

## **PS1.044**

### **Receiving preconception care of pregnant women and related factors**

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**Background and Aim:** Preconception care is the provision of medical, behavioral and social health interventions to parents before conception occurs. It provides positive health outcome on antenatal, natal and postnatal periods. However doctors are not interested in preconception care as antenatal care in Turkey. This is one of the significant barrier for mother and infant health. We have not enough researches about receiving preconception care. We aimed to research receiving preconception care and related factors about preconception care among pregnant women.

**Method:** This was a cross-sectional study. Pregnant women (n= 527) recruited at our clinic answered a questionnaire. Data were analyzed with chi-square and student-t tests. Statistical significance level was accepted as  $p<0.05$ .

**Results:** Mean age of pregnant women was  $29.9\pm 6$ . We determined that 45.8% (n=233) of pregnant women, and 17.7% of their husbands received preconception care. 88.8% of pregnant women suppose necessity of receiving preconception care for women, and 69.8% for men. The major factor affecting to receive preconception care was planned pregnancy. To receive preconception care of men, to be university graduates, and to have professional occupation were seen positive factors affecting planned pregnancy. Preconception care ensured by family doctors were analyzed in terms of 5 components of preconception care, and it was seen that the most frequently asked question is about smoking (67.7%) and the least one is about patient's diet (15.8%).

**Conclusion:** The rate of receiving preconception care of parents was low. The level of receiving preconception care was associated with planned pregnancy and high education level of parents. It was shown family doctors do not evaluate the patients in terms of all preconception care components. Family doctors should be supplied to have more knowledge about preconception care before and after graduation. Parents should be evaluated in terms of preconception care together.