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## Knowledge about gestational diabetes mellitus and its risk factors among Lebanese pregnant women

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Gestational diabetes is a current health problem around the world. This study was conducted to assess the knowledge, attitude and practice of pregnant women about gestational diabetes in the Lebanese population. The secondary objectives are to identify predictors of good level of knowledge, attitudes and practice. This is a cross-sectional study conducted from March 1 to August 1, 2018 to assess the knowledge, attitudes and practices of pregnant women in the internal clinics using a questionnaire including a KAP score. The statistical analysis is done using SPSS software version 21. The prevalence of gestational diabetes was 4.5%. The results showed that knowledge is inadequate in 68%, while 85.5% have an adequate attitude and 40% of women had low practices. The overall mean of the women's KAP score was medium ( $30.02 \pm 3.50$ ). The poor performance of the sport per week, smoking and non-achievement of the gestational diabetes test were associated with the low KAP level. There was no significant association between the KAP score and the gynecologist's regular visit or level of education. Women who measured their weight and blood glucose regularly showed a significant association with the KAP score ( $p < 0.05$ ). Linear regression showed that performing gestational diabetes and blood glucose tests increased the KAP score ( $\beta = 0.101$ ,  $\beta = 0.102$ , respectively), despite participants positive attitudes towards lifestyle, knowledge and practice. Regarding lifestyle changes in pregnant women were generally low. Thus, gestational diabetes education of pregnant women leads to better control of the disease.

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