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عنوان:

بررسی تاثیر دهان شویه کلرهگزیدین بر روی شاخص های بهداشتی دهان خانم های باردار شهر
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**A Thesis Submitted in Partial Fulfilment of the Requirement for the Specialist
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Title

**An investigation on the effect of Chlorhexidine mouthwash on of oral health
indices of pregnant women in Kerman in 2021**

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چکیده

مقدمه و اهداف: تنوع میکروارگانیزم های دهان بیش از ۴۰۰ نوع و گروه های باکتریایی و قارچی را در برمی - گیرد؛ هرچند که این میکروارگانیزم ها در شرایط خاص به بروز تظاهرات فیزیولوژیک و پاتولوژیک منجر می - شوند. در بارداری به علت تغییر در سطح بار میکروبی، هورمون های استروئیدی، ترکیب و اسیدیته بزاق، تغییرات سلولی و مخاطی بافت دهان و مواد معدنی بافت های سخت، میکروارگانیزم ها تاثیر مشهودی بر سلامت دهان و دندان بجای می گذارند. از سویی پیشنهاد می شود که استفاده از ترکیبات آنتی سپیک و دهانشویه ها می تواند در کاهش پیامدهای سلامت دهان و دندان در دوران بارداری مانند شکل گیری پلاک های میکروبی، التهاب لثه ها، التهاب بافت پریدنتال و... موثر باشد. مطالعه حاضر با هدف بررسی تاثیر دهان شویه کلرهگزیدین بر روی شاخص های بهداشتی دهان خانم های باردار شهر کرمان در سال ۱۴۰۰ انجام شده است.

روش ها: تعداد ۱۲۶ مادر باردار ۱۵ تا ۴۰ ساله با سن بارداری ۱۳ تا ۲۴ هفته که حداقل ۲۰ دندان سالم داشتند به مطالعه وارد شدند و از آموزش چگونگی استفاده از مسواک، نخ دندان و دهانشویه، به دو گروه مورد و شاهد تقسیم شدند. از گروه مورد خواسته شد تا به مدت دو هفته، روزانه دو مرتبه و هر مرتبه ۳۰ ثانیه از دهانشویه کلرهگزیدین ۰/۰۲ استفاده نمایند. سپس مداخله را به مدت یک هفته قطع کرده و مجدداً به مدت ۲ هفته استفاده از دهانشویه را ادامه دهند. داده های دموگرافیک، معاینه دهان و شاخص های پوشش زبان وینکل (WTCI)، شاخص پلاک (PI) و شاخص لثه ای اصلاح شده (MGI) دو گروه شاهد و مورد در روزهای صفر، هفته دوم، هفته سوم و هفته ششم (پایان مطالعه) دریافت شده و داده ها با نرم افزار SPSS 21 و آزمون های مجذور کای، فیشر، t و ANOVA مورد تحلیل قرار گرفتند.

یافته ها: تعداد ۱۱۴ نفر تا پایان در مطالعه باقی ماندند که ۵۹ نفر آنها در گروه شاهد و ۵۵ نفر آنها در گروه

مورد بودند. بین میانگین سنی، سطح تحصیلات و ماه بارداری در دو گروه کنترل و مورد تفاوت معنی داری وجود نداشت ($P > 0/05$). شاخص های MGI و PI در گروه شاهد بیش از مورد دیده شد اما این تفاوت از نظر آماری معنی دار نبود ($P > 0/05$). هرچند که WTCI در گروه مورد از شاهد بیشتر بود اما این اختلاف از نظر آماری معنی نداشت ($P > 0/05$). تحلیل های آزمون ANOVA حاکی از آن بود که کاهش قابل توجهی در نمرات MGI، PI و WTCI در طول شش هفته وجود دارد ($P < 0/05$).

نتیجه گیری: استفاده از دهانشویه کلرهگزیدین، مسواک زدن و استفاده از نخ دندان به مدت ۶ هفته و با تکرار دو بار در روز سبب کاهش معنی داری در شکل گیری پلاک، التهاب لثه و پوشش زبان در زنان باردار نمی-گردد.

کلیدواژه ها: بارداری، شکل گیری پلاک، التهاب لثه، پوشش سطح زبان، دهانشویه، کلرهگزیدین

Abstract

Introduction: The oral microbiome consists of hundreds of micro-organisms that enter the oral cavity via respiration, food and water consumption. Bacteria and fungi colonization may change due to physiochemical changes of oral cavity environment. In pregnancy, changes to pH, connective and epithelial tissues, and minerals concentration results in a higher risk of gingival and periodontal inflammation and plaque formation. The present study was aimed to determine the protective effect of chlorhexidine mouthwash on oral health indices of pregnant women in 2021 in Kerman, Iran.

Methods: Pregnant women aged 15-40 years old who were in 13-24 weeks of their gestational age and had at least 20 healthy teeth, entered the study. They were trained about how to brush their teeth and how to use dental floss and mouth wash properly, then were divided into control and treatment groups. The treatment group used 0.02% Chlorhexidine twice a day, each time rinse with a volume equivalent to 2 teaspoons for 30 seconds. Treatment procedure was as follows: 2 weeks treatment+ 1 week no treatment+ 2 weeks treatment and 1 week no treatment. Data extracted from demographic questionnaire, plaque index (PI), modified gingival index (MGI), and Winkel tongue coating index (WTCI) at day 0, end of week 1, week 2, week 3, and week 6 were analyzed using chi squared, t, fisher's and ANOVA tests, SPSS21.

Results: A total of 126 pregnant women entered the study, however, 114 of them remained in the study and 59 individuals were in control and 55 individuals in the treatment group. There was no significant difference regarding mean age, educational degree, and gestational age between control and treatment groups ($p>0.05$). Although PI and MGI was slightly more prevalent in control group, the difference was not statistically meaningful. WTCI was observed to be higher in treatment group, but this was not a significant difference ($p>0.05$). MGI, PI, and WTCI decreased significantly over the treatment period ($p<0.05$).

Conclusion: Brushing teeth, using dental floss and rinsing with mouthwash twice a day for 6 months did not lead to a significant decrease of PI, MGI and WTCI in treatment group compared to control group.

Keywords: pregnancy, plaque formation, gingival inflammation, tongue coat, mouthwash, Chlorhexidine

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بسمه تعالی

دانشگاه علوم پزشکی کرمان

دانشکده دندانپزشکی

« صورتجلسه دفاع از پایان نامه تحصیلی »

با تاییدات خداوند متعال جلسه دفاع از پایان نامه حسین صمنی راد درجه دکترای حرفه ای در رشته دندانپزشکی تحت عنوان "بررسی تاثیر دهان شویه کلرهگزیدین بر روی شاخص های بهداشتی دهان خانم های باردار شهر کرمان در سال ۱۴۰۰" در دانشکده دندانپزشکی دانشگاه علوم پزشکی به تاریخ ۱۴۰۰/۱۰/۲۰ برگزار گردید. هیات داوران که قبلا پایان نامه ایشان را مطالعه نموده اند، پس از شنیدن دفاعیات و پرسشهای لازم از ایشان نتیجه را به شرح زیر اعلام می کنند. پایان نامه در وضع فعلی مورد قبول است و نامبرده با نمره ۱۸,۳۵ بسیارخوب دریافت نموده است.

امضاء	نام و نام خانوادگی:	هیات داوران
	دکتر مریم السادات هاشمی پور	استاد راهنما
	دکتر شهلا کاکویی	نماینده معاون پژوهشی
		اساتید مدعو
		دکتر شهلا کاکویی
		دکتر بهاره حسینی

مراتب فوق مورد تایید است

رئیس دانشکده دندانپزشکی
دکتر شهریار ایزدکنند ریگی زاده