

**Lifeline Express: Spreading Smiles to Distant Miles!!**Dr. Sandeep Kumar<sup>1\*</sup>, Dr. Vivek Yadav BDS<sup>2</sup>, Dr. Uma Shankar Prasad Keshari<sup>3</sup><sup>1</sup>Lecturer, Department of Public Health Dentistry, Dental Institute, RIMS, Ranchi-09, India<sup>2</sup>Bharati Vidyapeeth Dental College, Pune Maharashtra, India<sup>3</sup>Professor, Department of Pharmacology, RIMS, Ranchi-09, India**Review Article****\*Corresponding author**

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**Article History**

Received: 12.10.2018

Accepted: 27.10.2018

Published: 30.10.2018

**DOI:**

10.21276/sasjm.2018.4.10.5



**Abstract:** Lifeline express is a mobile dental train which has served as a boon to the people residing in rural areas. This mobile medical unit is equipped with all sorts of advanced diagnostic aids and equipments. Besides, it also provides doctors an opportunity to serve the needy people residing in the area. The oral health care unit is equipped with two dental chairs and all sorts of restorative, extractions, scaling are performed. It provides an excellent platform to enhance the clinical skills. There is a need to establish more of such mobile healthcare units for the betterment of the public.

**Keywords:** Lifeline express, rural areas, Smiles, Miles.

**INTRODUCTION**

Impact was launched in October 1983 as an International initiative against avoidable disablement, promoted by the UNDP, UNICEF and WHO in association with the Governments of each participating country, as a result of a National Plan of Action. It acts as a catalyst to bring together the Government, the corporate sector and existing NGOs in mass health programs of national priority [1].

**Vision: [1]**

Action Today To Prevent Disability Tomorrow

**Mission: [1]**

- To initiate, augment and intensify action against those causes of massively prevalent disablement against which there exists a potential for prevention and control, which can be delivered through existing delivery systems and available infrastructure.

- To treat millions of people who are disabled by curable blindness, deafness and physical handicaps and deformities, by restoring sight, hearing, mobility and correction of facial deformities.

movement, correction of clefts and treatment for epilepsy and dental problems, all free of cost.

The Lifeline Express now has 7 coaches [1].

**Lifeline Express**

The Lifeline Express or Jeevan Rekha Express is a hospital train run by the Impact India Foundation. It was developed in collaboration with the Indian Railways and Health Ministry and has been funded by Impact UK, international charitable sources, Indian corporate houses and individuals. It started on 16 July 1991; as of 2010 the service had completed almost 120 projects, benefiting over 600,000 rural Indians [2].

On 8th December 2016, Honourable Minister for Railways Shri Suresh Prabhu and Honourable Minister for Health & Family Welfare inaugurated the two additional coaches equipped with cancer and family health services to augment the Lifeline Express hospital train, providing on the spot diagnostic medical and surgical treatment for restoration of sight, hearing,

**Facilities & Services Offered in Lifeline express**

Lifeline express has medically served more than 800,000 poor in rural India, restoring sight movement through cataract operations and providing intra ocular lenses, restoration of movement to polio and orthopedically affected persons by surgery and provision of calipers, assessment of curvature of cornea by a keratometer, restoration of hearing through surgery and supply of hearing aids, correction of cleft lips with dental and neurological treatment and more, completely free of cost been treated [1].

The other major services provided by lifeline express were-

- Counseling, referral services and follow-up of patients' progress through arrangements with local authorities.

- Preventive services in the form of immunization, administration of nutrients, and creating health awareness among the deprived in the neglected rural and semi-urban areas.
- Opportunity provided to medical and other voluntary personnel to work in a unique field situation.
- Teaching surgeons, working in smaller towns, the finer skills of micro-surgery.
- Training health workers, doctors and other Non-Government Organisations on various health issues.

#### Dental camp experience in Lifeline Express

The Lifeline express has one coach reserved for dental set up. It has a large waiting area which can accommodate approximately 100 patients. There are two dental chairs which are fully equipped for performing dental procedures. The dental OPD usually starts from 9.30 am and lasts till 6 pm. The local public is informed about the visiting hours and other details via newspapers and mouth to mouth advertisements. The OPD is carried out in an isolated area following which the patients are referred to Lifeline express to avail dental treatment. A team of doctors operates on the dental chair turn wise while treating patients. The dental procedures performed include scaling, extractions, emergency access opening, simple restorations, removal of impacted tooth and others. The medicines are dispensed to the needy. Besides these, dental health education regarding correct brushing technique, use of floss etc is provided to the patients. The screening of premalignant lesions and tobacco counseling are also carried out. In recent days, lifeline express has also served a platform for carrying out dental researches.

Mishra P *et al.* [3] did a study to evaluate the application and feasibility of providing screening, diagnosis, preventive dental treatment for rural population through mobile dental unit in lifeline express train from last three years in Madhya Pradesh, India. Out of six dental camps 14,081 patients were registered and 6,526 received dental treatment. The type of dental treatment like extractions (3,441), scaling (2,119) and restoration (966) were performed. He concluded that mobile dental hospital like LLE can provide an

excellent opportunity for rural populations regarding oral health care [3].

Bhadauria US *et al.* [4] did a study to determine the effect of pre-cooling injection site on pain perception in patients attending a dental camp at lifeline express, Habibganj. The results revealed a significant difference in pain perception between control and intervention group as assessed using both Heft-Parker Visual Analog Scale (median score 3.0 and 1.0) and Sound Eye Motor scale (median score=1.0 and 0.0) ( $P<0.01$ ). For both the scales the assessed and self reported variables Gender, Location, Chief Complaint, Region and Arch were found to be statistically significant. He concluded that pre cooling injection site reduced pain perception in patients [4].

#### CONCLUSION

Lifeline express is a boon for the under privileged people. The services provided by the Lifeline express have bought a revolutionary change in health care systems. There is an urgent need to expand the facilities provided by the "Magic train of India". Effective steps should be taken by the government to develop similar modalities of health care delivery. Preventive strategies should be emphasized rather than curative services.

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