

University Of Medicine, Pharmacy, Science and Technology “G.E.Palade” of Târgu Mureș

Doctoral School

PhD Thesis Summary

BEHAVIORAL RISK PROFILE ON MATERNAL-FETAL HEALTH OF WOMEN IN MUREȘ COUNTY

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Introduction. Pregnancy is one of the most miraculous and exciting moments in a woman's life, it is the time when a mother-to-child relationship is formed and the maternal instinct develops, but in the same way the behavioral choices that make pregnant during pregnancy can affect the child unborn in various ways. Teratogens include alcohol consumption, poor diet, medication without prescription, exposure to radiation, pollution, and many other things the woman might ingest or expose during pregnancy.

One of the most common risk behaviors in pregnancy is tobacco consumption. Smoking during pregnancy can have harmful effects on the fetus in the uterus, after birth and many years later when the baby grows. The presence of smoking has been linked to many of the complications a healthy woman has during her pregnancy. If the mother smokes during pregnancy, the chances of spontaneous abortion, malformations, a small child at birth, postnatal conditions, etc. are greatly increased. Smoking during pregnancy is also linked to major complications during pregnancy, such as vaginal bleeding, abnormal placental implantation, premature detachment of the placenta, premature delivery, certain congenital fetal defects, and sudden death syndrome. Passive smoking in turn puts the future mother and the fetus at increased risk of health problems, with the risk that they may manifest themselves later in childhood.

Aim. The general objective of this doctoral thesis was to identify the behavioral risk profile for maternal and fetal health of a representative group of women in Mureș County, in order to scan the frequency and list of environmental risk factors with impact on maternal and child health and future of more effective programs of targeted preventive education and perinatal supervision, based on a multidisciplinary network of specific community intervention.

Detailing the maternal-fetal risk profile of a community in relation to socio-demographic, climatic, behavioral, social and medical factors, complemented by a specific protocol of community intervention and continuous supervision of women during the perinatal period, can significantly reduce medical risks for the mother. and child, reducing by supplementing the costs of the medical system and the related social environment.

Material and methods. The surface of Târgu Mureș and neighboring areas covers about one third of the population of Mureș County and our sample evaluated in the first study of this doctoral thesis consisting of 1278 questionnaires surveyed in three maternities in Târgu Mureș represents

a representative weight of 45, 64% of the target population, to identify, determine the prevalence of smoking during pregnancy, and to look at the maternal-fetal risk profile in Mureș smokers.

In the second study, we conducted a survey among pregnant women who presented themselves for prenatal care at 50 general medicine offices (out of a total of 90) in Mureș County, Romania. Of the total of 324 women who presented themselves to family physicians in Mureș, a total of 230 agreed to complete a smoker status quiz and test for the determination of salivary cotinine concentration in both pregnant women, declared smokers as well as self-declared non-smokers with the purpose of identifying passive exposure to tobacco smoke as well as possible false statements about smoker status.

In the third study, we sought to investigate the importance of pregnant women to information on dietary intake, and the application of this information in the lifestyle, in conjunction with the socio-demographic characteristics of the evaluated group, the interest and level of knowledge about possible emerging effects, on the pregnancy, the fetus, and on their own health.

Results and Conclusions. For the purpose of drawing up the maternal-fetal risk profile in a representative group of pregnant women in County Mureș, with the possibility of extrapolating the data at regional and national level, for preventive intervention we have reached the following conclusions connected with the announced objectives:

1. Frequency of smokers in the Mureș region was high:

- specifically in the case of drops, it was 12.9% during pregnancy and another 10.3% before pregnancy, the frequency was 18.5% in pregnant women registered in the family doctors' rooms (thus prenatal)
- In the general population, fertile age was most at risk of smoking and poor diet.

2. The level of knowledge about the health effects of smoking and low fiber diet was unexpectedly low, with an average of 23.1% correct answers. The interest in information on the Internet is high, especially among young women in urban and university settings, and implicitly the risk of keeping and applying wrong information on the Internet. Trust in medical staff is higher in older women, in rural areas and at an average level of education. Smokers, rural women, those with medium and undergraduate education, and the elderly have a lower interest in the sources of information on healthy diet and the risk of smoking.

Informing the public about the importance of avoiding smoking and ensuring a healthy diet and maintaining adequate dietary fiber is essential for promoting healthy eating patterns and preventing non-communicable diseases. Understanding the right ways to search for information about the benefits of diet and the risks of smoking during the perinatal period could play a key role in promoting health behaviors and reducing related pathologies.

Keywords: *pregnancy, lifestyle risk factors, smoking, knowledge*