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Title: EFFECTS OF ORAL AND DENTAL HEALTH EDUCATION ON ORAL HYGIENE PROMOTION DURING PREGNANCY

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Abstract: background and Aim: Physiological changes during pregnancy make pregnant mothers highly prone to various periodontal diseases. These mothers may prevent the problems to a large extent just by adhering to principles of oral and dental health. The present study is aimed to evaluate the effects of an oral and dental health education program on the awareness, attitudes and performance of pregnant women.

Materials and Method: In this pre-test and post-test , semi-experimental study ,142 pregnant woman, receiving care from Khaje Rabi Regional Health Center in Mashhad city, were chosen by systematic clustering methods and randomly divided into test and control groups. The test group had two education sessions of 1 hour long, focused on generalities of oral and dental health and particularly on oral and dental health during pregnancy. Control group received no education. At the beginning two questionnaires were completed for demographic and pregnancy details of the subjects. Three forms were completed by test subjects measuring knowledge, attitude and practice before, immediately after and one month after the education program by both groups. SPSS software and student t-test were used to analysis the data.

Results: There is no significant statistical difference between two groups in the terms of knowledge, attitude and practice before the education program. Immediately after the education program the two groups demonstrated significant statistical differences for knowledge, attitude and practice (P<0.0001). Also, one month later the two groups demonstrated significant statistical differences in terms of knowledge (P<0.0001), attitude (P=0.017) and practice (P=0.005). Conclusions: Results of the present study indicated that education programs were effective in promoting knowledge, making positive attitudes, and promoting practice of pregnant woman in terms of oral and dental health.

Keywords: Oral health, Training Programs, knowledge, attitude, practice, pregnancy.

Presentation: Poster