Effect of Fennel on Postnatal Women's Sexual Health

Thesis

Submitted for partial fulfillment of the Requirements of the Doctorate Degree in Nursing

(Maternity- Neonatal Nursing)

By

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Master Degree- Ain Shams University

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The candidate

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Dedication

My dedication goes to the soul of my Father and to my husband Mr. Mohammed Mahmoud for their valuable support, encouragement and patience throughout my study period. Also this work is dedicated to my great mother and my kids.

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Abstract:

Childbirth is a stressful event for a majority of women and can affect female sexual function. **Aim** The study aimed to study the effect of fennel on postnatal women's sexual health. **Subjects and method.** The study was conducted at family planning clinics at Ain shams Maternity University Hospital. A simple random sample technique was used, those were 240 women. . Research design: A Quasi experimental design was used. **Tools of the study included** Two tools of data collection were used first tool was structured interviewing questionnaire sheet that concerned with personal characteristics and women' knowledge regarding postpartum female sexual function and effect of sexuality on marital relation, second tool was The Female Sexual Function Questionnaire used to assess the female sexual function. **The result** of this study revealed that 60.0% among sample women in control were in age between 20-30 years old compared to 52.5% among sample women in the study group. As regard husband age 57.5 % of husband in control were in age between 30-40 years old compared to 55% in the study group. As regard that there was a statistical significant difference between control and study group regarding all domains of female sexual function index at second and third time. Also shows that there was a statistical significant improvement in all domains of female sexual function index. **Conclusion** Fennel was effective in improving postnatal women's sexual health as proved by increasing all domain of female sexual function index after its using by women. **Recommendation:** awareness session should be provided for all postnatal women about sexual health and how to cope with sexual health problems.

Key wards: Childbirth; Postpartum; Sexual function; Fennel.

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