



Prevalence 62.8%

BACKGROUND

Dental caries and periodontal diseases are prevalent oral diseases in Tanzania [1].



Prevalence 76.5%, DMFT (4.6) D (45.7%), M (52.2%) and F (1.7%)

There is a significant proportion of the adult population with poor oral health related behaviors. [1]
 The two diseases are also common among expectant women in Tanzania, with very few having access to oral health education [2,3].
 Telecom subscribers in Tanzania (Over 60 millions) [4], Push SMS can be a potential solution to sandwich the means used before in oral health promotion and disease prevention.

AIM

To test the effectiveness of digital health information via push SMS for oral health awareness among expectant women in Morogoro, Tanzania.

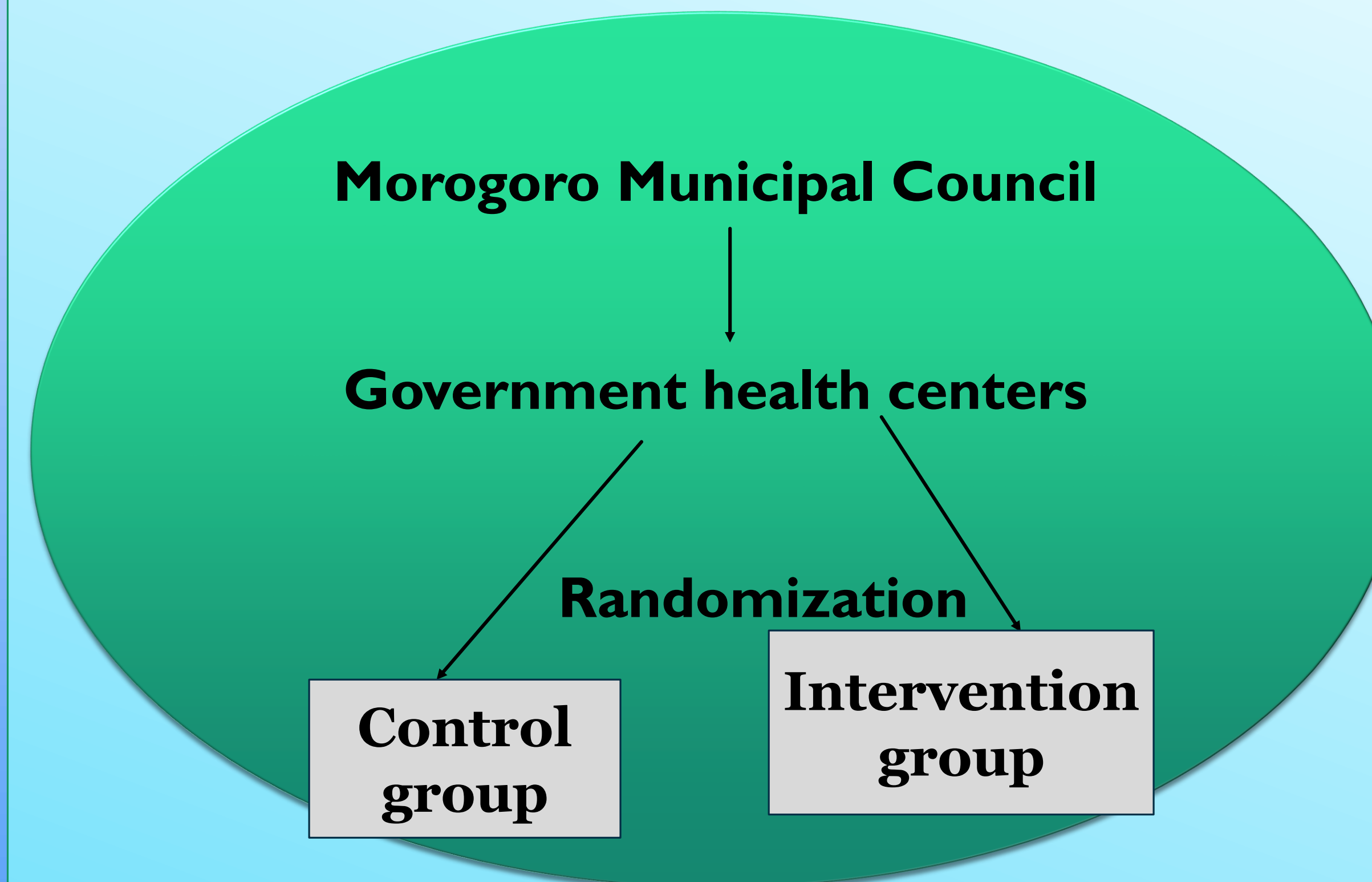


METHODOLOGY

Randomized control study`

Ethical approval MUHAS IRB and Morogoro regional authorities

Eligibility criteria Expectant women up to 5 months into their pregnancy who possess a mobile phone capable of sending and receiving text messages.



Data collection

- Three phases (one month interval)
- Pre evaluation of knowledge on Oral disease prevention and treatment options
- Oral health education
- Oral examination
- Oral health incentive provision

Data analysis plan

- SPSS version 25
- Descriptive analysis
- Multivariate analysis (Chi Square, Paired and independent sample t-test)
- p-value ≤ 0.05 (significant)

INTERVENTIONAL PUSH SMS

“Hi, to have good oral health and fresh breath you must brush your teeth twice a day using fluoridated toothpaste, after breakfast and before bedtime. Please do not rinse your mouth after brushing. Avoid sugary foods, snacking between meals and rinse your mouth vigorously after every meal, Do not forget to visit a dental clinic near you at least twice a year for dental checkups. If your gums bleed when you brush please report this to a dentist. Please use recommended amount and size of fluoridated toothpaste in your baby’s mouth”

CONCLUSION

- Scalability and cost effectiveness of Push SMS makes it a sustainable tool for oral health promotion.
- Evidence based findings of this study can be used to advocate incorporation of mandatory dental clinic visits for expectant women in their monthly RCH.

REFERENCE

