ORAL HEALTH CARE FOR REFUGEES: SMILES WITHOUT BORDER A NARRATIVE REVIEW

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1 2 3	ORAL HEALTH CARE FOR REFUGEES: "SMILES WITHOUT BORDER" A NARRATIVE REVIEW
	INTRODUCTION
4	When peace is broken and the systems that keep society safe are not working, women and
5	
6	children are the ones who suffer the most. The years of war and fighting have caused a
7	serious crisis where people don't have access to food, clean water, and basic services like
8	healthcare and medicine. Conflicts destroys people, families, and communities, creating
9	many refugees and people who have left their homes. It also breaks human rights and the
10	rules that protect people in emergencies. ²
11	The number of immigrants and refugees have increased dramatically in recent years all over
12	the world. The biggest numbers come from countries in Eastern Europe, Africa, Asia, and
13	Latin America. ³ According to the United Nations High Commissioner for Refugees
14	(UNHCR), the number of people who have been forced to leave their homes worldwide went
15	from 70.8 million in 2018 to 100 million by 2022. This increase is probably because of the
16	situation in Afghanistan after the US left, and new conflicts in Ukraine, Ethiopia, and
	3
17	Myanmar. 4The health of refugees and migrants is closely connected to factors like
18	employments, income, education, and residence. Refugees and migrants are among the most
19	vulnerable groups in society, and they often face hatred, unfair treatment, bad living and
20	working conditions, and limited access to general health services. ⁵
21	Many refugees come from places where there is poor disease control, diagnosis, and
22	treatment, and war or conflict has broken down the health care system. For example, refugee
23	children often suffer from malnutrition, anaemiaand poor growth, hepatitis, intestinal worms
24	and dental problems etc The countries that refugees come from reflect the current political

25 situation in the world.⁶

26 27 **METHODS** 28 Related articles were searched using databases such as ScienceDirect, Scopus, PubMed, and 29 Google Scholar from inception. All studies, published from 2004 - 2023 were included in the 30 study. Relevant articles in the topic and abstract were assessed and included in the study. 31 Oral care for Refugees: Factors for consider 32 Role of Country of Origin 33 Refugee children from East African countries, like Somalia and Ethiopia, have lower rates of 34 tooth decay when compared to Eastern European countries. This is because their traditional 35 diet has very little sugar, and their cultural practices, such as using chewing sticks, help 36 prevent tooth decay. 6 Role of Diet 38 Several factors affect the development of tooth decay, and one of the main causes is how 39 much sugar someone eats. For example, in some Latino households, it's common to calm a 40 crying baby by giving them a bottle of sweetened milk or juice Because of this, it's more 41 helpful to provide specific advice about the risks of letting a child drink sugary liquids from a 42 bottle for long periods, including cow's milk and juice.⁷ 43 The role of acculturation 44 A key factor that can slow down the acceptance of health messages is the common belief in 45 fatalism about certain health issues, especially dental problems like tooth decay. One study 46 found that Chinese immigrants often try home remedies first and only visit a dentist when all 47 else fails. These cultural beliefs need thorough conversations and clear information for

- 49 families to understand the importance of preventing dental issues. This lack of action is a
- 50 major public health and ethical concern, especially since providing equal healthcare is
- 51 important for achieving fairness and well-being. 8
- 52 Oral health ismultifaceted in nature and includes physical, mental, and social aspects. 9 The
- 53 absence of dental assessments in basic care makes refugees more at risk, and the lack of
- 54 dentists being involved in the care curtails the importance given to oral health. ¹⁰ The rate of
- 55 tooth decay in refugee children, even in high-income countries, ranges from 27% to 65%.
- 56 Changes in eating habits and oral hygiene caused by the difficult conditions of migration and
- 57 living in a new country might explain this high rate of tooth decay. 11
- 58 Studies looked at the oral health of patients and checked what oral care they needed. They
- 59 found several factors that were connected to these needs. Here are the findings:
- 60 Systematic Review 10
- A detailed review of 14 studies showed that eight studies focused on oral health and found
- that caries prevalence between 50% and 100% of people. In six general health studies, the
- rate was between 3% and 65%. The more aged someone was, the more likely they had caries.
- 64 Education level had the opposite effect the lower the education, the higher the caries rate.
- 65 Scoping Review 1
- 66 Forty-five studies this review, revealed that untreated caries was more common among
- 67 migrants, refugees, and internally displaced people compared to those in the host community.
- 68 In children, Early Childhood Caries (ECC) was more common among those who had
- 69 experienced abuse, neglect, or were in protective care.
- 70 Refugees from the Asia Pacific, Africa, the Middle East, and Syria living in Canada were
- 71 studied^{12,13,14}

- The chance of reporting dental problems increased in the first two years after arrival and then
- 73 decreased between two and four years. Women were more likely to report dental problems
- 74 than men (OR 1. 34). Immigrants who had received social assistance or reported being
- 75 discriminated against were more likely to report dental problems over time. Those with
- 76 household income of \$40,000 or less had lower chances of reporting dental problems.
- For children under 18, with better self-rated physical health (p=0.002) and mental health
- 78 (p=0.044) had better oral health. Children who had access to oral care insurance whether it
- 79 was full or partial coverage (p = 0.001 and p = 0.028, respectively) had better self-rated
- 80 oral health compared to those without insurance.
- 81 Refugees from East Africa and Asia living in the USA 15,16
- 82 Children aged 18 or younger Asian refugees needed urgent (46.1%) and emergent (13.2%)
- 83 dental treatment more often than African refugees (30, 0% and 9, 9%); this difference was
- significant (p=0. 032). Young children between the ages of 2 to 5 required surgery under
- general anaesthesia in 15.3% of cases (p=0.002).
- 86 Refugees aged 18 to 60 A one-point increase in the mother's KCOH score meant her child
- 87 had 10% fewer filled surfaces on average. A one-point increase in the mother's COHI score
- 88 meant her child had 42% fewer filled surfaces. Mothers who brushed their teeth for "salat"
- 89 (prayer) had children with 92% fewer filled surfaces compared to mothers who brushed to
- prevent disease. Children who never brushed their teeth had 7.07 times more filled surfaces
- 91 and 4. 08 times more decayed and filled surfaces than those who brushed twice a day or
- 92 more.
- 93 Refugees from Sub-Saharan and Caucasian regions living in Rennes (France) 11
- Children aged 4 to 7 72% had dental caries, and 17. 7% had more than 3. Almost half (49.
- 95 2%) had at least one missing tooth. A third (36. 2%) needed scaling. More than half needed

restorative treatments. 42.4% needed tooth extraction, with 8.5% needing more than two teeth removed. 22. 3% needed prosthetic treatments. Children from Sub-Saharan regions were less 97 likely to have major oral care needs (30. 2%), while those from the Caucasus were more 98 likely to (64.5%) compared to the overall population (45.4%). 99 Refugees living in Switzerland 4 100 Fifty-eight studies were included in the review - Caries rates among refugees ranged from 4. 101 6% to 98.7%, and gingivitis from 5.7% to 100%, showing a wide range in oral health. 102 Regarding access to dental care, 17% to 72% of refugees had never visited a dentist. 103 Refugees from Africa living in Victoria (Australia) 18 104 Children aged 0 to 18 - 46.1% had visible caries, and 51.6% had caries experience 105 (dmft/DMFT > 0). African children with primary teeth were less likely to have any caries 106 experience (p=0.017), had a lower mean dmft score, and were less likely to have severe 107 caries (p=0.004) compared to children with primary teeth born in other countries. 108 Refugees from Syria living in Turkey 19 109 Children (5,12&15 years) – The 5-year-old children had the highest percentage of tooth 110 extraction, which was 42.2%. For the 12-year-olds-33.5% of the fissure sealants were in first 111 molars, and 52. 8% were in premolars. Restorative treatments were the most common dental 112 service for the 15-year-olds, making up 44. 4% of all caries-related dental services, Of these 113 68.2% were applied to the posterior teeth. 114 Refugees from Tibet living in Bylakuppe, Karnataka, India 20 115 Children (11-13 years) - The mean number of sextants with healthy periodontal tissue, 116 bleeding, and calculus was 2.02±2.0 for the Tibetan children and 2. 49±2. 40 for the non-117

Tibetan children (p<0.05).

118

119	Refugees from Syria living in Bekka, Lebanon 9
120	Children $(4-15 \text{ years}) - 57\%$ of children reported having current dental pain. Out of these,
121	55% had moderate to severe pain (scores 4-10), and 38% had this pain for more than a
122	month. About 8.9% had dental abscesses. Children who have been displaced for more than
123	five years, along with their age and gender, were more likely to have more decayed teeth
124	compared to others.
125	ORAL HEALTH RELATED QUALITY OF LIFE (OHRQOL)
126	In the field of oral health, the term oral health-related quality of life (OHRQoL) includes how
127	a person feels about their own oral health, in addition to what a dentist finds during an
128	exam. ¹⁰ The refugee experience often includes displacement, conflict, human rights issues,
129	family separation, and long periods without access to basic needs or services. A study found
130	that almost half of Syrian men in refugee camps suffer from anxiety or depression, and most
131	refugees say their health is 'bad' or 'very bad'.21
132	Following studies have evaluated OHRQoL:
133	Refugees from Eritrea, Cameroon, Myanmar, Turkey, Nepal, Iraq, and Afghanistan living
134	in Texas, USA ²²
135	Children <12 years- study found differences in the changes in the DMFT/dmft and
136	MOHRQoL-P scores from baseline to the three- and six-month follow-up visits between
137	groups were not significant $(p > 0.05)$.
138	Refugees from Arab and Sub-Saharan origin living in Melilla, Spain 15
139	Children aged 4–16 years – The overall average OHIP-14 score for all patients was 11.25,
140	which shows an acceptable self-perception of oral health.
141	Refugees from Syria living in Kirikhan (Turkey) ²³

22 parents - The P-CPQ-8 score revealed that oral symptoms were the main concern for 142 parents, especially dental pain. Mothers had higher P-CPQ-8 scores across all areas compared 143 to fathers. 144 Refugees from Syria living in Azara camp (Jordan)¹⁶ 145 Refugees aged over 16 years - The average OHRQoL score was 56.55. Factors linked to 146 147 OHRQoL scores included age (p=0.048), how often they brushed their teeth (p=0.001), and whether they visited a dentist in the past year (p=0.004). 148 UTILIZATION OF DENTAL SERVICES 149 The inverse care law in dental care shows that people who need dental treatment the most 150 often have the least access to it.25 Even though many people understand the importance of 151 good oral health for overall health this understanding does not always translate into access to 152 care.26 153 In the model developed by Penchansky and Thomas, access is seen as how well a patient fit 154 with the healthcare system, which is influenced by several factors like accessibility, 155 availability, acceptability, affordability, and accommodation.²⁷ 156 Studies that evaluate access to dental care and the barriers or facilitatorscontributing to access 157 Systematic Review 27 158 Nine papers were included in this review- Both the characteristics of the population and the 159 healthcare system affect dental care access. The most common barriers to dental care for this 160 group are affordability, awareness, and accommodation. 161 Systematic Review 28 162 Nine studies were included in this review. Refugees in Sweden are more likely to use 163 dental services if they are older (p'. p<0.001). Preference for English language for 164

165	communication and level of education showed significant associations with increased
166	access to dental care (p <0.001).
167	Scoping Review ²⁹
168	Seven studies were included in the review on nutrition interventions in refugee settings aimed
169	at restoring healthy body weight. A significant improvement in weight-for-height was seen in
170	all the study children, and a 90% reduction in anaemia was achieved.
171	Mexican and Somali Refugees living in the USA ^{30,31}
172	Refugees aged over 18 years—The proxy for increased access to dental care was significantly
173	positively linked with understanding and speaking English (p<0.001).
174	A study looked at how well people remember information about oral health and how their
175	habits change. Four types of knowledge were found: increased general knowledge about oral
176	health (40. 6%) and better brushing practices (37. 5%). When it comes to changing oral
177	hygiene behaviours, there were four main areas: more frequent flossing (50%), better
178	brushing habits (43.8%), improved brushing techniques (12.5%), and overall oral care (9.
179	4%).
180	Refugees from Algeria, Canada, Australia, and the USA living in Halle (Saale), Germany ³²
181	On average, there were 568 people, with about 1.44 treatment cases and 2. 53 dentist visits
182	per person. Most visited the dentist due to localized (43.2%) or non-localized (32.0%) pain.
183	The most common issue was tooth decay.
184	Refugees in New South Wales (Australia) 33
185	At baseline, only 50% of staff felt confident in providing Trauma of Informed Care (TIC) to
186	refugees and asylum seekers. After training, 97% felt confident in understanding and
187	delivering treatment.

188	Refugees from Syria in Turkey ³⁴
189	Aged 18 years- reported that 71. 9% hadn't visited a dentist in the last year, and 82. 8%
190	hadn't gone in over 12 months. Most had no trouble getting oral and dental hygiene products
191	(68.4%), but about $62.6%$ had trouble getting dental treatment.
192	Refugees from Syria in Zatari camp, Jordan ³⁴
193	Women who had never heard of dental implants were more than men (p<0.001). A small
194	group, 6.2%, believed that implants need more care than natural teeth, while 47.6% thought
195	that diseases could affect the success of implants. Friends were the most common source of
196	information, with 61.4% of the people getting their information from them.
197	Refugees from Central Africa who are living in Gado-Badzeré (Cameroon) 35
198	Aged 6 to 80 years- showed poor knowledge about oral health. 42. 6% of those who visited
199	the health post for their oral health problems were not satisfied with the care they received.
200	ACCULTURATIONAND ORAL HEALTH LITERACY IMPACT ON ORAL
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201 202 203 204 205 206 207 208	ACCULTURATIONAND ORAL HEALTH LITERACY IMPACT ON ORAL HEALTH Acculturation is the process of adapting to a new culture when people from different backgrounds come into regular contact. It can influence lifestyle, behaviours, and social norms, and it is often connected with socioeconomic changes. According to the "cultural marginality model," refugees with moderate levels of acculturation may lose some of the beneficial traditional dental practices they had before, without fully adopting the preventive practices of their new environment. Oral health literacy is the ability of individuals to get, understand, and use basic oral health

211	and comprehensive, which is the ability to use health knowledge to make informed decisions
212	about one's health. ³⁸
213	Studies looking at how refugees adjust to new cultures and their understanding of oral
214	health:
215	Refugees from Somalia, Iraq, and Syria living in Massachusetts, USA 37,38
216	People who had better health literacy were 2.0 times more likely to get preventive care
217	(p=0.02). Those who could read words better were 1.8 times more likely to get preventive
218	care $(p=0.04)$.
219	Maternal dental health and its relationship to caries experience among refugees
220	Refugees from Mosul, Iraq living in Mamyza province, Iraq 39
221	Seventy-nine pre-school children – The mothers'knowledge oral health was low, and 63% of
222	the children's had tooth decay. Five-year-olds had more tooth decay (77. 8%) than four-year-
223	olds (51. 20%). The main reasons for the high tooth decay were frequent eating of sweets,
224	help with brushing teeth, and irregular dental visit.
225	A TELE-HEALTH APPROACH TO ADDRESS REFUGEES' URGENT ORAL
226	HEALTH CARE 40
227	This telehealth approach connects patients with doctors when they had a main problem.
228	By handling their urgent dental needs quickly, they were less likely to go to the county's
229	emergency room during the pandemic.
230	ADVANTAGES
231	• Technology and software made it possible to have remote check-ups, triage, and quick or
232	timely evaluation of dental issues.

- Refugee patients learned about how to navigate healthcare and what to expect from providers through a teach-back method.

 The time saved through the telehealth screening process allowed for an extra urgent care session (3 instead of twice a year), where 120 patients received multiple procedures in one session.
- This was especially significant because the pandemic had shut down clinics, making it hard to provide care for this vulnerable group.

240 CHALLENGES

- The dentist had to frequently access the online link, which increased their workload.
- More time was needed for communication and training between the dentist, dental team,
- 243 urgent care clinic organizers, and all those using the tool.

CONCLUSION

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- As a result, it is likely that refugees face a high level of oral health issues. This is even more
- true in low and middle-income countries. A major reason for differences in oral health is
- 247 limited access to dental care. The difficulties in accessing proper oral healthcare for this
- 248 growing group raise public health and ethical concerns, such as fairness in healthcare
- 249 distribution and respecting individuals' choices. Understanding the common oral health
- 250 problems among refugees and asylum seekers can help policymakers plan better treatments
- and strategies that fit into the healthcare systems of host countries, which are often already
- under heavy strain when many refugees arrive suddenly.
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256 Patient Consent: Not applicable

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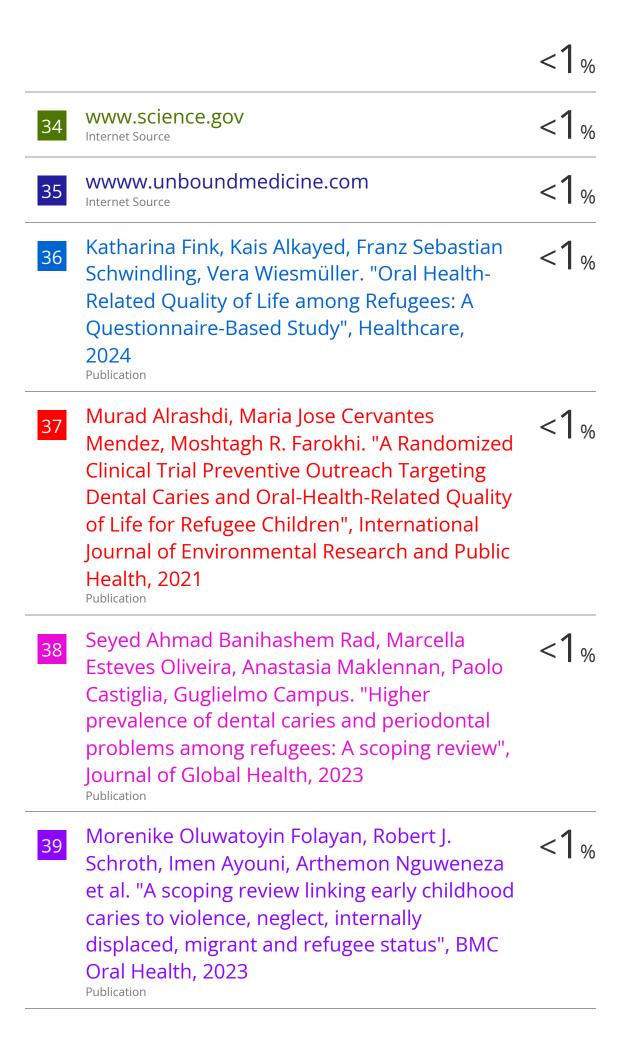
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