

Preventive and Self Care Training in Pregnant Women to Improves Knowledge, Attitude, and Practice



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Introduction

Special attention to pregnant women as a group of productive community can be implemented by conducting effective dental health promotion. This promotion can be done by conducting trainings. It has been proven that trainings can provide effective results in improving the knowledge, attitude and practice. Knowledge, attitude and practice of dental health of pregnant women in Bandung City and Bandung District showed a lack of knowledge as well as poor attitude and practice in dental health care.

The objective of this program is to improve the knowledge, attitudes and practices in the field of dental health care.

Results

The results of the training shows that preventive care and self care methods can improve the percentage of knowledge, attitudes and preventive practice through self report of plaque, calculus, cavities and gum swelling.

Preventive care method and self care by providing books, can only improve some dental health care practices, those are to check the condition of the teeth at least once and perform dental fillings and calculus cleaning during pregnancy.

Percentage of result pre and post training and book provision described in beside charts.

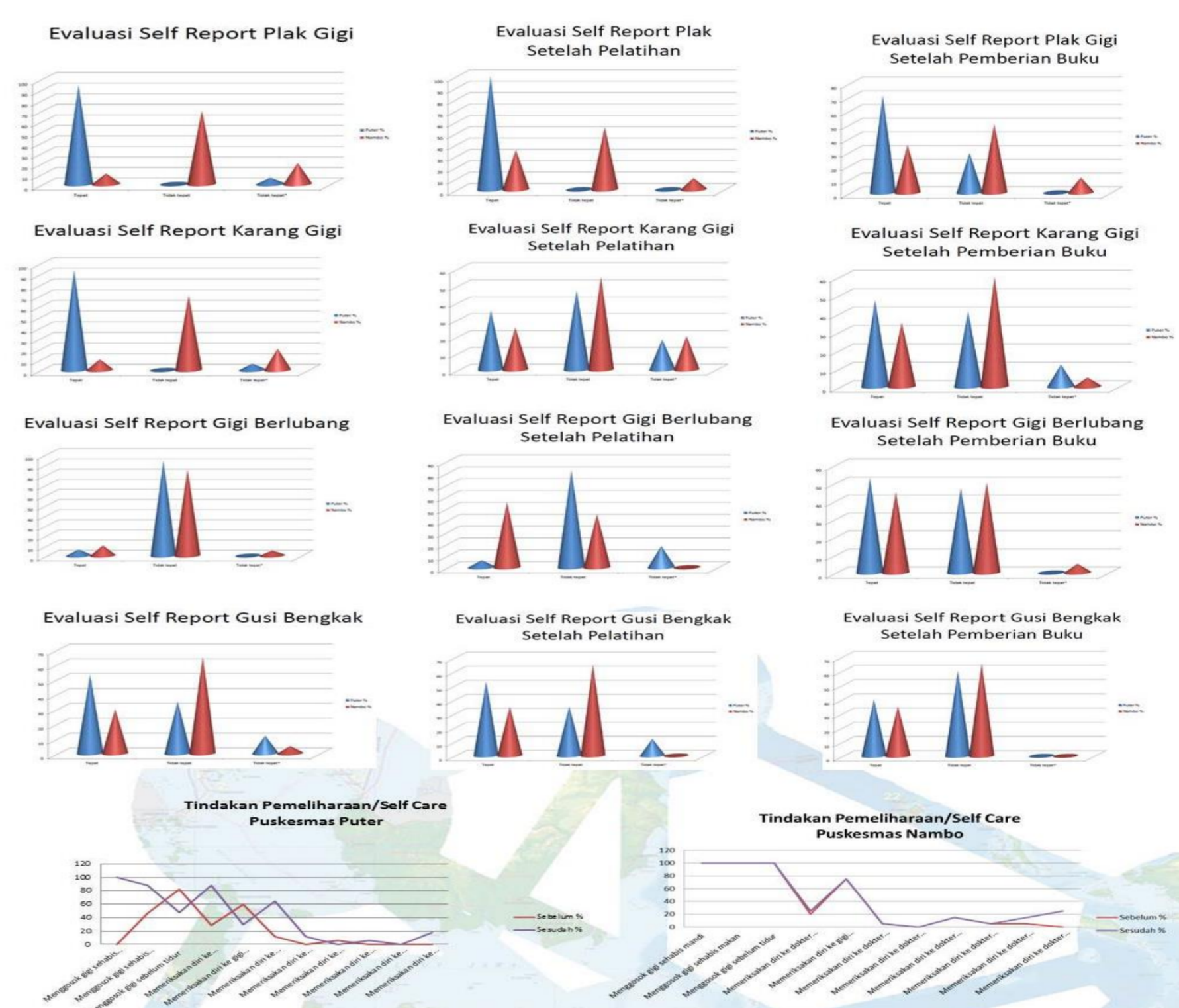
Methods

The method used is the promotion of oral health in the form of training on the prevention of illness (preventive care) and maintenance of self (self care).

The training begins with the learning based on self problems by checking the condition of the teeth using a mirror and chopsticks assistance (problem based learning), then reported in a self-report form.

The next phase is the provision of books for reinforcing the results.

The assessment of goal achieving is done by conducting a pretest and posttest of self report compared to the results of examination by a team of dental health problems and giving action checklist action.



Discussion

To improve the ability of plaque detection, the pregnant women were given pocket book after training, The decrease of their capability in detecting the plaque means that there is still inconsistency of the knowledge to detect dental plaque. Therefore a reinforcement of knowledge about how to detect dental plaque is needed.

Training which was followed by book provision is very useful in improving the knowledge and the ability to detect calculus in pregnant women. Calculus is formed by dental plaque which has been remineralized, and it must be removed from the teeth, because the bacteria existing in calculus can cause periodontal diseases.

Early detection caries ability showed an improvement after the respondents were given a pocket book. It can be seen in table (more than a half of all respondent scan detect dental cavities. Meanwhile in Puskesmas Nambo there is 10% decrease of the ability to detect

dental cavities. It means that the knowledge must be reinforced in order to build a consistent ability of dental cavities detection. Dental cavities detection is very important in pregnant women, because dental caries will grow faster in pregnant women, so that the level of acidity in oral cavity is high.

Gum swelling detection ability needs to be improved. It is important to improve the ability because gum swelling is the simplest detection that can be done by pregnant women as an effort to prevent gum diseases, so that they can improve their health condition entirely, both for the mothers and the babies.

The conclusion of this program is preventive care and self care methods by conducting training can increase the percentage of knowledge, behavior and practice through self-report on plaque, calculus, dental cavities and gum swelling.

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