

REFUGIUM Manual Mundgesundheit/ Oral Health (Englisch)

Time (min)	Objectives	Contents	Methods	Media/ Materials
	Arrival	Participants write name tag (crepe tape, felt pen)		crepe tape, felt pen
10	Welcome Introduction of participants Welcoming and introduction of participants and facilitator - Get to know each other - Explain intention of workshop	✓ Facilitator (name, age, nationality) ✓ Participants (name, age, nationality) and knowledge about oral health	Interactive question Assessing knowledge about and attitude towards oral health	
10	Oral health Information	✓ What is plaque, caries, gum diseases? ✓ How do they form? ✓ Are there any related diseases? ✓ Answer with pictures.	Interactive question	Pictures of plaque, caries and gum diseases. Poster or Flyer
10	Knowledge about oral hygiene materials	Some participants choose from the materials, Questions: - What do we do with these materials and what is the connection between them. - How can we use each on? - The members try to figure out how Facilitator demonstrates the correct use Show results	Practice Presentation Discussion About the usage of each material	Tooth paste Tooth brush Dental floss glass of water salt mouth wash rice peas
20	Brushing our teeth Flossing	How to brush your teeth? How to floss? Explaining on the model before brushing teeth and flossing together Show results: Look at teeth in the mirrors after brushing.	Presentation Practice	Mouth model tooth pastes, tooth brushes plastic cups, water floss, disposable mirrors
5	Oral health care in Germany	Why do I need to take care of my oral health? Information about the oral treatment	Input and Discussion	Poster and Flyer
5	Healthy lifestyle	✓ Brushes exchange every 3 months/no share ✓ What to eat/ drink etc. ✓ No smoking and why	Input and Discussion	Poster and Flyer
10	Conclusion Take Home Message	Reflection: Was it fun? ✓ Explain flyer ✓ Brush your teeth 3 times a day! ✓ visit the dentist every 6 months!	Feedback	
	Farewell	✓ Giving thanks and saying goodbye.		