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Oral Health Knowledge, Practices, and Dental Complaints among Pregnant Women Attending Antenatal Clinic at a Tertiary Health Institution, North Central, Nigeria

Connaissances, Pratiques et Plaintes Bucco-dentaires Chez les Femmes Enceintes Suivant des Consultations Prénatales dans un Établissement de Santé Tertiaire du Centre-Nord du Nigeria

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ABSTRACT

BACKGROUND: Oral health is of great importance during pregnancy because the hormonal changes during pregnancy affect oral and dental health.

OBJECTIVES: To evaluate participants' oral health knowledge and practices during pregnancy in order to provide appropriate oral health practice recommendations at the Federal Medical Centre, Makurdi.

METHODS: The study employed a cross-sectional descriptive method to collect data from 96 women who attended ANC on World Oral Health Day. Data was analysed using SPSS version 20.

RESULTS: The age range of the participants was 18–43 years, and the mean age was 29.1 ± 5.5. Most participants (95.80%) brushed daily; 32.61% brushed for about two minutes, while 39.13% brushed twice a day. More than half of the participants (56.52%) were aware that they should change their brush every three months, and 36.96% brushed from top to bottom. Less than half of the participants (16.70%) had seen a dentist in the past, and the reason was mostly because they had a dental complaint (75%). Thirty-three percent (33.30%) reported having a dental complaint at the current visit, of which only 37.0% sought proper dental care. Fifty-two percent (52.08%) of the participants had a good level of oral healthcare knowledge and practices. Participants' educational level, occupation, religion, monthly income, and visits to the dentist significantly affected their level of oral health knowledge and practices.

CONCLUSION: From this study, more than half of the participants had a good level of oral healthcare knowledge and practices. However, the study observed that the participants showed poor compliance with the recommended protocol.

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KEYWORDS: Antenatal care, Dental complaints, Knowledge, Oral health, Practices.

RÉSUMÉ

CONTEXTE: La santé bucco-dentaire revêt une grande importance pendant la grossesse car les changements hormonaux qui s'opèrent pendant la grossesse affectent la santé bucco-dentaire.

OBJECTIFS: Évaluer les connaissances et les pratiques en matière de santé bucco-dentaire des participantes pendant la grossesse afin de fournir des recommandations appropriées en matière de santé bucco-dentaire au Centre médical fédéral de Makurdi.

MÉTHODES: L'étude a utilisé une méthode descriptive transversale pour collecter des données auprès de 96 femmes qui ont participé à la Journée mondiale de la santé bucco-dentaire. Les données ont été analysées à l'aide de SPSS version 20.

RÉSULTATS: L'âge des participantes était compris entre 18 et 43 ans, avec une moyenne de 29,1 ± 5,5 ans. La plupart des participantes (95,80 %) se brossaient les dents quotidiennement ; 32,61 % se brossaient les dents pendant environ deux minutes, tandis que 39,13 % se brossaient les dents deux fois par jour. Plus de la moitié des participantes (56,52 %) savaient qu'elles devaient changer de brosse tous les trois mois, et 36,96 % se brossaient les dents de haut en bas. Moins de la moitié des participantes (16,70 %) avaient consulté un dentiste par le passé, et la raison en était principalement une plainte dentaire (75 %). Trente-trois pour cent (33,30 %) ont déclaré avoir une plainte dentaire lors de la visite actuelle, dont seulement 37,0 % ont consulté un dentiste. Cinquante-deux pour cent (52,08 %) des participantes avaient un bon niveau de connaissances et de pratiques en matière de santé bucco-dentaire. Le niveau d'éducation, la profession, la religion, le revenu mensuel et les visites chez le dentiste des participantes ont eu un impact significatif sur leur niveau de connaissances et de pratiques en matière de santé bucco-dentaire.

CONCLUSION: D'après cette étude, plus de la moitié des participantes avaient de bonnes connaissances et pratiques en matière de santé bucco-dentaire. Cependant, l'étude a montré que les participantes présentaient un faible respect du protocole recommandé. WAJM 2024; 41 (5): 575 - 582

MOTS-CLÉS: Soins prénataux, Plaintes dentaires, Connaissances, santé bucco-dentaire, Pratiques.

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Abbreviations: ADA: American Dental Association; FMC: Federal Medical Centre