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An investigation of the barriers and facilitators of adherence in relation to amendable risk factors in the primary prevention of cleft lip and palate

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Risk factors of clefts can be divided into two groups; the first group includes modifiable risk factors and the second group includes un-modifiable risk factors. Smoking, alcohol drinking, obesity, vitamins deficiency and teratogenic drugs can be modified by preconception education, health promotion and behavioral modification. As risk factors can be recognized during family planning and prenatal consultations, it has been suggested that prevention of cleft lip and palate start by identifying the modifiable risk factors. Preconception care (PCC) has been recognized worldwide by many health organizations as a crucial strategy for behavioral modification and health promotion at the population level. PCC is a set of interventions aimed to improve woman's preconception wellness and eliminate perinatal risk factors to improve the pregnancy outcomes. To successfully reach its goals, it must be applied before pregnancy. The Centre of Disease Control and Prevention originated preconception care recommendations in 2006 based on a review of published studies. These recommendations planned to achieve the following four goals; ameliorate the behaviors, attitudes and knowledge of the targeted population regarding preconception wellness, assure the delivery of preconception health services to each women of childbearing age, minimizing the risk adverse pregnancy outcomes, minimize disparities in unfavorable pregnancy outcomes. The recommendations emphasize the need for modifications in individual's knowledge, general practitioner clinic, public health programs, health care fund, and also in research work. The study aims are as follows: To probe and investigate the barriers and facilitators affecting adherence to preconception care; and to inform the development of interventions that would increase the delivery and uptake of preconception health behavior advice.

Biography

Dalia Bajabir graduated from King Abdulaziz University, Jeddah, Saudi Arabia in 2007 with a Bachelor's Degree in Dental Medicine and Surgery and has been working there as a Teaching Assistant since 2010. She got a Master's Degree in Prosthodontics from University of Dundee, Scotland in 2014. Currently, she is doing her PhD in Public Health at University of Dundee.

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