



**MAHATMA GANDHI MISSION'S DENTAL COLLEGE &
HOSPITAL**

Accredited by NAAC with "A++" Grade
Plot No. 1 & 2 Sector-01 (Old 18 & 19),
Kamothe, Navi Mumbai- 410209
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**STEPS IN ROOT CANAL TREATMENT AT SHRI NARAYAN BABA CHARITABLE TRUST,
PANVEL**

Date: 16th MAY 2024 Venue: Shri Narayan Baba Charitable Trust, Panvel

Faculty: Dr. Swati Singh, Dr. Niraj Kolghe

Organizing Agency: PHD Dept, MGMDCH, Shri Narayan Baba Charitable Trust, Panvel

Number of Students attended: 05

Pulpitis by definition is an inflammation of the pulp tissue and could be exceedingly painful under acute inflammatory conditions. For pain relief, either this inflamed pulp tissue needs to be removed or the tooth needs to be removed. Root canal treatment steps are:

Your provider injects anesthesia to numb your infected tooth and nearby gum. If you have dental anxiety, your provider may give you medications to help you relax. The medication may make you feel drowsy, which means you won't be able to drive right after your treatment. Next, your provider places a thin, flexible piece of rubber over your infected tooth and nearby gums. This is a dental dam that keeps your tooth dry during treatment. They drill a tiny hole in your tooth's crown so they can get to your tooth pulp. Then, they use tiny dental instruments to remove nerves, blood vessels and tissues inside your tooth pulp. After clearing out pulp, your provider cleans and disinfects your pulp chamber and root canals. Next, they fill the empty pulp chamber and root canals with a flexible, rubbery dental material called gutta-percha. Your provider then seals your tooth with a temporary dental filling. The seal keeps bacteria from getting into your tooth. In the last step, your provider places a dental crown on your treated tooth. Dental crowns protect your teeth and restore your bite — the way your teeth fit together when you bite down. Dental crowns are typically made to order, so it may be two or three weeks before this last step happens.

MGM Dental College constantly takes efforts of extending the oral health care to the community. The oral care initiative was also extended to the population visiting Shri Narayan Baba Charitable trust, Panvel with the

intention of creating awareness about role of diet and nutrition in maintaining a proper oral health and providing oral health care to the patients.

Aim and objective:

1. To educate students about steps in root canal treatment
2. To assess the oral health status of patients.
3. To educate and create awareness about oral health.

Method:

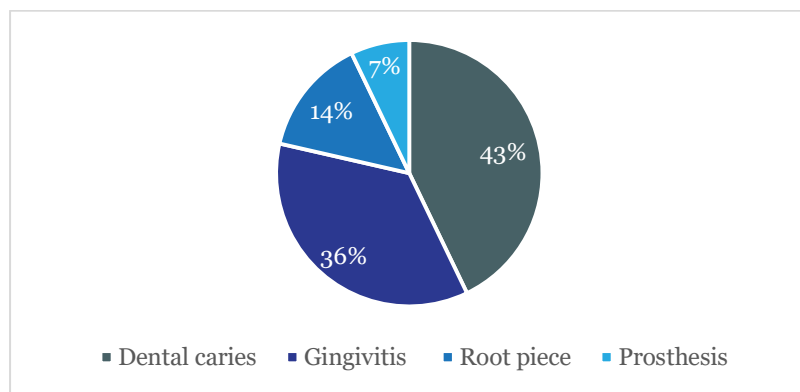
Students were explained about the importance of diet and nutrition in oral health. To maintain health, the human body needs daily nourishment in the form of carbohydrates, proteins and minerals. The associations between oral health conditions, dietary practices and nutritional status, and general health status are complex with many interrelating factors. Inadequate nutrition can affect the oral health including dental caries, periodontal diseases, diseases of oral mucosa and infectious diseases. All this was explained using pictorial banner during the program.

After the awareness program, oral examination was conducted using mouth mirror and probe. All the patients were assessed for oral health status and were explained the need to get the problems corrected. The patients were made aware of the existing dental problems and preventive measures were explained.

Observations:

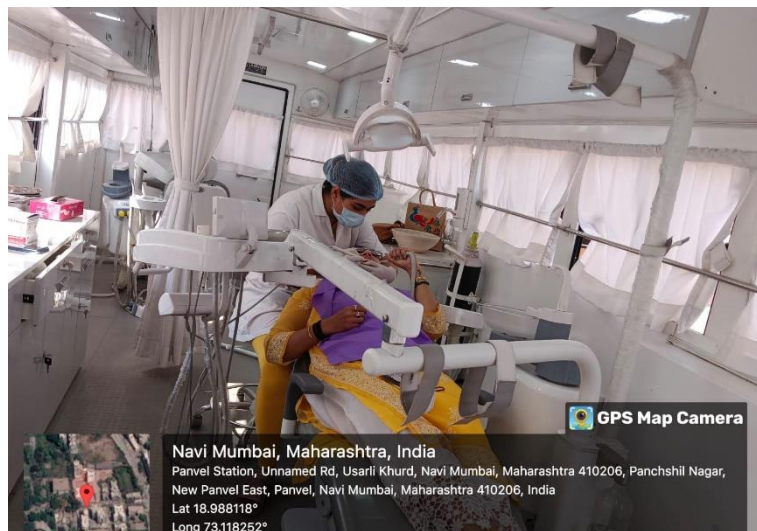
1. It was observed that patients had a history of poor diet and were advised to change their diet plan and consume more of nutrients.
2. A total of 14 patients were examined for various dental problems. Those requiring extensive treatment were referred to MGM Dental College and Hospital, Kamothe.

Condition	No. of individuals	Percentage %
Dental caries	6	42.85
Gingivitis	5	35.71
Root piece	2	14.28
Prosthesis	1	7.14



Interpretation and conclusion:

1. Seeing a high amount of intake of sugar in their diet, students were advised to reduce the consumption of sugary snacks and beverages, Limit snacking between meals and consider consuming sugary foods only at mealtimes.
2. Dental caries is the most common problem among the patients followed by gingivitis.
3. Oral health education and prevention strategies should be implemented in order to reduce the disease burden among these patients.



Treatment done by the team member

List of Attendees

Sr. No	List of Participants
Name of faculty	
1.	Dr. Swati Singh
2.	Dr. Niraj Kolge
Name of Interns	
.3.	Unaiza
4.	Shaima
5.	Hitarth
6.	Nirmita Gulabani
7.	Ayeesha Sheerazi