

EDUCATION AND DENTAL - ORAL HEALTH EXAMINATIONS FOR PREGNANT WOMEN AT THE KAMPUNG SAWAH HEALTH CENTER, CIPUTAT, SOUTH TANGERANG

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ABSTRACT

Oral health of the pregnant mother affects the condition of the baby it contains. Pregnant women who suffer from periodontal infection are at risk of giving birth to babies with low birth weight and are premature. Early pregnancy usually pregnant women experience lethargy, nausea and sometimes until vomiting. The aim of this community service activity is to gain knowledge about the importance of maintaining dental and oral health in pregnant women as well as increasing public knowledge and awareness about procedures for proper and correct brushing of teeth in the Kampung Sawah Community Health Center area, Ciputat, South Tangerang. This research used the counseling method and used questionnaires on 35 pregnant women, aged 20 - 35 years. The initial outreach activity was carried out by explaining and distributing brochures about the symptoms of caries, causes of caries, tips for preventing caries, simulating the correct way to brush teeth, holding a question-and-answer session regarding dental and oral health problems in pregnant women. The conclusion of this paper is that dental and oral health checks must be carried out regularly, both when you feel sick and when there are no complaints.

Keywords: Health, pregnant women, teeth and mouth

1. INTRODUCTION

Health for human including pregnant woman is the most important part of human life, physically and spiritually healthy and related each other.¹ To achieve optimal dental and oral health in toddlers and pregnant women, regular care must be carried out. Treatment can be started by paying attention to food consumption, cleaning plaque and food residue by brushing teeth regularly and correctly, cleaning tartar, filling cavities and extracting teeth that can no longer be maintained. The oral health of pregnant women affects the condition of the baby they are carrying.^{2,3}

It is very common for pregnant women to experience teeth and mouth problems during pregnancy, including hypersalivation (excessive saliva), cavities, gum bleeding, gingivitis (inflammation of the gums). Dental and oral problems in pregnant women often occur, this tends to be ignored, both by sufferers and by doctors or midwives. If dental and oral problems are not felt to be a nuisance, pregnant women usually do not complain to the doctor or midwife who is examining their pregnancy. Prospective mothers tend to care more about the health of their fetus and the pregnancy itself, thereby neglecting dental and oral health. Measuring dental and oral hygiene is an effort to determine the state of a person's dental and oral hygiene.⁴

Generally, an index is used to measure oral and dental hygiene. Index is a number that shows the clinical condition obtained during an examination, by measuring the area of the tooth surface covered by plaque or calculus, thus the number obtained is based on an objective assessment. To measure dental and oral hygiene, an index known as the Oral Hygiene Index Simplified (OHI-S) can be used. This figure is obtained by adding up the Debris Index (DI) and Calculus Index (CI).⁵

During pregnancy, pregnant women will experience physical changes, hormonal and behavioral changes occur in pregnant women. These things also affect the condition of their teeth and mouth. During pregnancy, expectant mothers often experience complaints about their teeth and mouth.⁶

The aim of this community service activity is to gain knowledge about the importance of maintaining dental and oral health in pregnant women as well as increasing public knowledge and awareness about procedures for proper and correct brushing of teeth in the Kampung Sawah Community Health Center area, Ciputat, South Tangerang.

2. METHODS

This research used the counseling method and used questionnaires on 35 pregnant women, aged 20 - 35 years in the Kampung Sawah Community Health Center area, Ciputat, South Tangerang.

3. RESEARCH RESULT

Counseling on caries prevention and simulations on how to brush teeth properly and correctly for pregnant women at the Kampung Sawah Health Center, Ciputat, South Tangerang. The initial outreach activity was carried out by explaining and distributing brochures about the symptoms of caries, causes of caries, tips for preventing caries, simulating the correct way to brush teeth, holding a question-and-answer session regarding dental and oral health problems in pregnant women, and then ending with the distribution of tooth brushes and toothpaste.

4. DISCUSSION

Pregnancy causes hormonal changes which have an impact on the dental and oral health of pregnant women from the first to third trimester. This condition affects the dental and oral hygiene of pregnant women. According to the Indonesian Ministry of Health (1995), the symptoms that appear in the trimester of pregnancy are: ⁴

Trimester I (pregnancy period zero to three months)

During this period, pregnant women usually feel lethargic, nauseous, and sometimes even vomit. This feeling of nausea and vomiting causes an increase in acidity in the mouth. Coupled with an increase in plaque due to laziness in maintaining dental hygiene, tooth decay can quickly occur. During pregnancy there are changes in maintaining oral hygiene which can be caused by feelings of nausea and vomiting, feeling afraid when brushing your teeth because of bleeding in the gums or the mother being too tired from pregnancy, which causes pregnant women to be lazy about brushing their teeth. This situation will automatically increase the buildup of plaque, thus worsening the level of dental and oral hygiene of pregnant women.

Trimester II (pregnancy period three to six months)

During pregnancy, women sometimes still feel the same as during the first trimester of pregnancy. Apart from that, this period is usually the time when hormonal changes occur which can cause abnormalities in the oral cavity, including inflammation of the gums, their color being reddish and bleeding easily, especially when brushing your teeth; lumps appear on the gums (between the two teeth), especially those facing the cheeks. In this situation, the color of the gums becomes purplish red to bluish red, bleeds easily and the teeth feel loose, and can enlarge until they cover the teeth.

Third trimester (six to nine months of pregnancy)

Swelling of the gums above reaches its peak in the seventh and eighth months. Pregnancy can affect dental and oral health. This situation occurs because: ¹⁰ There is an increase in levels of the hormones estrogen and progesterone during pregnancy, which is associated with an increase in the amount of plaque attached to the surface of the teeth. Oral hygiene tends to be neglected due to nausea and vomiting in the morning (morning sickness), especially during early pregnancy. Even though pregnant women experience various disorders, pregnant women are still obliged to maintain the health of their teeth and mouth. So that pregnant women avoid dental and oral diseases during pregnancy, it is recommended to do the following: Brush your teeth properly, correctly and regularly.^{3,7}

pregnant women can experience premature delivery, low birth weight baby, pre-eclampsia, gingival tissue ulcerations, pregnancy granuloma, gingivitis, pregnancy tumors (epulis gravidarum), loose teeth, mouth dryness, and dental erosions.^{8,9}

To maintain oral and dental hygiene, pregnant women are also advised to use toothbrush aids such as tongue brushes, interdental toothbrushes, mouthwash, toothpaste containing fluorine and dental floss. The use of

mouthwash is recommended for pregnant women according to the indications.⁹ The use of mouthwash must be under the supervision and instructions of a dentist so that it does not cause side effects, such as tooth staining and disruption of the balance of the normal flora of the oral cavity. Consume nutritious and balanced foods.^{5,6}

A pregnant mother is strongly encouraged to consume balanced nutritious food in accordance with the guiding principles of balanced nutrition or nutritional adequacy rates, so that she has good immune system and can protect her fetus so that it can grow and develop healthily and perfectly. Avoid sweet and sticky foods.^{5,6,9} Nutrition during pregnancy is very important for general health and oral health for both the mother and the baby. Baby's tooth development during pregnancy starts at the 5th and 6th weeks.¹⁰

Education for pregnant women at the Kampung Sawah Community Health Center, Ciputat, South Tangerang regarding how to maintain healthy teeth and mouth from before pregnancy, during pregnancy and maintaining healthy teeth and mouth in children as well as how to brush their teeth properly and correctly. It is carried out using visual media in the form of leaflets and models of teeth and toothbrushes and the indicator of success is that pregnant women can understand the importance of maintaining healthy teeth and mouth during pregnancy and also maintaining healthy teeth and mouth in children.

The conclusion of this paper is that dental and oral health checks must be carried out regularly, both when you feel sick and when there are no complaints. In fact, ideally, a dental and oral health examination should be carried out if someone is planning or expecting a pregnancy, so that when she becomes pregnant her dental and oral health is in good condition. If a pregnant woman experiences complaints about her teeth and mouth, dental examination and treatment must be done as soon as possible in order to prevent more serious dental and oral disease.





Figures 1. dental and oral education and counseling program (A-C), leaflet of dental and oral education (D)

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