

ABSTRACT

Introduction: Gingival and periodontal changes during pregnancy are well known. The vascular and hormonal changes in pregnancy induce new periodontal disease or aggravate the existing disease in a pregnant mother. Periodontal diseases are documented to increase the risk of adverse pregnancy outcomes.

Objective: The purpose of the current study was to determine the oral hygiene status, gingival status, and knowledge on periodontal diseases among pregnant mothers attending antenatal clinics in Piliyanadala MOH area.

Method: This was a descriptive cross-sectional study that recruited 576 pregnant mothers in second and third trimesters of pregnancy, attending antenatal clinics in Piliyandala MOH area. The multistage cluster sampling method was utilized with Probability Proportionate to Size technique to recruit pregnant mothers from each of the six antenatal clinics. Systematic sampling was used to select mothers from each antenatal clinic. A pre-tested interviewer administered questionnaire and a pre-tested oral examination sheet were used for data collection. The collected data were entered into SPSS version 21. The mean, median, and percentages were calculated to describe the data. The chi-squared test was used to analyze the associations between variables.

Results: Results of the study showed that 61.6% of pregnant mothers had poor oral hygiene status, 66% of them had moderate to severe gingivitis, Nearly 67% had poor knowledge on periodontal diseases. 47.7% of pregnant mothers did not know that there was a higher risk of periodontal diseases during pregnancy. Only 39.4% of pregnant mothers identified plaque as the primary aetiological factor for periodontal diseases. A statistically significant association between knowledge on periodontal diseases and oral hygiene status was evident ($p = 0.009$). The association between knowledge on periodontal diseases and gingival status was also found to be statistically significant ($p = 0.011$) at a 95% confidence level.

Conclusions & Recommendations: Most of the pregnant mothers in the sample had poor oral hygiene, moderate to severe gingivitis, and poor knowledge of periodontal diseases. The results of the current study can be utilized for planning oral health promotion programmes for pregnant mothers in Piliyandala MOH area.

Keywords: Oral hygiene status, Gingival status, Knowledge on periodontal diseases, Pregna