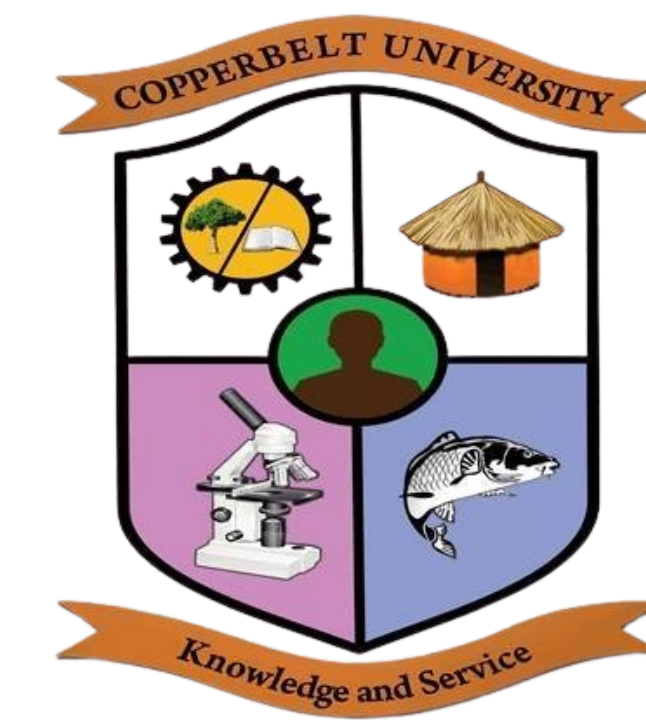


PROMOTING AWARENESS ABOUT PERIODONTAL DISEASES AMONG PREGNANT WOMEN IN NDOLA (ZAMBIA)



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References

Introduction

Periodontal Disease is a chronic, inflammatory process of microbial origin that affects the tooth supporting structures of the teeth; leading to their destruction. A substantial proportion of pregnant women suffer from periodontal disease globally. According to a comprehensive review and meta-analysis by Chen up to 40% of pregnant women globally, have periodontitis.

Periodontal Disease is an important risk factor for Adverse Pregnancy Outcomes (APOs) among expecting mothers such as Preterm birth and Low birth weight. The relationship between Maternal Periodontitis and Adverse Pregnancy Outcomes is essential as low Birth Weight and Preterm Birth are major causes of infant death. Despite this, Periodontal Diseases are Preventable and hence a Public Health Concern. Research has shown that increased Awareness of this Relationship among the Female gender, Dental Practitioners and Gynaecologists can Prevent APOs.

Objective

To assess knowledge, attitude, and practices towards periodontal disease among pregnant women attending antenatal clinic at Ndola Teaching Hospital, Zambia. Carry out Oral Health Education to mothers focusing on: What periodontal (gum) disease is, How to prevent it and Encouraging regular dental check ups.

Conclusion

By promoting awareness and fostering positive attitudes, these programs play a crucial role in improving oral health outcomes and overall well-being within the community. Further efforts in this direction are warranted to sustain and amplify these positive effects.

Methodology

A pre-survey questionnaire was administered to the pregnant women at the Clinic with Sections of Knowledge, Attitude, and Practices. After this an Oral Education talk was given and the same questionnaire was administered to assess Knowledge levels after the talk. Data was entered into SPSS software and analysed.

Results

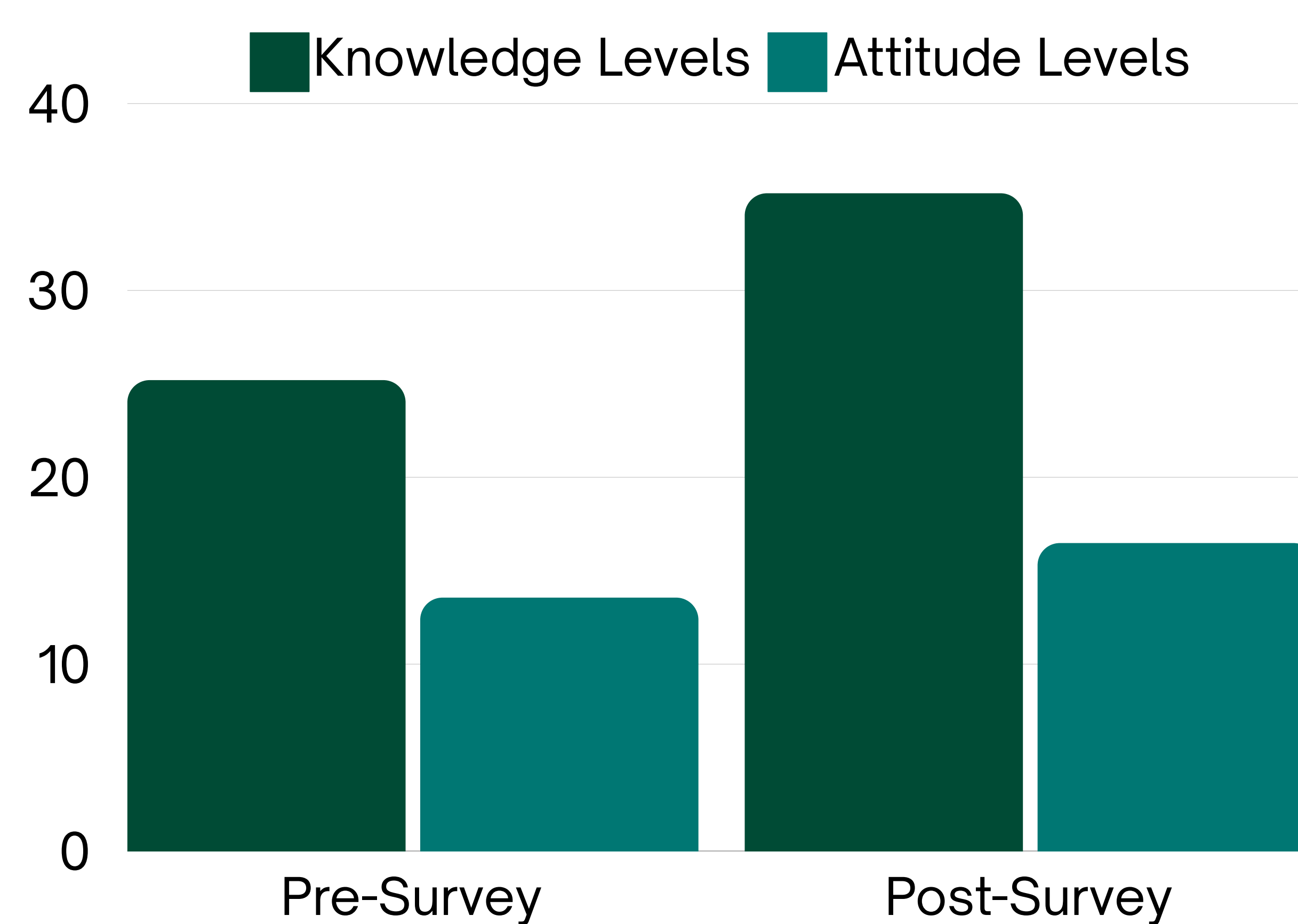
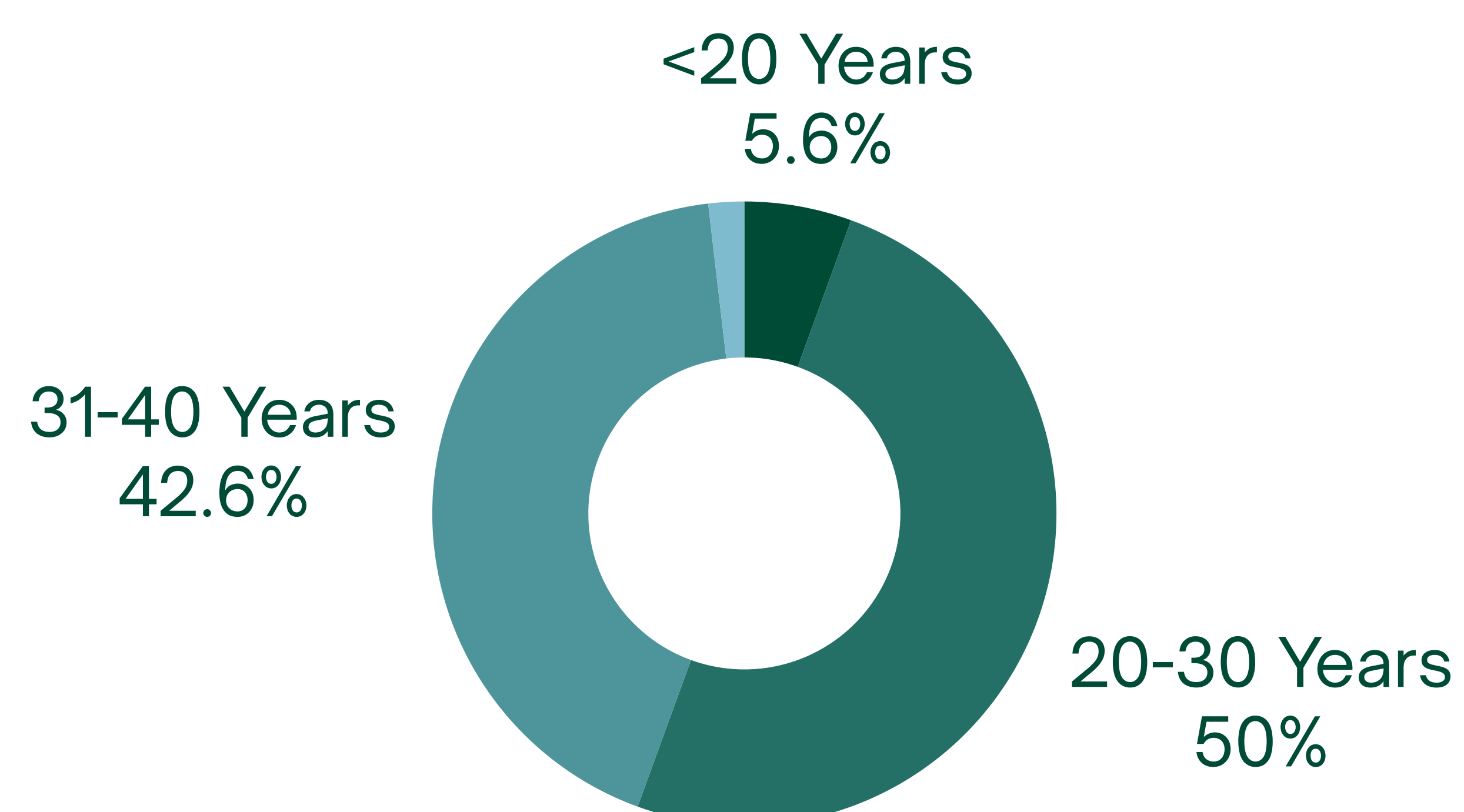
Data was collected from 53 respondents. Fifty percent of the participants were aged between 20 and 30 years, with the majority (43%) also having attended tertiary education.

There was an overall increase of 10% in the participants' knowledge of periodontal diseases among pregnant women. Similarly, attitudes towards periodontal diseases among pregnant women saw a 2.92% increase among the participants.

Discussion

The study underscores the profound influence of educational initiatives on the understanding, perspectives, and potentially, behaviors concerning periodontal diseases among pregnant women in Ndola, Zambia.

Such programs serve as pivotal tools in shaping attitudes and fostering positive practices within the community toward this critical health issue.



Paired Samples Statistics

	Mean	N	Standard Deviation
Pre-Survey Attitudes	6.78	41	1.589
Post-Survey Attitude	8.24	41	0.538
Pre-Survey Knowledge	12.58	36	2.523
Post-Survey Knowledge	17.61	36	0.994