Self-Care Practices among Primipara Mothers during Postpartum Period

Thesis

Submitted for Partial Fulfillment of MasterDegree in Maternal and Gynecological Nursing

By

Doaa Mohamed Mohamed Hassan

B.SC Nursing

Clinical Instructor- ElgomhoriaTechincal Institute of Nursing

Faculty of Nursing
Ain Shams University
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Supervised By

Dr. Kamillia Ragab Abou Shabana

Professor of Maternal & Gynecological Nursing

Faculty of Nursing - Ain Shams University

Dr. Ahmed Ramy Mohamed Ramy

Professor of Obstetrics and Gynecology

Faculty of Medicine - Ain Shams University

Dr. Randa Mohamed Ibrahim

Assistant Professor of Maternal & Gynecological Nursing

Faculty of Nursing - Ain Shams University

Faculty of Nursing

Ain Shams University

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Contents

List of Abbreviations

Abbreviation	Meaning
BUBBLE-HE	Breasts, Uterus, Bowel function, Bladder, Lochia, Episiotomy/perineum, Homans Sign, and Emotions
DSCRs	Developmental Self-Care Requisites
HDSCRs	Health Deviation Self-Care Requisites
LAM	Lactational Amenorrhea Method
MMR	Maternal Mortality Rate
NCLEX	A Licensure Exam
PPD	Post-Partum Depression
PPP	Post-Partum Period
REEDA	Redness, Edema, Ecchymosis, Discharge and Approximation
TSCD	Therapeutic Self-Care Demand
USCRs	Universal Self-Care Requisites
UTI	Urinary Tract Infection

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Abstract

A descriptive study design was used to evaluate primiparas' mothers' self-care practices during postpartum period. **Setting:** The study was conducted at the postnatal departments at Ain Shams Maternity University Hospital. **Sample size**: The study was conducted on 665 primipara mothers during postnatal period. **Sample type:** Simple random sample technique was used to select the sample for the study. **Tools:** Three tools of data collections were used; a structured interview questionnaire, Likert scale and observational checklist. **Results:** Concerning post-natal self-care practices the study revealed that 90.6% from mothers were performing breast care correctly, 86.1% from mothers were performing perineal care correctly, 58.9% from them had healthy nutrition and 70.3% weren't implementing follow up visits. **Conclusion:** The study revealed that, the majority of mothers were performing breast care correctly, majority of mothers were performing perineal care correctly, more than one third of mothers had unhealthy nutrition during post natal period, and nearly three fourth from mothers weren't implementing follow up visits. The study revealed majority of mothers had positive attitudes toward post natal self-care**. Recommendation:** Conducting an educational program for mothers in MCH and must be started during late pregnancy to inform mothers about routine self-care during postnatal period. Providing pamphlets and posters for primipara mothers to increase their awareness about post-partum self-care practice.

Keywords: Self-care practices, primipara mothers, postnatal period.

Introduction

Postnatal period is a period beginning immediately after the birth of child and extending for about six weeks. Effective postnatal period is an important phase in the mother's life. Postnatal care is one of the most important maternal health care for not only prevention of impairment and disabilities but also reduction of maternal mortality ***(Simkhada, 2012)***.

Becoming a mother is an important stage in every woman's life. Most different period for women is their growth into parenthood is precisely this postpartum period. First time mothers in particular may feel anxious about how they are going to cope with looking after themselves and their newborn. The confinement period, generally initial 6 weeks is accepted to be a defenseless period for the primipara mothers and this period significant progressions of both hormonal and social beginning happen ceaselessly ***(Dutta, 2014).***

Postpartum maternal self-care is a neglected aspect of women's healthcare. This neglect is evident in the limited national health objectives and data related to maternal health. Delivery of a new baby is one of the happiest times

in woman's life. But it also presents both physical and emotional challenges ***(Senarath, 2014).***

Mothers as well as baby's future depends upon the type of self care practices followed by the mother after delivery. Postnatal care includes a woman in her role as mother, forms the back bone of the family. In every society, there exit varying practices, customs, beliefs and values which may be healthy or unhealthy ***(Raman, 2013).***

The self-care component includes behaviors first related primarily to the mind and then behavior related primarily to the body. Those related to mind include relationships, psychological health, relaxations spiritually and play. The body related behaviors as exercise sleep and dreams nutrition, sexuality, environmental health, and physical health Self-care elements during postpartum period include personal hygiene, perineal care, checking the funds, breast care, nutrition, post natal care ***(Rew, 2015).***

The major purposes of postpartum and postnatal care are to maintain and promote the health of the woman and her baby. The new parents need support for parenting and its responsibilities. Thus, the conceptual framework for guidance on postpartum and postnatal care should place the woman and the baby at the centre of care provision ***(World Health Organization, 2010).***

Self-care has an important impact on woman, such as empower feeling of wellbeing, better symptoms management such as reduction in pain, anxiety, depression, and an increase in life expectancy. On other hand, it has an impact on services, like outpatient clinic, which can be reduced. In addition, hospital length of stay can be halved and medicines intake are regulated or reduced. If the mother not applies self-care measures correctly, it may lead to negative effects on postpartum period such as breast problems, ascending infection, inflammation or even infection of episiotomy ***(Fadel, 2009).***

The job of postpartum nurse in the early postpartum period is to help the new mother to regain her pre-pregnant state without complications and to provide a solid knowledge base of care for the new mother and new infant. The desired outcome is that the mother feels confident about taking care of herself and her infant and be prepared to resume her normal role in the community. To achieve this, the nurse guides the new mother through the predictable physiologic, emotional, and social changes that occur after pregnancy and helps her to develop coping strategies. Also the nurse has a role in providing social support and facilitating maternal-fetal attachment in the postpartum period to improve postpartum maternal adaptation ***(Bitar, 2010).***