

Educational Program to Enhance Pregnant Women's Knowledge about Dental Care and Periodontitis Outcomes

Background: Gingivitis, if untreated, it will progress and cause periodontitis that causes destruction of periodontal ligaments and bone affecting about 30.0% of pregnant women causing tooth mobility and loss.

Aim of the study: The aim of the study was to enhance pregnant women's knowledge about dental care and periodontitis outcomes.

Subjects and Methods: This was an interventional study which was conducted among 300 fulfilled criteria pregnant women attending the antenatal care unit in Ain Shams Maternity University Hospital, Cairo. Data collection tools were a 'Structured Interviewing questionnaire and written Arabic booklet about periodontitis and dental care.

Result: The present study showed that the majority of the participant women had a poor knowledge level about periodontitis. Meanwhile, there was a statistically significant difference of the pregnant women's knowledge about the dental care and periodontitis outcomes after the educational session and at follow up time compared to their knowledge before it (P-value<0.001).

Conclusion: Designing and implementing an educational program about the studied subject indicated a significant effect in a remarkable rising of the participants' level of knowledge about it.

Recommendations: Activating the role of the maternity health nurse in branches of obstetrics and antenatal clinics to enhance pregnant women's knowledge & attitude regarding oral health risks during pregnancy to ensure early disease detection and adverse outcomes prevention.

Keywords: Pregnancy, periodontitis, outcomes, dental care