilation (IOM) is a practice widely accepted and adored among the Kamba and other African tribes though it's not widely talked about.

It is locally known as “Kumya ini” translated directly as removal of 'false teeth' or 'plastic teeth'

WHY IS IOM PRACTICED?

All reports indicate that there are strong cultural beliefs that the swelling in the area of the gums associated with the un-erupted capsids in infants (locally referred to as “ini”, plastic teeth or nylon teeth) is a cause of persistent fever and diarrhea. It is also believed that there are “worms” under the gum that causes diarrhea and they must be removed

HOW IS IOM DONE?

A traditional healer is consulted to remove teeth buds (worms) believed to cause the illness. Village traditional healers note swellings in the areas corresponding to unerupted canines that look paler than other parts of the jaw ridge and relate this to the cause of the child's illness.

Young children presenting with diarrhea and fever are subjected to the extraction of deciduous tooth buds, most commonly canines as an accepted remedy for their illness. When teeth buds are extracted they exhibit a milky appearance and the village healer shows the parent so that they can see and feel the “tooth worms” supposedly causing the child's illness.

Although this, traditionally, is done by old men and women healers, TBAs (Traditional Birth Attendants) who might have learned from them are the main proponents and beneficiaries of the practice. It is their main source of livelihood, being paid in cash or in kind. It is a belief that when a bone is broken or blood is shed, payment must be made to the TBA to ensure that recovery is quick and not followed by a “bloodshed curse”.

INSTRUMENTS USED IN IOM

Instruments used for these procedures include pen knives, metal blades made from spoon handles or bike spokes and sharp fingernails. The instruments used are not sterilized and no topical anesthesia's used. Among the Kamba, salt, soda ash (sodium carbonate) or herbs are applied to the area of the gum that is injured following the procedure

DANGERS OF IOM

Given that the traditional healers involved perform this practice on many children using the same instrument, it poses a great risk that exposes children to HIV and other infections. Besides, the blood loss can also lead to anaemia, plus the pain the children go through is unimaginable and traumatizing. Many children also die due to dehydration.



Effects of IOM



traditional healers after a training session



Trainings on impacts of IOM



A session on impacts of IOM

MYTHS & FACTS ABOUT IOM

Assuming a connection between important symptoms (such as fever and diarrhea) and the eruption of baby teeth has been a common over many years – but this is a dangerous myth

FACT: careful medical studies have not found teething to cause fever, infections of diarrhea

– poor hygiene does

FACT: wrongly ascribing these to teething can delay the diagnosis and treatment of serious infections, sometimes with tragic consequences

FACT: Current medical observations indicate that teething cause little more than discomfort, restlessness, drooling, finger sucking and appetite loss – and often no symptoms at all. Diarrhea is a leading killer in children under five years and should be treated

LEARNING POINT: A child who has fever or

diarrhea or is otherwise ill needs medical attention.

Teething is not the cause

IOM GOALS

To stop the spread of IOM, Kinga Africa in partnership with like-minded stakeholders is running a campaign deemed 'Action against IOM'. The components of this campaign include community education forums, training of community health volunteers (CHVs) and primary school teachers, educating mothers in pre and postnatal clinics and also targeting the traditional healers.

The campaign's main goal is to clear this myth and also equip the communities with knowledge on teeth development, hence saving the children all the hazardous results of the practice.

The program needs more support to muzzle this practice

Free Dental Camps

Dental Camps and Clinics play a vital role in providing affordable and accessible health care for communities in Kenya. There are less than 1000 registered dentists in Kenya, most of whom are either in cities or private practice, leaving the rural, needy people with no access to dental services.

Establishing dental health camps, and clinics ensures that current education and proper dental hygiene is maintained in those areas we have already visited through dental check-ups, dental treatment, referrals and data collection, and further education is easily accessible.

We have organized over 40 free dental camps offering services including checkups, extractions, fillings, dentures, scaling, oral hygiene among other services.

Our future plan is to establish stationary clinics to offer continuous services to the communities we serve. These clinics will be work stations for volunteer doctors.

To make this program work more effectively, we need volunteer dentists, dental students, and medical practitioners to participate in these programs.



A recent dental camp



Free Dental Camps : Photos



A volunteer takes the BP of a patient

A dentist attending to a patient



Before



After



Volunteers help a lot in providing the greatly needed dental services

30 day brushing challenge

Behavior Change is a process that needs commitment, time and resilience to attain. One-off encounters with new knowledge may not be enough to inculcate new habits. After a review of the impact made by one day lessons and brushing demonstration in schools, a need to change approach was birthed. The new approach gives the children an opportunity for monitored brushing three times a day. The program educates the children, parents and teachers and gives them toothbrushes and paste to use in school and at home. The children brush their teeth twice at home and during lunch time at school for at least thirty days. This has brought out excitement and desire to keep it going among the teachers, community and the children. There are notable improvements on their oral health and brushing of the teeth has become a must do activity, three times a day. This calls for more toothbrushes, toothpaste and toothbrush storage kits.



Pupils after receiving educational materials



A pupil demonstrates after a successful training



Training of teachers

Sustainability is a key factor in development. Retention of knowledge needs focused and continuous contact with the new knowledge. In order to ensure that oral health and hand washing hygiene practices are retained in schools we train health club heads and lower primary school teachers on oral health. So far we have held these training in Machakos, Kajiado, Nyeri, Murang'a, Kisumu, Siaya, Vihiga and Kakamega Counties.

After the training the teachers implement overall oral health and hand-washing programmes in the schools



4.0 OUR ACHIEVEMENTS SO FAR

The project has been able to reach millions of people in Kenya, as indicated in the table below.

	2012-2014	2015	2016	2017	2018	
SFL	150,000	49370	50,608	132969	89,700	472,647
IOM	1234	419	3,619	9728	7313	22,313
FDC	3109	3156	4,356	3775		14,396
TTT	6370	2654	2,040	1424	2,317	14,805
No. of children reached by TTT	1592500	796200	510000	569600	1158500	4,626,800
Total No. of children reached	1,742,500	845,570	560,608	702,569	1,248,200	5,099,447

List of Acronyms

SFL – Smiles for a lifetime

IOM – Infant oral Mutilation

FDC - Free Dental Camps

TTT – Train the Trainer

Q2 - Quarter two

CHVs - Community Health Volunteers

TBAS – traditional Birth Attendants

5.0 UPCOMING PROJECTS

In Q2 of 2018 we will be targeting project implementation in Kitui, Kiambu, Muranga, Homabay, Kilifi, Mombasa and Migori counties.

COMMUNITY DENTAL CENTRE

We have a plot on which we plan to build a community dental centre. This will house a dental clinic, project offices and accommodation facilities for volunteers. The clinic will provide, the community with six days access to dental care every week.

4.0 GET INVOLVED

DONATE

Your time to work for and with Kinga

Your Money to support the project Your Skills to build the project

Your Space for project collections

Sponsor building of a community Dental Clinic

Toothbrushes, toothpaste, sanitary towels, educational materials



VOLUNTEER

In Kenya as you work with Kinga

At home as you work for Kinga

At work/School /church etc, by talking about Kinga Africa

Grant writing for the project Fundraising for the project



EVENTS

Organize a fund raiser

Sponsor a dental camp

Sponsor a Health Club

Support a training

Presentations in conferences

Sponsoring a member of Kinga Africa to attend a conference

The word "EVENTS" in large, white, bold, sans-serif capital letters, surrounded by a cloud of colorful confetti. There are also faint, repeating "DENTAL" watermarks in the background.

EVENTS

RE: DENTAL CARE PARTNERSHIP WITH KENYAN COUNTIES

Introduction and background

Kenya is one of the fast-developing countries in Africa. The devolved governance system has brought with it many positive impacts in Kenya. With the recent improvements on the road network, health sector agriculture and other developmental sectors, the future of the great people of Kenya is now more visible. Under the current leadership of the governors, most of the counties have experienced massive transformation. The inhabitants of these counties are now enjoying better services and responsiveness in terms of government service. Your county is one of the best.

“
One of the most
neglected areas
of development
in Kenya is oral
health.

”

There are very few dental clinics in the country, especially in the rural areas. According to a recent national oral health survey in Kenya, nearly all Kenyan adults have at least one dental problem, most of which goes untreated because of inaccessibility of dental clinics.

Kinga Africa is a NGO that has operated in Kenya since 2012. The projects main goal is Enhancing Communities Health and it mainly focuses on oral health. Its school health program has reached over five million school-going children, educating them on oral health and supplying them with free toothbrushes and paste. The organization has also organized free dental camps offering free dental treatment to thousands of people.

Over 14,000 teachers and community health volunteers have also been trained on oral health promotion. Through the organizations business arm LIFCO LTD, Kinga Africa proposes a plan to improve the access to dental services by all in the Counties.

The plan foresees a situation where every health center in the county gets a dental clinic fully supported and run by the government. This model will be a first of its kind in Kenya. At an approximate cost of 3,000,000 Kenya shillings per clinic Kinga Africa will equip as many dental clinics as the county is ready to do, with enough equipment to use in the clinic and a mobile set to use in doing community out reaches. This will greatly improve the health of the community in the counties.



In this arrangement:

The County government will:

1. Create space in the health Centre's to accommodate the dental clinics – one to two rooms will be ideal
2. Contract LIFCO LTD to supply all the dental equipment and supplies
3. Engage a dental technician to install the equipment
4. Hire dentists and community oral health officers to offer dental services to the people of Machakos.
5. Independently run the clinics as government dental clinics.

LIFCO LTD will:

1. Import dental equipment for the county and transport them to the various health Centre's
2. Organize dental volunteers from overseas and within the country to complement the work done in the clinics.
3. Donate dental supplies based on availability from donors, to the clinics
4. Donate IEC materials and mouth models for the clinics to offer oral health education to the community members
5. Run awareness sessions on oral health and to clear the myths behind Infant Oral Mutilation
6. Incorporate oral health in community meetings organized by the clinics
7. Train teachers and community health volunteers on oral health
8. Partner with the County government to do such other activities as shall arise

Dental Equipment and Instrument per Clinic

		Unit Price	Total
3	Cheatle Forceps	Kshs. 1,300	Kshs. 3,900
5	Scissors	Kshs 500	Kshs 2,500
2	Drum	Kshs 2,000	Kshs 4,000
5	Cow Horns	Kshs 1,200	Kshs 6,000
	Burs	Kshs 400	
	Files	Kshs 800	
1	Edopex Locator + Screen	Kshs 100,000	Kshs 100,000
5	Glasses	Kshs 800	Kshs 4,000
1	Scaler Machine	Kshs 65,000	Kshs 65,000
5	Light Cured Google	Kshs 1,000	Kshs 5,000
1	Hand Piece Spray	Kshs 5,000	Kshs 5,000
1	Burs Changer	Kshs 2,000	Kshs 2,000

Dental Chair



Touch screen control system
Real leather with endopex
Cushion 2.2m long
Big metal frame
New distiller water system
Big assistant tray with assistant control
New design balance arm
*LED light control by sensor and manual
*Ceramic movable cuspidor
*Panda foot pedal
*Big dentist stool
*3-way syringe:2 sets
*Strong/weak suction: 1 set each

Unit Price
Kshs. 750, 000

Total
Kshs. 750, 000

LC-18N 22 mins Autoclave



* 22 mins to finished autoclave,
* Euro Technology -Class B
* digital LED display, 121°C/134°C

Unit Price
Kshs. 180, 000

Total
Kshs. 180, 000

1124 portable x ray camera



Rechargeable battery support 600 times using, which original from Japan
Touch LCD screen, low radiation
3 models: RVG (digital), Adult& Child
60 kv

Unit Price
Kshs. 220, 000

Total
Kshs. 220, 000

1181 x-ray standing



x-ray
standing, 60/65/70kv

Unit Price
Kshs. 250, 000

Total
Kshs. 250, 000

1088 Bib Roll Box of 12 rolls



* New design by roll, easy to use
* Roll style do not take up space in the container and dentist clinics can save the shipping cost
80 pcs one roll ,12 roll in one carton

Unit Price
Kshs. 2,000

Total
Kshs. 10,000

1

1311 3s curing light



Intensity reach 1800 in seconds
3 models- gradually mode and
flashing mode, all light mode
Automatically power down.

Unit Price
Kshs. 15,000

Total
Kshs. 15,000

5

1010 Pana-Ti
Hand piece

Anti-bacterial design, 3+2
holes for air and water
spray; push button; Ti body

Unit Price
Kshs. 15,000

Total
Kshs. 75,000

2

Luna I-DMB
Hand piece

DMB; 6 holes for spray;
torque

Unit Price
Kshs. 20,000

Total
Kshs. 20,000

1

1172-3 Trolley II with
air compressor

Plan B of dental chair; with
compressor

Unit Price
Kshs. 90,000

Total
Kshs. 90,000

1

1171-1 Portable dental chair
with turbine box
with cuspidor

Portable chair, PU, 2 soft hand-
rests, with movable operation
tray, movable LED light, cuspidor,
portable turbine box

Unit Price
Kshs. 65,000

Total
Kshs. 65,000

1

Air Compressor



*silent, oil-less
*Motor from Taiwan
2 relay inside motor, with
centrifugal switch inside
Voltage can be from
170V~240V
* With 4 wheels and handle

Unit Price
Kshs. 98,000

Total
Kshs. 98,000

1

1008 6.5L
Ultrasonic Cleaner



Ultrasonic cleaner for
cleaning of dental
units

Unit Price
Kshs. 38,000

Total
Kshs. 38,000

2

1133 Lead Apron



Lead Apron for X-Ray

Unit Price
Kshs. 20,000

Total
Kshs. 40,000

1

1144 Whitening Machine



* Blue & white light, whitening
teeth in 20 minutes.

* Movable lamp head 360-degree
rotation and flexible basement

* Working with any whitening kit

* CE certificate, with filter against
wave from machine

Unit Price
Kshs. 60,000

Total
Kshs. 60,000

20

1055 Filling Instrument



Filling Instrument

Unit Price
Kshs. 450

Total
Kshs. 9,000

2

1215 14 cm
Forceps Hemostatic



14 cm Forceps Hemostatic

Unit Price
Kshs. 1,000

Total
Kshs. 2,000

1

Amalgamator



Amalgamator

Unit Price
Kshs. 40,000

Total
Kshs. 40,000

5

1057 Impression tray



Metal material
6 pcs in one box, price by box

Unit Price
Kshs. 2,500

Total
Kshs. 12,500

3

1058 Elevators



10 pcs / set by price

Unit Price
Kshs. 6,000

Total
Kshs. 18,000

4

1059 Forceps for adult



Price by 10 pcs / set

Unit Price
Kshs. 9,000

Total
Kshs. 36,000

4

1060 Forceps for children



7 Pcs/set, price by set

Unit Price
Kshs. 6,000

Total
Kshs. 24,000

20

1054 Diagnostic set



mirror*1pc
tweezers*1pc
probe*1pc
price by set

Unit Price
Kshs. 1,500

Total
Kshs. 30,000

30

Diamond Burs



Diamond Burs

Unit Price
Kshs. 350

Total
Kshs. 10,500

10

Dental Syringes



Dental Syringes

Unit Price
Kshs. 900

Total
Kshs. 9,000

10

1063 Dental tray



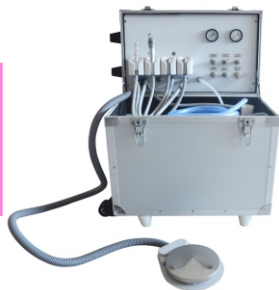
Scaler trays - partitioned

Unit Price
Kshs. 1,500

Total
Kshs. 15,000

1

1173 Portable Turbine



Portable Turbine with Suction and compressor, 1 low speed handpiece, 1 3-ray syringe, round and foot pedal

Unit Price
Kshs. 100,000

Total
Kshs. 100,000

1

1329 - 1
X ray sensor

Digital X-Ray Sensor. No need for X-ray films, developers and film development materials. It cast the image directly to a computer

Unit Price
Kshs. 350,000

Total
Kshs. 350,000

1

1122 Lc002 Suction



Reliable suction that can connect to all turbines and dental chairs

Unit Price
Kshs. 35,000

Total
Kshs. 35,000

1

1005 water distiller



Water Distiller. It reduces the cost of buying distilled water

Unit Price
Kshs. 17,000

Total
Kshs. 17,000

Optional Equipment

1

Shoe cover



Shoe cover to maintain cleanliness and protect dental chairs.

Unit Price
Kshs. 20,000

Total
Kshs. 20,000

1

Q2
Children Dental chair

Dental chair for children. This one increases the comfort of the children and love for that dental visit

Unit Price
Kshs. 980,000

Total
Kshs. 980,000



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Enhancing Communities Health