Women's Perception regarding Warning Signs of Postpartum Period

Thesis

Submitted for Partial Fulfillment for Requirements of
Master Degree in maternity and gynecological Health Nursing

By

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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

قَالُوا

سُبْحَانَكَ لَا عِلْمَ لَنَا

إِلَّا مَا عَلَّمْتَنَا إِنَّكَ أَنْتَ

الْعَلِيمُ الْحَكِيمُ

صدق الله العظيم

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✍ *Amira Hussein*

Dedication

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List of Contents

Chapter (11): Warning signs during postpartum period

Chapter (111): Nursing role to enhance women's perception regarding warning signs of postpartum period

List of Abbreviations

Abbreviation	Full-term
BUBBLE-HE	: Breasts, Uterus, Bowel function, Bladder, Lochia, Episiotomy/Perineum, Homans, Sign and Emotions
BUN	: Blood Urea Nitrogen
DVT	: Deep Venous Thrombosis
GIT	: Gastrointestinal Tract
MMR	: Maternal Mortality Rate
PP	: Post-Partum
PPD	: Post-Partum Depression
PPD	: Post-Partum Period
PPH	: Post-partum Hemorrhage
REEDA	: Redness, Edema, Ecchymosis, Discharge And approximation
SAPHE	: Signaling a postpartum hemorrhage Emergency.
UTI	: Urinary Tract Infection
WHO	: World Health Organization

List of Tables

List of Figures

Figure No.	Title	Page No.

Figures in Review

List of Figures

Figure No.	Title	Page No.

Figures in Results

Abstract

A descriptive study design was used to assess women's perception regarding warning signs of postpartum period. **Setting:** The study was conducted at inpatient postpartum units in Ain Shams Maternity University Hospital. **Sample Size:** The study was conducted on 350 women during postnatal period. **Sample Type:** Convenient sample technique was used to select the sample for the study. **Tools:** Two tools of data collections were used; a structured interview questionnaire sheet and Likert scale tool. **Results:** Concerning Women's knowledge regarding postpartum warning signs the study revealed that (50.6%, 69.7%) of studied women's had correct knowledge about all postpartum warning signs and methods of identifying postpartum warning signs respectively. While (76.0%) of studied women's had incorrect knowledge about importance for identifying postpartum warning signs. the majority of women had incorrect knowledge regarding the following postpartum warning signs: perineal pain(66%),uterine discharge(56.6%),breast pain(66%) and UTI(62.6%) respectively. In addition to, there was no significant relationship between level of knowledge and socio demographic characteristics (P-value >0.05), moreover postpartum women's had positive attitude regarding postpartum warning signs. **Conclusion:** The present study findings revealed that the majority of women had incorrect knowledge regarding the following postpartum warning signs; uterine discharge, perineal pain, breast pain, postpartum infections and abnormal vital signs. In addition to, the majority of women had positive attitude toward postpartum warning signs. Moreover, Women's educational level, Residence, family income level, being multiparous and place of delivery found to be significantly associated with women's knowledge of postpartum warning signs. **Recommendations:** Activating the role of maternity and community health nurse in branches of obstetrics and postnatal follow up clinics to enhance postpartum women knowledge regarding postpartum warning signs. Providing pamphlets and posters for postpartum women's to increase their awareness about postpartum warning signs.

Key words: perception, postpartum warning signs, postnatal period.

Introduction

Most child bearing women have healthy babies and recover from the physiological adaptation to pregnancy without difficulty just like everything else in life. Women's body faces significant changes in the weeks and months following child birth **(UNICEF, 2015).** It is a time considered transitional cycle filled with many changes as the body undergoes major changes affecting significantly the physical and mental health which need women to adjust physically and psychologically**,** however, the new women can develop a postpartum condition that places her at risk. Lack of awareness and education regarding these risk condition considered life threating to the new mother **(Kyle, 2017).** Postnatal period is a period beginning immediately after the birth of child and extending for about six weeks. Effective postpartum period is an important phase in the mother's life.it is a time filled with many change and wide-ranging emotions, and the new mother commonly experiences a great sense of accomplishment. However, the women can experience deviation from the norm, developing postpartum condition that places women at risk. These high risk conditions can become life threatening **(Carman, S., 2017).** Globally, about 830 women die from childbirth-related complications every day. It was estimated that in 2015; roughly 303 women died during and following

pregnancy and childbirth. Almost all of these deaths occurred in low-resource settings, and 95% of the maternal deaths in the world could be prevented if public and private healthcare services increased sexual and reproductive rights of women in addition to ensuring safe and respectful care (**WHO, 2016**)

The measurement of these deaths is considered an excellent indicator to measure the level of health development in the country or specific regions (**UNICEF, 2015**). The maternal mortality rate is the number of deaths of women that occurred by maternal causes per 100,000 live births in a specific geographic space in the year. Developed countries have a maternal mortality rate of 12 maternal deaths per 100,000 live births and developing countries of 239 maternal deaths per 100,000 live births. Up to 20 maternal deaths per 100,000 live births are considered reasonable (**WHO, 2016**)

Warning signs are not the actual postpartum complications but symptoms that are easily to be identified by the mother herself and non-clinical personnel. These warning signs include severe vaginal bleeding(signs of postpartum hemorrhage), foul –smelling vaginal discharge, fever, lower abdominal pain and bad odor from the wound after cesarean section (signs of infection),blurred vision, severe headache, lower extremities pain, redness, swollen

(signs of thromboembolic disorder (**McKinney, E.,2013**) If women and their family can recognize the obstetric warning signs and promptly seek health care services, significant amount of maternal morbidity and mortality could be prevented. Therefore, increasing women's perception regarding warning signs through improving their knowledge about them would lead to improving attitude to early detection of problems and reduce the delay in deciding to seek care (**Gedefa A., 2016**)

So, Nurse Role considered vitally in the early postpartum period is to help the postpartum women to regain her pre –pregnant state without complications and provide a solid knowledge base of care for the women after delivery. (**Ebrahim, A., 2017**)

The desired outcome is that the postpartum women feels confident about seeking advice and taking care through increasing knowledge that lead to improving attitude during postpartum period. To achieve this, the nurse guides women through predictable physiologic, emotional, and social changes that occur after pregnancy and helps to develop coping strategies. Also the nurse has a role in providing social support and facilitating maternal-fetal attachment in the postpartum maternal adaptation (**Mulaw, Z., 2016**)