



**AMEL DAWOD KAMEL GOUDA**

King Saud Bin Abdul Aziz University for Health Sciences,  
Saudi Arabia

## Effect of Educational Session on Women's Awareness about Dangerous Signs during Pregnancy in Riyadh City

### Abstract:

**Background:** pregnant woman may face the risk of sudden, unpredictable complications called danger signals that could potentially be life threatening to the mother or her fetus. Aim: The study aims to measure the effect of the educational sessions in enhancing pregnant women's awareness of the dangerous signs during pregnancy among pregnant women in Saudi Arabia, Riyadh City.

**Method:** This study used a quasi-experimental design (one group pre and post-test) sample was conducted at maternity clinics in King Abdulaziz Medical City in Riyadh among 96 Saudi pregnant women who will attend 101 clinics in KAMC. A (convenient) sample technique was utilized to select the participants in this study.

**Results:** The results showed that there are significant differences in knowledge level about the danger signs including miscarriage, pre-eclampsia and eclampsia, anorexia, grumping contractions and rupture membranes, burping too much, hydramnios, placenta previa and vaginal bleeding pain were the complications during pregnancy. ( $P$  value  $< .05$ ). And there a non-significant difference in knowledge level about some danger signs including burping too much and hydramnios.

**Conclusion:** the current study findings concluded that health teaching sessions influenced increasing women's knowledge regarding danger signals during pregnancy which will help in early detection & control the dangerous symptoms and complications that may arise during pregnancy progress.

**Recommendations:** The study recommendation that Saudi women should be enlightened about the various adverse outcomes of danger signs of pregnancy. Such health education will play a vital role in early detection and prevent complications.

### Biography

**Dr. Amel Dawod Kamel Gouda** is an esteemed nursing professional, serving as Assistant Professor of Maternal and Newborn Health Nursing at King Saud Bin Abdul Aziz University for Health Sciences, Riyadh, Saudi Arabia, and Associated Professor at Cairo University, Egypt. She also coordinates the Midwifery Master Program at King Saud Bin Abdul Aziz University. Dr. Gouda's expertise in maternal and newborn health nursing is showcased through her research, publications, and engagements in international medical and nursing conferences. She holds a Midwifery license from the Egyptian Ministry of Health and actively contributes to nursing advancement through editorial roles and committee participation.