



Community Engagement

HKU Faculty of Dentistry students teach expectant mothers about infant oral health

29 June 2012

A group of students from the HKU Faculty of Dentistry has been collaborating with the Tsan Yuk Hospital this summer to give advice on oral health and hygiene to more than 100 pregnant women.

Mentored by Dr Yan-qi Yang (Clinical Assistant Professor in Orthodontics), the team of fourth-year BDS students (Miss Candy KN Ma, Miss Stephanie YT So, Mr Yau-sing Wong, Mr Alex PC Lee, and Miss Chao Zhong) prepared and conducted four 1-hour workshops at the Tsan Yuk Hospital for antenatal women, as part of an HKU Student Knowledge Exchange Project.

By sharing their dental knowledge gained from the HKU BDS programme, the Faculty students aimed to improve women's knowledge about their own oral health during pregnancy, as well as good feeding and oral hygiene habits for infants.

"Research indicates a lack of oral health education for mothers both before and after giving birth, so our workshops described healthy feeding methods and how to take care of children's oral health, and we provided hands-on practice as well as plenty of question-and-answer opportunities," says student team leader Candy Ma. "The feedback from the workshop attendees was so enthusiastic that we arranged two further half-day sessions for individual consultations and tailor-made oral hygiene instructions."

Nearly all the women taking part in the individual consultations were able to answer a quiz correctly and nearly all rated the session and the teaching materials as "useful".

The benefits of the project also extended to the student team. "We gained valuable experience in event planning, making educational materials, presenting, and working with this special-needs group," says Candy.

Titled *Promotion of Children's Oral Health Through Knowledge-building Among Antenatal Women*, this Knowledge Exchange Project was supported by the HKU Knowledge Exchange Fund 2011-12, granted by the Hong Kong University Grants Committee to HKU.

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Knowledge exchange (KE) at the HKU Faculty of Dentistry (<http://facdent.hku.hk>) aims to maintain a two-way dialogue between the Faculty and all sectors of the community. The Faculty's KE strategy, public education, and community activities form part of the Faculty's fourth mission of "engagement". We will be pleased to consider any suggestions or comments, or community/school invitations; please e-mail dentktu@hku.hk

