



# SmileTimes.Pedo

## The Official Newsletter of Indian Society of Pedodontics and Preventive Dentistry

### #Pediatric Dentists Survive the COVID-19 Pandemic

#### THE SILVER LINING

Most of the Indians living in 2020 never imagined that the life will come to a halt like this. Our fore fathers have witnessed adversities like British Raj, World War I & II, Pandemics of Flu & Plague and Wars of 1965 and 71. With better economic policies and all round development, the working class has become accustomed to a considerably easy livelihood with growing spending power. Hence if you were asked to stay inside your home, close your clinic, cancel the appointments, cancel the parties, trips or conferences, you would have laughed out loud. But past 3 weeks life has been like this.

If you leave aside sporadic instances, our country has effectively and efficiently followed the instructions of our Government and tried play their role in breaking the chain of COVID-19 Contagion. Due to an overdosage of social media and world wide web, we all virtually know a great deal about this virus, its pathogenesis, disease progression

and world status. The News Channels have suddenly seen a surge in their viewership and even our little ones have developed interest in something other than animated world.

There have been increased number of scientific papers too dealing directly with dentistry with some highly credible guidelines. Did you ever ponder that the world, after COVID-19 leaves earth, will be a different place. There will be changed policies and outlooks. Since Dentistry lie at the top of the professions at risk of COVID-19 infection, we need to seriously introspect, imbibe the information and implement that in our daily practice. American Dental Association, International Association of Dental Research, Indian Dental Association, Indian Endodontic Society and Indian Society of Pedodontics and Preventive Dentistry have all given directives and guidelines for the dental professionals. There are 10 take home messages from all these guidelines in



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my personal opinion are-

1. Training- for you, your students and staff
2. Disinfection- for surfaces, slabs, table etc
3. Sterilization and Infection control
4. Screening of all patients
5. Consent form for all patients
6. Operatory Disinfection protocol after every patient
7. Personal protective equipment
8. Use of prophylactic mouth rinsing, rubberdam, HVE, aerosol evacuator
9. Scheduling of appointments
10. Social distancing

The idea behind bringing out this special edition of SmileTimes.Pedo is to give personal perspective of this tough period through contributions from our members. Our committee reviewed the articles for originality and content before making final selection. It is an attempt to present the silver lining of these dark clouds and keep us all motivated.

#### LEARN AND RELEARN FROM ADVERSITIES

The three weeks lock down has overturned all the plans and the challenges ahead are many. Humanity is facing the worst period in its history and nobody knows when things come to a normal.

As a health care personnel, I see the post lock-down period to be challenging. Our infection control practices will have to change with the use of latest personal protective equipment even for normal procedures. This will create a high demand for professional protective equipment. Our country has a limited production of those items

and therefore they are expensive. This is the time for brainstorming and research to make new products indigenously at an affordable cost. Adversities open doors for new ventures & developments. Remember the late 20th century, when the Indian Space Research Organization (ISRO) depended on the super powers for the Cryogenic engines used for our rocket program. Suddenly after Pokhran nuclear tests, everything went haywire with the sanctions by the super powers on product and technology transfers. We couldn't send our space crafts without the



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imported cryogenic engines for a short period. But our scientific program didn't stop there. India started the quest for technical know-how of making Cryogenic engines indigenously. We successfully made Cryogenic engines and today we are second to none in sending satellites to the space, Moon & Mars. Perseverance to achieve at the time of adversities will lead to ultimate success. It is also a time to introspect our acts and deeds and make the post Corona period bright and more resourceful.



# DIARY OF A PEDIATRIC DENTIST- 2019 BC (BEFORE CORONA) TO 2020 AD (AFTER DISEASE)



**Dr Sukhdeep Singh,**  
TFIC ( tongue firmly in  
cheek)  
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This is an authentic illustrated account of how the COVID-man emerged. *(COVID being Creation of very intricate domesticated-man)* Not that man had any say or choice in his metamorphosis.

Once the **DDJ Act 2020 (NOT Dilwale Dulhaniya Le Jaayenge BUT Distribution of Domestic Labour & Justice)** was implemented, he was assigned various new roles hitherto unknown to most of his ilk. My household was one of the early adopters I guess and I was immediately assigned to the **Acquisition of Serious Skills (ASS) & Acquisition of Important Domestic Skills (AIDS)** program wherein I underwent immediate & rigorous training in order to learn and master various important domestic skills using new age tools like webinars and YouTube videos amongst others.

It was a credit based program and trainees were asked to use the online tools and appear for the examination in 24 to 48 hours. Time was of essence as this had come upon us suddenly out of nowhere and we had to be domestic battle ready ASAP!

Each one of the trainees was assigned a coach (WIFE- Who is In-charge For Ever) for hand holding and supervision. All the trainees had to live up-to the standard and expectations of the WIFE in order to graduate from the ASS & AIDS programs as their future happiness health and well being was going to be a factor of how well they performed in these programmes. I am happy to inform you that I graduated with flying colours and commendable skills! And as evidence I am attaching a few photographs of some of the drills that I succeeded in. I

affirm in good faith that all the drills were performed by me independently.

I guess this is how the ugly Caterpillar turns into a beautiful butterfly!

My gut feeling is that DDLJ Act 2020 is here to stay hence my advice to the future candidates who will attend ASS & AIDS programs is to work diligently. More important than acquiring perfect skills is to keep your WIFE happy and you will succeed!

Very soon I will be sharing the intricate details along with pre, intra and post operative photographs of one of the most important skills that was imparted. Do let me know if you are interested. If there are enough entries I might hold a Zoom hands on workshop on this particular skill



Dish Washing Skill



Dough Making Skill



Egg Curry Skill



Rice Cooking Skill

## 2019 CORONA VIRUS (COVID19) AND OIL PULLING: PREVENTION IS BETTER THAN CURE



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Virgin oil pulling an Ayurvedic practice prevalent in India which have been used as a traditional folk remedy for beneficial effects on teeth, gums, prevention of decay, oral malodour, dryness of throat and cracked lips. Oil pulling is advocated as 2 table spoon of virgin oil (coconut, sesame or olive) to be swished in oral cavity for 15 minutes and to be spitted out. In vitro research work on sesame oil for mechanism of action by oil pulling did showed a saponification and emulsification process. To contain COVID 19 virus hand washing for 20 seconds with soap solution is advocated since the soap solution

destroys the lipid barrier of the virus rendering it less potent and mechanically removes the virus from hands. Soap solution cannot be used directly in oral cavity while with oil pulling we can drastically reduce the virus pooling in oral cavity as well as in throat. This will prevent further stages of COVID 19 disease that is respiratory infections and distress. In the wake to contain COVID 19, besides oil pulling, virgin oil can be applied in the nostrils and a drop placed in eyes; besides soap hand washing and social distancing. Oil pulling is not the drug of choice for COVID 19 disease, but an adjunct which can be utilized by frontline health care workers,

health personals including dentists, essential workers in lock out period, quarantined subjects with phase 1 disease symptoms (Acute sore throat), recovered patients and the general public at large. As the scientists all over the world race towards an effective cure towards COVID 19, oil pulling practice can reduce the pooling of virus in our body, and thereby minimize the severity of the disease. These recommendations are opinions backed by literature review, however well-designed scientific studies are needed to generate scientific evidence for this therapy.



# DENTISTRY AND NOVEL CORONA-19 PANDEMIC: EXPERIENCES & OPINION



Dr Hitesh Mittal,  
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I work in Churu where many people work in foreign countries especially as laborer. We (dental professional) have no idea of how many of them came back to Churu during this period of pandemic of covid-19. Today, we have 7 person's corona positive and curfew imposed in our city.

Private dental practices are almost closed due to unavailability of N95 mask/PPE and conflicting guidelines and left the patients on their own or to Govt. hospitals. Currently, we have to face patients for routine dental problems in OPD or free medications, although guidelines from different like state Govt., DCI, State Dental Council, IDA advised to limit dental treatment to urgent/emergency service only due to associated high risk with dental procedures.

So, these are continuously counseled to not come for simple and routine dental problems. Another segment of patients requiring urgent care but can be deferred. The question is how long one can defer these patients. Now a day, we started getting deferred patients converting into emergency problem where dental pain is uncontrollable with medications. Soon we will be going to face a large no of

dental emergencies requiring immediate attention and your region may later on comes out as hotspot of COVID-19.

COVID-19 scenario, what we see today is a reflection of what may have happened 10-14 days back. Few days' back one of my colleagues faced a patient with history of travel on 1<sup>st</sup> march 20 in dental OPD and was referred for screening and proper guidance. During February and March 1<sup>st</sup> week, some colleagues noted that people with travel history were reported to them.

There is lot of stress among colleagues, with conflicting guidelines from national and international sources for performing dental procedure like requirement of PPE or N95 or triple layer mask; poorly ventilated dental clinics and performing aerosol generating procedure or extraction in a child patient with negative behavior. Some says triple layer mask is enough while others advise Full PPE. The published work from Wuhan, China as well as IES recommends full PPE for dental procedures. Most of dental clinic do not have any protective face shield. Lapse in infection control may risk the entire community especially when patients hide their travel histories or

unknown travel history of close contact. We have no idea of who turns out to be suspect or confirm case in the coming days or becomes the hotspot area and health professionals are also left to information of suspect patients from media sources only. Also, I do not see any thermal scanner or hand sanitization mechanism at hospital entrance for patient or keeping patient details like phone number and detailed address. No reliable source of information or helpline for dental professionals to discuss their problems and communication among tertiary care centers, medical colleges, dentist at PHC, CHC; to have an idea how dental emergencies? How many have been performed at their centers and regions of hotspot of COVID-19 like Bhilwara (Rajasthan)?

This newsletter is a good resource and special issue related to novel corona virus-19 is a good initiative which will disseminate nationwide experiences to all of us.

## CREATING BEST VERSION OF YOURSELF IN THIS QUARANTINE



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On the eve of 31 December 2019, we all were delighted to welcome the new year 2020. This year was thought to be special for many reasons, may be because of its number 20-20, or because it was the dream year mentioned by our visionary leader Dr. APJ Abdul Kalam was just a day away. In some part of world cases of unknown flu were emerging. WHO termed as Pandemic COVID 19 within 50 days. Wuhan reported its first case of Corona virus on this day and so it got the number 19 from the year. 2020 started showing its darker side. Until now the globalization was thought to have only silver lining, to grow economies of concerned countries.

Globalization which has increased the travel of humans around the world as never before just helped this

virus to spread rapidly, due to which complete lock down was the solution to stop the spread of this virus. Life was busy in making future, we had almost forgotten the true essence of it. Life in 21st century is most amazing but the basic needs of the people have changed. Suddenly after the outbreak of COVID 19 life took a new turn, the things which were of high priority seem to be less important. This is the time where we got to know the importance of little things in life. Quarantine gave us the time to think what actually matters. We started enjoying homemade delicacies, spent time with our loved ones, had a heart touching conversations which were pending. The bond grew much stronger. I felt this is the best time to recharge ourselves. To look deeper into oneself and give permission to feel

our feelings. Let's face our fear, disappointment, uncertainty. We now have opportunity to create a healthy lifestyle which will keep us healthy physically as well as mentally. Things we forget to do in our busy schedule Grounding with nature: nature showed its way for renewal. The chirping of birds, early morning breeze and sunrays made me realise that small things which we miss in busy schedule. Daily conversations at dining table are the best part connecting the unconnected dots with the family. Sleep was the important part where I wasn't feeling guilty to take extra nap. I never felt so amazing before, I realised true essence of life is in simplicity. This time is making me the best version of myself!!!



# DEALING WITH CORONA PANDEMIC STRESS & PHOBIA IN CHILDREN



**Dr. Aindrila Ghosh (PG), Prof Shabnam Zaheer Prof Gautam Kundu, GNIDSR, Kolkata**

It is definitely a difficult and frightening time for all of us being in the midst of a worldwide pandemic with almost the entire world shutting down. However, this time of crisis is generating stress throughout the population. Fear and anxiety about a disease can be overwhelming and cause strong emotional turmoil in adults and children. People who may respond more strongly to the stress of a crisis include-

- Older people and people with chronic diseases who are at risk.
- Children and teens who are more vulnerable to changes in routine.
- People who are helping with the response to COVID-19,
- People who have other associated mental health conditions.

Stress during an infectious disease outbreak can include-

- Fear and worry about own health and the health of our loved ones
  - Changes in sleep or eating patterns
  - Difficulty sleeping or concentrating
  - Worsening of chronic health problems
  - Increased use of alcohol, tobacco, or other drugs
- ROLE OF PARENTS-**  
Some common changes to watch for include-
- Excessive crying or irritation in younger children
  - Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)
  - Excessive worry or sadness
  - Unhealthy eating or sleeping habits
  - Irritability and "acting out" in teens
  - Poor school performance
  - Difficulty with concentration
  - Avoidance of activities
  - Unexplained body pain
  - Use of alcohol, tobacco, or drugs
- Children and teens react, in part, on what they see from the adults around them. When parents and caregivers

deal with the COVID-19 calmly and confidently, they can provide the best support for their children. Things that can be done are-

- Taking out time to talk
- Reassuring their safety
- Limiting exposure to News
- Limiting social media
- Regularity of routines
- Be a role model
- Plan fun activities
- Giving proper nutrition
- Physical activities & exercising
- Avoid self medications
- Respond to child's reactions

- As pediatric dentists we must assure and instruct parents about keeping their children stress free in this grave situation so that the children can cope better and grow up as mentally sound and healthy individuals. Referral to child psychiatrists can be advised when needed so that advice from the best person can be obtained regarding this situation.

## LESSONS FROM LOCKDOWN



**Dr. E Gladys Crystal PG Student Mamta Dental College Khammam, Telangana**

**Global Corona virus disease has put the world on its tracks.** The spread of this disease is significantly increasing day by day effecting the lives of young infants to elderly adults. This virus was at first observed in the month of December, 2019 in Wuhan city of China. It was called by people as "Wuhan virus ". But WHO discouraged calling the infection based on its location and origin, so called as Corona virus disease. While in India, the records have shown that in spread of COVID -19 is significantly lower than the worst effected countries in the world. The index case was first found in the state of Kerala. The government of India has considered this pandemic as a National disaster. Prime Minister Shri Narendra Modi called off the entire nation to maintain unity to overcome this disaster. He proposed a 14 hour Curfew on Sunday, March 22 and also urged the people to stay at homes strictly and to acknowledge the work being done by various sectors during this outbreak to applaud for 5 minutes at 5 pm for all the essential workers who are in the frontline risking their lives. Later he imposed a 21 day lockdown. The Ministry of health and Family Welfare, Government of India and state governments have advised the people to seek any help if they have any

symptoms of this disease and provide them free treatment. In order to prevent the spread, it advised self quarantine for individuals who came from abroad and COVID19 affected states. It also created several awareness initiatives and released guidelines, helpline and Mobile App. WHO chief executive director of health emergencies program, Michael Ryan said the India has "tremendous capacity" to deal with the outbreak. Impact on economy has resulted in a flash crash in the SENSEX and NIFTY markets , education system has closed all the schools, colleges and rescheduled the examinations; entertainment: The movie halls have been closed to avoid the spread, all the sports were cancelled, religious gatherings at temples, mosques and churches were avoided for a period of time. The situations in the country during this lockdown has resulted in people panicking to buy basic essentials and online grocery delivery after the prime minister addressing the nation. While some suspected people escaped. Some people were man handled by the policemen who were found to violate the rules during the lockdown. According to online survey conducted by the policemen, Most of the people in rural areas strictly followed the lockdown without violating than the people in

urban areas.  
To conclude, this Corona virus lockdown period has taught many lessons to the people.

- \* an invisible micro organism is enough to destroy the lives and turn the world up side down
- \*Health is more precious than money.
- \* Health care professionals are worth more than a footballer
- \*Family is all you have
- \*The earth regenerates quickly on its own when humans are not in the play
- \*Villages with trees and farm lands are always happier place to live in than the rushed cities with narrow roads on concrete platforms
- \* Everything in the world is temporary
- \*Corruption, theft , Crime playback when people come into the play.
- \*Disease has no caste , racial partiality, Rich or poor.
- \*Rich are less immune than the poor
- \*living a hygienic life is not difficult
- \*how the animals feel in the zoo
- \*God's Grace is always necessary to the world to make it a better place to live in. We shall overcome this virus someday. Life is always precious and beautiful.



# EXPERIENCE OF CORONA DAYS IN HOSPITAL

## 08:30 hrs:

I have reached college early as there was hardly any traffic on roads. And I am sharing my experiences of these days of lockdown. I wake up at 6.40 am everyday but only difference these days is that I get little scared when I look at my wife. Throughout the day I am scare that I will get infected and transmit it to my her. That's human nature, I guess. Then I think about being me a dentist and my duty and ask a question to myself- "if me not going to attend my patients then who else will do this duty? Keeping all worries behind, I get up have milk & cornflakes and get ready for hospital. The moment I move out of my house and reach the lift, I am sacred again to touch the lift buttons. But I keep myself strong, move ahead and get into my car. I am relaxed in my car as its safe and fully automatic. Like a routine, I love my drive and enjoy playing my songs. As soon I enter college I gain some unexplainable energy and promise myself, that today I am going to attend patients' problem and return home safely. I keep my stuff and do accounts as usual but feel low to see how's the clinic's earnings are going down these days. At 9.15 am I go out on the round in the college, searching for any colleague who has come. But sadly these days I am alone with some non teaching staff around me. Its weird but we need to reduce the

number of people due to COVID 19 risk and cancel elective dental procedures. Soon I come back to my department watch news to see the status of corona infection in India and Globally. After an hour, a call came for emergency. Like a routine, I always tell the assistants to screen the patients by checking the temperature and sanitise the hands of patients. I take a quick history, especially the symptoms regarding cold and cough and history of travel in the family. If I need to perform emergency treatment, I arrange the armamentarium and wear the protective equipment. PPE is insufficient in most health facilities in India. We take all the precautions conveyed by the national and international guidelines. Around noon I eat lunch and talk to my wife instructing her to stay indoors and take the list of the groceries and medicines needed at home. Without many patients and no one to talk to, I get bored in late noon. I try to use this time to read and walk in campus to stay fit. On my return, traffic police stop me at check post and are appreciative of my duty and say "SHABASH". This makes my day and strengthen my resolve. I attend my clinic on way if there is any emergency. Else, I buy groceries only to realise how risky it is to perform simple works these days. The housing society has a provision

of thermal screening and sanitising of hand before entering. I always pray for not getting any temperature else I will be a risk for my own people. There is something I have concluded after watching motivational videos since many years and want to share the same with my post graduates, who are not able to attend to their patients with pain and swelling due to virus threat- "There will be challenges throughout your life. New challenges will come to everyday. Around 80 percent of people will find an escape route and fear the challenges, and only 20 percent will dare to face them. Out of those 20, only 4 will fail and 16 will be successful. Hence, success rate is quiet high and they should stay positive and face the struggle rather than running away. Out of 4 persons who struggled but failed 3 will fall backward and quit while only one will dare to struggle again and move forward. This will make him or her understand why or how they lost, continue the fight and overcome the challenge. That's true sense of accomplishment of task and success and you shall move ahead in your life."

So be that person who faced the challenge and if fail, then be the one person who never gives up.



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# HEALTH IS THE REAL WORLD

**We know that for many people life is changing dramatically, my family is no different.** The experience of cities and countries that have pushed back this COVID -19 virus give hope and courage to rest of the world. During this difficult time, it is important to look after your physical and mental health. In such period of time, I was able to overcome with various myth like 'Human are the real viruses on the planet'; 'The planet regenerates

quickly without human into play'; 'Europeans are not as educated as they appear'. I recognize that everyone is doing their best while facing an extremely complication situation. We as Indian being thoroughly impressed by the measures and proactive initiatives taken by our government and jumped into the action to tackle at root level itself. The world is clearly noticing how Indians are utilizing their skills to solve these tough problem like turning train

coaches into ICU wards. We had given the much needed space and time for the nature to heal itself and us. The annoying honking noises have been replaced with the birds chirping, trees waving and leaves rattling. This COVID -19 lockdown made us realize that 'Health is the Real Wealth' and 'Prevention is far better than Cure'.



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# COVID-19: SHIELD YOURSELF



Dr. Alice Lyngdoh  
NEIGRIHMS  
Shillong.

Covid-19 is a pandemic affecting all countries. The world is suffering with an increasing number of people affected by corona virus. A viral infection so contagious that is already having a death toll almost 100,000 and predicting more. The Dental professionals are at higher risk as we are in close contact with patients. The droplets, the splatter, the aerosols that reach our face can be way too dangerous for us. We may be contacting infectious disease and end up a spreader to our another multiple patients.

In our day to day practice, a face shield has to be used religiously. It will shield away the splatter and droplets that can splash directly to our mask and goggles. We Dentist can utilise our creative skills to make our own face

shield. I want to present how easily we can make a face shield that is not time consuming and cost-effective.

## Armamentarium( Figure 1)

- Plastic hair band
- Foam / thermocol
- OHP sheet
- Acrylic (cold cure)
- Elastic

### Step 1:

A plastic hair band can be used into which holes are made at both ends for placing elastic strap. Serrations are made on the band unto which hooks are fixed with acrylic. Hooks can be made with 21 gauge wire. Figure 2

### Step 2:

A thin foam of about 5 cm in width and

### Step 3:

An OHP sheet is punched in such a way it fits well to the acrylic bulb.

A face shield is completed, it can be disposed after every used and the head frame can be disinfected with 70 % alcohol. It should be mandatory to use a face shield during all dental procedures. Students should be encouraged to make their own face shield. "Prevention is better than cure" So let's become more responsible to protect ourselves and our patients. Figure 4

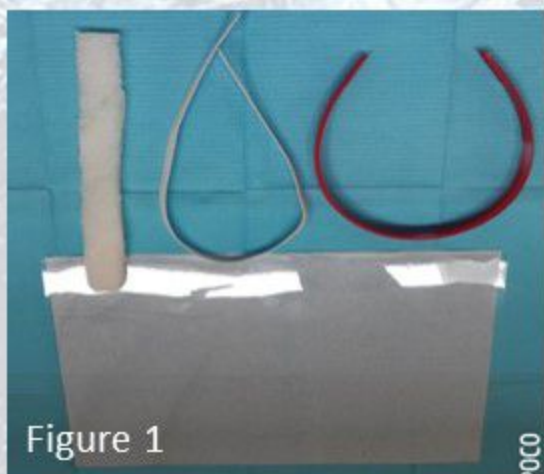


Figure 1



Figure 2



Figure 3



Figure 5



Figure 4



# COVID19 Q & A



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## 1. Do we Pedodontist fall in the high risk health care professional group?

**Ans-** Yes, given the mode of its spread by aerosol, contact on fomites, and nature of virus to survive from 3 hrs to 72 hrs on different surfaces.

## 2. Why we Pedodontist are at more risk to acquire and transmit the Corona virus infection?

**Ans-** We are more prone to acquire and transmit the disease due to working close to patient, close to oral cavity, and high chances of exposure to saliva, blood, performing procedures like drilling, RCT, cavity preparations all are aerosol generating in nature.

## 3. When should I resume work?

**Ans-** Preferably wait till the entire thing blows over. Do not be in a hurry to start clinical practice. Remember, you are in high risk category. You run the risk of transmitting it to your near and dear one, especially, THE ELDERLY who are most susceptible.

## 4. Which Patients to be treated?

**Ans-** Postpone all routine and non urgent procedures. Treat only urgent and emergency patients.

## 5. How to Screen the Patients?

**Ans-** Start your clinic half an hour before your routine time and give a phone call to all your patients with appointments and ask for history of fever, cough, difficulty in breathing, any member in family having these symptoms. If answer is yes cancel the appointment and direct the patient to a Pediatrician/physician.

## 6. When to reschedule the appointments of Covid 19 positive or Covid 19 suspected patients?

**Ans-** Re schedule the appointments after 3 days of no fever and symptoms for non Covid patients and 7 days after Covid positive patients are symptom free.

## 7. What is to be done when patient arrives at clinic?

**Ans-** As soon as the patient enters the clinic first record the body temperature. Take the history of respiratory illness. If fever is there or respiratory symptoms cancel the appointment. Ask for history of contact with Covid 19 patient, ask for history of foreign travel in recent past by patient or family member. Make a note on history sheet, keep proper records, try to take a written consent.

they stayed for 17 days)

15. What other precautions should be taken?

## 8. What are the instructions for your clinic staff, dental technicians?

**Ans-** If they have fever, cough or in contact with Covid positive patients they should not come to clinic and if they develop these symptoms in clinic, they should be sent home immediately. Same things apply for Pedodontist.

## 10. What precautions to be taken while performing procedures?

**Ans-** Pedodontists and all its staff should wear PPEs which are approved by the government. Should follow the guidelines which are issued and given by ICMR and ministry of health government of India to prevent transmission of corona virus.

## 11. Do I run the risk of being sued or legally liable if patient tests positive after dental work?

**Ans-** In today's world you do. Hence the PPE and fumigation after every patient.

## 12. Should I change after every patient?

**Ans-** Ideally you and your staff should change after every case as fomites can be spread through you to next patient.

## 13. Will my patients pay for it?

**Ans-** Yes, unless you are willing to act like the government and subsidize it for them. Of course, they have to. It's for their safety too.

## 14. Do I need to fumigate the clinic?

**Ans-** Yes you do, unless your operatory and consulting/ reception are well ventilated from both sides. Even then once a day is mandatory as the fomites can settle on surfaces and stay for upto 3 days ( in some studies

## 15. What other precautions should be taken?

**Ans-** After every patient use a new sterile sheet on the chair, use rubber dam, clean and change the instruments, there should be only one chair in one room, well ventilated and illuminated room.

## 16. How do I charge existing patients whose work is on hold?

**Ans-** You have to tell them that circumstances have changed and it is for their benefit. You are charging only for material cost.

## 17. Do I need to make changes in my operatory?

**Ans-** Yes, if your two chairs are in one room then you can't work simultaneously on two patients. Similarly consulting should not be shared with operatory.

## 18. What about lab work?

**Ans-** You need to disinfect the lab work before you send it to the lab.

## 19. Do u need to train your staff for the new challenge?

**Ans-** Most importantly you need to train your assistants for the massive changes involved.

## 20. How to dispose the PPE?

**Ans-** This is one of the most important part of managing the clinic. We need to learn the method of honing and huffing of PPEs. The need to be placed in double yellow bags and properly sealed and labelled and sent for incinerations. Otherwise they may be big source of contamination and disease spread for which you may be legally liable.

Therefore, Protocols will need to be put in place before you start work. Practice runs need to be undertaken before you see a single patient.

We all are facing unique challenge of our lifetime which we need to fight intelligently, by innovative, effective and economically viable protocols and methods.



# THE CURE-O-NA PANDEMIC



Dr Sweta Shabnam  
New Delhi

China has been the epicenter of many viral outbreaks and ever since it has been emerging as a hotbed of new diseases. SARS-CoV was seen in 2003. A similar 'mystery virus' was seen emerging in Wuhan city of China which caused pneumonia like symptoms. The H7N9 virus, which normally circulates among birds, was never found to have infected humans until China recorded its first case on 31st December, 2019. Chinese researchers quickly isolated a new virus from the patient. This infectious agent was finally identified as a novel corona virus (2019-nCoV). On 11th Feb, 2020, WHO named the novel viral pneumonia as "Corona Virus Disease (COVID19)". Corona viruses belong to the family of Coronaviridae, of the order Nidovirales, comprising large, single, plus stranded RNA as their genome. Currently there are four genera of Corona viruses:  $\alpha$ -CoV,  $\beta$ -CoV,  $\gamma$ -CoV,  $\delta$ -CoV. The  $\alpha$ -CoV and  $\beta$ -CoV mainly infect the respiratory tract, gastro intestinal tract and central nervous system of humans and mammals, while the  $\gamma$ CoV and  $\delta$ -CoV mainly infect the birds.

TRANSMISSION ROUTES OF 2019

CoV: • DIRECT TRANSMISSION- cough, sneeze and droplet inhalation • CONTACT TRANSMISSION- contact with oral, nasal or conjunctival mucous membrane

CURRENT SCENARIO OF 2019- nCoV IN INDIA: Over 1 million infections are confirmed in at least 180 countries and territories, including more than 50,000 deaths. The first case of the 2019-20 coronavirus pandemic in India was reported on 30th January 2020. India's risks of catching the virus are disproportionately high because of its high population density, creaky healthcare mechanism and high internal migration. The steps taken by the government involving the lockdown and janta curfew are worth praising. The only way possible seems to be social distancing and proper personal hygiene measures such as washing hands with soap and water, and alcohol rub sanitizers.

DENTISTS AT HIGHEST RISK?: To. et al reported that live viruses were present in the saliva of infected individuals by viral culture method. Dental care settings pose a risk of infection as providing dental care involves face to face communication, frequent exposure to saliva, blood & other body fluids and

handling of sharp instruments. Also the aerosols released are a threat to the patients, the staff present in the clinic and the dentist himself. Hence, the dental clinics were ordered to be shut down by the Health ministry of India.

CONCLUSION The number of n-CoV cases are increasing each day and with no vaccines available for this disease yet, this war seems to be never ending. The countries are lockdown and this is severely affecting the countries' economy. The health care professionals are doing their best on the upfront to handle the ever increasing cases. What are we dentists doing to contribute to the health care services? There are many online courses and certificates being rewarded. Are we actually worth it? According to me, we should get a chance to serve the people in this mass suffering. This also raises many questions in the medical fraternity. Are we actually prepared for any such pandemic outbreaks? Further studies should be carried out for example - to show how the environmental factors influences or stops the spread of this virus.

## FROM AN EPIDEMIC TO A PANDEMIC – THE SOUTHERN PERSPECTIVE



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COVID 19 is one name that has alarmed the whole world in a short span. Probably when the disease was first identified in the capital of China's Hubei province, Wuhan we never realized the potential pandemic it could become. Things changed when our country India reported its first positive case. The first identified cases were from our place Kerala, all of whom were students who had returned from Wuhan, China. As newer positive cases were being reported, the government of Kerala declared a 'state calamity warning'. With the recovery of the initially infected individuals following hospital care, the declared 'state calamity' warning was withdrawn after 4 days, when no further cases

were reported. The transmission escalated in March when several cases were reported everywhere in the country, most of which included people with a travel history to affected countries. Despite the government's best efforts to contain the disease and restrict its local transmission the negligence of the inhabitants and the hesitance to abide by the rules led to the spread of the disease.

In the wake of these Kerala government initiated the 'Break the Chain' campaign to educate the people on the importance of personal and public hygiene. Kerala was one of the first among the Indian states to shut down the schools and other educational institutions. The Kerala

government has launched a mobile application called GoK Direct for the details regarding the COVID-19 disease. 'Covid-19 Jagratha' is a comprehensive information portal that assists in surveillance and support for people affected or quarantined by the disease. It is a platform for the public to avail emergency services and information related Covid-19 which ensures transparency and welfare measures. Few dentists practicing in the private sector were given training regarding the collection of throat swabs for the suspected Covid cases in one of its districts too. This has been appreciated throughout the country and it has seen flattening of the COVID-19 Curve.



# LOCK DOWN DAYS – A PERSPECTIVE OF A PEDODONTIST DURING CORONA OUTBREAK



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Life is a bit complicated at different levels, but it can surprise you sometimes. The impact of the recent outbreak of Novel corona pandemic was very gradual at first, but now it is almost impossible to go out for work or for any other activities as a part of National 21 day lockdown till April 14 midnight. After plague disease, it is now the entire world is scared from one infectious disease. Corona virus had affected more than 180 countries around the world and the death rate, according to the WHO is much scarring each common man. In this situation our country had implemented many rules, modifications and regulations to prevent the massive spread of this pandemic. The biggest leap between them; I could say is the 21 day lockdown.

It is a very different and a new experience for everyone. Lockdown made each family member together. The first step of social distancing happened to our school children; when the Government had decided to cancel all main year end exams till grade 8 and postponing of exams of higher grades and college students and made them sit inside the home. This really had a big impact on

children. The kids can have better interactions with their parents and other family members, but the peer group communications had become indirect. They are forced to skip summer vacations, trip plans and rely on indoor games only. This might cause a mental stress to them. Myself being a mother of a 1.5 year old child, I feel it is quite difficult for the parent to manage kids in such situation; even they have to cope up themselves with the present scenario.

As a PG student in Pedodontics, since dental treatment deals with aerosols I had to cut down my patient appointments for summer vacation. Some short term follow-up cases are also stuck in between. My institution had done a very good implementation strategy to fight against corona like fumigation of departments, opened an emergency dental department, reduced the number of routine patients and at last a complete lockdown. Now I'm doing tele dentistry to most of my patients who tried to contact me over the phone.

Since the lockdown result in less physical activity to most of the people my sincere advice to parents and children is be remain active,

reduce the consumption of junk foods, sweets and cool drinks which will badly affect the oral health especially primary dentition. Brush at least twice daily; now that parents have more time to spend with kids, please monitor their oral hygiene habits, and implement proper brushing techniques. If you have any intermediate restoration, please try to save it till lockdown gets over. Usage of alcohol based oral mouth rinses might have a role in reducing the number of oral microbes including corona viruses in saliva. I personally feel, researches should be conducted on alcohol based mouth rinses and corona viruses.

Dental trauma can happen to any child. In such situation, don't get panic instead keep your fractured tooth segment with you safely so that we can fix it back later. Gingival bleeding, if present, can be arrested with finger pressure and gauze. Symptomatic relief can be achieved from painkillers and ice packs. Avoid spicy foods for one day. Be safe on your lockdown days, make good memories and enjoy. This too shall pass.



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KDCRC, Mathura

## QUARANTINED AT HOME: WHEN WILL THIS PANDEMIC END?

Three months ago no one has ever thought that SARS-CoV existed. Now this virus has infected almost 1 million people worldwide till date. It has caused economic turmoil, shattered health care systems, filled hospital beds, emptied public spaces and separated people from their workplace and loved ones. Like World War II, 26/11 terror attack, the coronavirus pandemic has already imprinted upon nation's psyche. But if I thought of carefully, one thing that strikes me is, whether all that we witness today is a result of man's selfish extravagance? Suddenly the rush of daily life with hordes of people walking around, honking of vehicles and clouds of smoke engulfing the sky, all has been put to slumber, as human beings are lockdown inside, other

forms of life are moving with fearless gait. Nature is claiming what is rightfully hers. As people are social distancing themselves to prevent the spread of coronavirus, social media is an appealing way to stay connected with our loved ones, but it can also be a source of misinformation- some of it even dangerously wrong. Being health care professionals it is our mission to provide right information to the community to aid in understanding of the situation and its potential public health impact. Pediatric dentists are on the front lines of oral health, being "dental home" for families, means being available when emergency dental care is needed. It is normal to feel anxious about COVID-19. We can take care of ourselves and our families by trying to:

- Take break from news •

Exercise regularly and eat healthy •  
Indoor activities • Stay in touch with friends and family. Experts are studying this virus. As we learn more about it, expert recommendations will continue to change. As all the citizens too have the responsibility to adhere to health restrictions; 21-day lockdown in the entire country under the name "Social Distancing" is a great step forward initiated by Prime Minister Narendra Modi's government to recommend residents avoid or postpone mass gatherings until the virus is contained. It becomes important to look at this corona chaos as an alarming bell to treat nature with more love and concern. Stay indoors, stay safe.



## Dear ISPPD Member

Indian Society of Pedodontics & Preventive Dentistry (ISPPD) request & appeal to all Pediatric Dentists to join hands in combating Corona outbreak through small donations. Almighty in his own way will repay your generous help to the humanity. (Life members can donate a minimum amount of Rs 501/- & students Rs 251/- or in its multiple eg 501/-, 1001/-, 1501/-, 2001/- & so on)

**ISPPD will donate a minimum of Rs 5 Lacs to the "Prime Minister's Citizen Assistance and Relief in Emergency Situations Fund" (PM-CARES)** for providing health, food and basic facilities to the needy. The donation amount may be increased depending upon the contribution received from you.

You can make donation through any of the following modes-

**\*1. Direct Account Transfer:\***

Bank name - Oriental Bank of Commerce

Account name - Indian Society of Pedodontics & Preventive Dentistry

Account number - 52282413000809

Branch - Subharti University

IFSC Code - ORBC 0105228

**\*2. GooglePay:\***

chiragsuhane63@oksbi

**\*3. Paytm UPI:\***

9008213159@paytm

**\*4. QR Code\***



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