

**“Enhancing Interprofessional
Collaboration and Learning for
Strengthening Primary Health Care”**

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Title	EDUCATION FOR HEALTH: THE IMPACT OF LOW-DOSE HIGH-FREQUENCY HEALTH EDUCATION SESSIONS IN RAISING THE AWARENESS OF PREGNANT WOMEN TOWARDS ESSENTIAL HEALTH EDUCATION DURING PREGNANCY, EXPERIENCE FROM RURAL AREA IN SAUDI ARABIA
Type	Oral Presentation <i>Community-Based Education for Health and Social Care Students</i>
1st Author	REYAM AHMED
Co-Authors	Elhadi Ibrahim Miskeen
Country	SAUDI ARABIA
Abstract N ^o	TUFH826
Content	<p>Introduction: Antenatal care (ANC), which includes appropriate counselling and education, is an essential part of caring for women throughout their pregnancy. This research conducted to assess the impact of a low-dose high-frequency (LDHF) health education sessions during ANC in raising the awareness of pregnant women towards essential health issues during pregnancy. Methodology: Observational analytic study surveyed women who attended for ANC Maternity and Children's Hospital, Saudi Arabia. Data were collected via interviews during their ANC visits. Questionnaires focused on pre- and post-intervention measurements of health education sessions. Data were analysed SPSS and a p-value of .05 indicating statistical significance. Result: Women who attended the routine antenatal clinic were enrolled in this study (N = 308). Approximately half of the women had a university degree (57.5%) and were more than 30 years old (50.1%). The health education sessions significantly raised women's knowledge about ANC, particularly in terms of breastfeeding, a safe period for travelling, overweight or obesity, smoking, folic acid and timing for ANC (p < .05). Conclusion: Low-dose high-frequency sessions of health education is effective in raising women's knowledge of essential health issues during pregnancy. (LDHF) strategy was recommend to be delivered by the trained providers in a routine ANC. Keywords: Antenatal care, health education, low-dose, high-frequency, maternity, Bisha</p>