ABSTRACT

Background: Oro-dental problems qualify as major public health problem owing to their higher prevalence and significant impact on overall health both physically and mentally.

Besides the oral implications of periodontal disease in pregnant women some of the problems arise when women is giving birth to that child, she might experience pre term birth, premature baby having low birth Weight.

Objective: The main objective of the study was to assess oral health of pregnant women and determine the differences in knowledge perceptions and practices before and after intervention, using constructs of health belief model as a framework.

Methods: Current study was conducted Pre and Post TEST interventional /experimental design.

Dental health education intervention was delivered in mothers and demonstrated, after pre-test was done .written information, brochures, practical demonstration and videos were shared with each group of patient for 10 to 15 minutes. After 8 weeks of intervention knowledge and practices of the participants was tested again.

Results: The current study revealed prevalence of periodontal issue among mothers during pregnancy is almost 75% percent which is very high in case of bleeding from gums. There was significant difference in perceived susceptibility 80% believed at pre-test level that it is not important to visit dentist during pregnancy which declined to 21% after intervention,.24% believed that Oro-dental care is not important during pregnancy and 92% believed that it has no effect on either mother or child health, significant difference was recorded at post-test in both , 73% and 25% respectively. Perceived benefits, threats showed significant difference after intervention, self-efficacy, and cues to action showed slight difference after intervention and insignificant results in case perceived barriers.

Conclusion: It is concluded that education does change the perceptions of mothers about oral diseases and prevention and pregnancy is the best time for intervening the mothers to guide them about their oral health importance and their child.