

Dentist's knowledge in oral hygiene instructions to prevent gingivitis in the pregnant women

Devy Firena Garna*), Amaliya*, Gilang Yubiliana**

*Department of Periodontology Faculty of Dentistry Universitas Padjadjaran, Bandung

**Department of Public Health Faculty of Dentistry Universitas Padjadjaran, Bandung

ABSTRACT

The relation between pregnancy and periodontal inflammation has been recognized for many years therefore it is important to maintain and promote oral health during pregnancy. The aim of this research is to evaluate dentist's knowledge in oral hygiene instructions in preventing gingivitis in the pregnant women. The research was conducted a survey of 40 general dentists in West Bandung District. The survey was done by distributing forms of questionnaire sent by mail or by telephone interview, and by asking the dentists about their knowledge in oral hygiene instructions regarding the dental care for pregnant women. All of the respondents agreed that oral health during pregnancy was important and therefore it was important to give the Oral Hygiene Instructions (OHI) to the pregnant patients. Two-thirds of dentists (63.8%) agreed that to do scaling was safe, 36.2% of the respondents doubted if Chlorhexidine mouthwash was safe for the use in pregnant women. Almost half of the dentists (57.4%) were doubtful that there was a relationship between periodontitis and preterm birth or low weight birth rate. Dentists as one of providers of prenatal health care already realized how important it is to keep oral health during pregnancy; however, they doubted if there was a relationship between periodontitis, pre-term birth and low weight birth rate and the safety of using chlorhexidine as an antimicrobial agent during the pregnancy. Providing up to date information and continuing education for dentist's knowledge in order to prevent gingivitis during pregnancy.

Key words: Oral hygiene instructions, gingivitis, pregnancy

ABSTRAK

Hubungan antara kehamilan dan inflamasi periodontal telah diketahui beberapa tahun terakhir, oleh sebab itu sangat penting untuk memelihara dan meningkatkan kesehatan rongga mulut selama masa kehamilan. Tujuan dari penelitian ini adalah untuk mengevaluasi pengetahuan dokter gigi mengenai OHI dalam mencegah gingivitis pada wanita hamil. Survey dilakukan kepada 40 dokter gigi yang berpraktek di wilayah Kabupaten Bandung Barat. Formulir kuesioner didistribusikan melalui pos ataupun wawancara baik melalui telepon dan bertemu langsung, dokter gigi ditanyakan mengenai pengetahuannya tentang OHI yang berhubungan dengan pemeliharaan gigi pada wanita hamil. Seluruh responden setuju bahwa kesehatan rongga mulut selama masa kehamilan penting, oleh sebab itu penting untuk memberikan OHI kepada wanita hamil. Sebanyak 63,8% dokter gigi setuju bahwa perawatan skeling aman

*)Correspondence author: Devy Firena Garna, Department of Periodontology Faculty of Dentistry Universitas Padjadjaran Jl. Sekeloa Selatan No. 1 Bandung, West Java-Indonesia, Tel./Fax: +6222-2504985/2532805, Email:devy_fg@unpad.ac.id

dilakukan, 36,2% responden meragukan bahwa obat kumur Chlorhexidine aman digunakan pada wanita hamil. Hampir setengah dari responden dokter gigi (57,4%) meragukan bahwa ada hubungan antara periodontitis dengan kelahiran prematur dan berat bayi lahir rendah. Simpulan. Dokter gigi sebagai salah satu penyedia pemelihara kesehatan pre natal telah menyadari bahwa betapa pentingnya untuk menjaga kesehatan rongga mulut selama masa kehamilan, meskipun mereka masih meragukan adanya hubungan antara periodontitis, kelahiran prematur dan berat bayi lahir rendah dan keamanan untuk menggunakan chlorhexidine sebagai agen antimikroba selama masa kehamilan. Pengetahuan dokter gigi dapat diperkuat dengan selalu menyediakan informasi terkini dan melanjutkan pendidikannya dalam rangka upaya mencegah gingivitis selama masa kehamilan.

Kata kunci: *Instruksi kebersihan rongga mulut, gingivitis, masa kehamilan*