

Effectiveness of Instructional Program Regarding Health Protective Behaviors for Women with Gestational Diabetes on Pregnancy Outcome in Primary Health Care Centers and Maternity Hospital at Baghdad City

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Abstract

Background:- Diabetes is a chronic disease in which pregnant with gestational Diabetes require lifelong health Protective Behaviors for Effective on Pregnancy Outcome

Methods: descriptive research design group Pre test used to determine the Effectiveness of Instructional Program Regarding Health Protective Behaviors for Women with Gestational Diabetes on Pregnancy Outcome in Primary Health Care Centers and Maternity Hospital at Baghdad City.

Methodology: descriptive research -I study conducted from 17th October 2020 to 30th January 2021, purposive sample Consisted of 50 pregnant women with gestation diabetic were selected from (4) primary health centers, and tow from Al karkh department, and another Two from Al Rusafa in Baghdad City. And selected from (4) Maternity Hospital Two from Al karkh department, and another Medical City Department.

Results : The present study reports that the highest percentage (29%) of study sample is at age group ranging between (40 – 44) years old, with mean and SD = 32.38±7.22 years) the study sample was graduated from Secondary school graduate, while the lowest percentage (9%) were Neither read nor write This result was in agreement by a study who reported that a majority of pregnant women (65.5%) indicated that pregnant women should receive on the education and The highest percentage (30%) of study sample was government of self employed while the lowest percentage (16 %) of study sample were .

Keywords: *Instructional Program Regarding, Behaviors, Women , Diabetes Pregnancy*

Introduction

Diabetes has become a global pandemic because of sedentary health behaviors, urbanization, and increasing incidence of obesity. Prevalence of diabetes is on the rise in developing countries such as India and China. As the incidence of diabetes is rising in epidemic proportion ¹ more women of childbearing age are at increased risk of diabetes during pregnancy. In fact, a high prevalence of gestational diabetes mellitus (GDM) of the order of 18% has been reported from India. agreed with (1) Women with GDM are at high risk for developing

diabetes later in life. Thus, GDM provides a unique opportunity to study the early pathogenesis of diabetes and to develop interventions to prevent the disease. Abnormal metabolic environment due to hyperglycemia has a profound impact on maternal and fetal outcome. Indians belong to higher risk ² for developing diabetes due to their ethnicity agreed with (2) The present study was conducted to determine the effect of the health behaviors of pregnant women with gestational diabetes and the outcome of pregnancy in the city of Baghdad, Iraq

Cont... Table (1) Assesment of Protective Health Behaviors related Pregnant Women with Gestational Diabetes in Pretest and Post test among. (n=50)

1	Personal hygiene	15.76	59.23	NR	2,47	82.57	M
2	Dental care for Pregnant Women with Gestational Diabetes	1.78	59.54	NR	2.4	80	M
3	Feet care for pregnant women with gestational diabetes domain.	1.74	58.38	NR	2.74	79.78	M
4	Nutrition for pregnant women with gestational diabetes domain	1.78	59.5	NR	2.03	77.6	M
5	Sleep and Rest for women with gestational diabetes domain	1.77	59	NR	9.86	81.98	M
6	Exercises for women with gestational diabetes domain	1.71	60.28	NR	2.34	77.6	M
7	Follow Up Medical management for women with gestational diabetes domain	2.03	68.2	L	2.4	79.8	M
8	Follow-up self-pregnant women with gestational domain	1.85	59.77	NR	2.33	78.99	M

F = Frequency, % = Percentage, GMS= Mean Score, Ass.= Assessment, n= Number of sample, R.S = Relative Sufficiency, No response (NR)< 66.66 , low (L) = 66.66 – 77.76, Moderate (M) = 77.77 – 88.88, High (H) = 88.89 – 100

Table (1) show that is G.MS mean scores with No Response Relative Sufficiency (R.S) in all items of Protective Health Behaviors related for Pregnant Women with Gestational Diabetes before implementation, while there are moderate level of grand **mean score** and relative sufficiency in all items after implementation program

Table(2): Differences between (pretest and Posttest two) Variables for overall domains health Protective behavior among pregnant women with gestational diabetes (N=50).

Paired Sample Test								
Pre- Post Test	PairedDifferens					t	df	Sig. (2-tailed)
	Mean	Std. Deviation	Std. Error Mean	95% Confidence Interval of the Difference				
				Lower	Upper			
	-260.04000	1489.06238	210.58522	-683.22685	163.14685	-1.235	49	0.05

t = t-test, df= degree of freedom Sig. =Significant at p-value = ≤ 0.05

Table (2): show That is Significant Differences between pre test observation Health behaviors and post overall domains test periods While there are No Significant Differences between Post 1 overall domains

and Post 2 overall domains. after the implementation of education program for health protective Behaviors for women with gestational diabetes on their self efficacy and pregnancy outcome.

Table (3): Association between Reproductive Variables and Overall Health Protective Behaviors for Women with Gestational Diabetes among study sample in post test (n=50).

No.	Independent variables: Reproductive Variables	Overall Health Protective Behaviors			df	χ^2 crit
		Post				
		χ^2 obs	p. value.	sig		
1	Age Groups	5.484	0.360	NS	5	11.070
2	Level of Education	0.492	0.998	NS	6	12.592
3	Occupation	0.062	0.995	NS	3	7.815
4	Economic and social status	0.064	0.996	NS	2	5.991
5	Type family	0.295	0.863	NS	2	5.991
6	Gravidarum (No. of pregnancies)	7.352	0.007	NS	1	3.841
7	Parity (No. of deliveries)	10.199	0.037	S	4	9.488
8	Age At First Pregnancy / Years	1.389	0.708	NS	3	7.815
9	Degree of consanguinity between the spouses	0.038	0.846	NS	1	3.841
10	family history of diabetes.	0.038	0.846	NS	1	3.841
11	Personal history of a previous gestational diabetes	0.206	0.650	S	1	3.841
12	Type of delivery	13.018	0.000	S	1	3.841

Table (3) shows that is statistical significant relationship between gravidarum and type of delivery. In posttest there are a statistical significant relationship between overall health behaviors and studied variables (parity, personal history of a previous gestational diabetes and type of delivery), while there are no a statistical significant relationship between overall health behaviors and the rest of reproductive variables.

Conclusion

The result study on based, discussion and critical interpretation of the findings, the researcher concluded the followings : in conclusion gestational diabetic mellitus (GDM) incidence on basis of the health behaviors and self efficacy criteria was common among pregnant women in Iraq.

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Conflict of Interest: None to declare.

Ethical Clearance: “All experimental protocols were approved under the Ministry of Health and carried out in accordance with approved guidelines”.

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