

Self-Care Practices among Pregnant Women Undergoing Post-Operative Cervical Cerclage

Thesis

*Submitted For Partial Fulfillment of the Master
Degree In Maternity Nursing & Gynecology*

By

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List of Abbreviations

Abbreviation	Meaning
CL	Cervical length
DES	Diethylstilbestrol
GFR	Glomerular filtration rate
hPL	Human placental lactogen
Kcal	Kilo calories
RBC	Red blood cells
SPSS	Statistical Package of Social Science
TBG	Thyroxin -binding globulin
TVU	Trans-Vaginal Ultrasound
UTI	Urinary Tract Infection
β-hCG	Beta human chorionic gonadotropin

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Abstract

The aim of the present study was to assess self-care practices among pregnant women undergoing post-operative cervical cerclage. **This study design was** a descriptive study **conducted at** inpatient unit and post-operative room, in central Basyon Hospital at Tanta city. **The sample** was purposive sample which was included ninety eight pregnant women. Data was collected through two tools, first tool includes **an interviewing questionnaire sheet**, second tool include **follow up sheet**. **the results** of the present study illustrated that there was statistically significant association between knowledge and self-care practices among the studied sample, about more than one half of women who had unsatisfactory self-care practices have maternal health problem with highly statistically significant difference, also there was highly statistically significant association between gestational age at delivery and self-care practices among the studied sample. **The study concluded that** the majority of women had incorrect knowledge regarding cervical cerclage and self-care. Also majority of them incorrectly performed self-care after cerclage as positioning, diet, kgel exercise, perineal self-care, drug administration, and follow-up according to schedule. **The study recommended** that, providing women with health educations about self-care practices post cerclage in the inpatient units and postoperative rooms by nursing staff to enhance maternal satisfaction.

Keywords: self-care, postoperative period, cervical cerclage.

Introduction

Miscarriage and prematurity have severe implications on the women psychological status and also on the babies that survive it may have residual handicaps. These problems may result from incompetent cervix which defined as a silent problem in which the weak cervix inexplicably shortens early in pregnancy result in premature birth or the loss of an otherwise healthy pregnancy, which associated with a poor fetal outcome (*Belleza, 2016*).

So that the first treatment of incompetent cervix is cervical cerclage which defined as a minor surgical procedure in which the cervix is stitched in order to prevent a miscarriage or premature birth (*Nelson, Dola & Carter, 2011*).

Self-care defined as a fundamental human activity and plays a great role in the quality of care and health outcomes. So self-care activities are divided into different types: **regulatory self-care**, such as eating, sleeping and bathing, **preventive self-care** such as exercising, dieting and brushing teeth, **reactive self-care** such as responding to symptoms without a physician's intervention, **restorative self-care** such as behavior change and compliance with treatment regimens (*Bower et al., 2012*).

Self-care has an important impact on women, such as empower feeling of wellbeing, better symptoms management such as reduction in pain, anxiety and an increase in life expectancy. On other hand, it has an impact on services, like outpatient clinic, which can be reduced. Also hospital length of stay can be halved and medicines intake are regulated or reduced (*The Department of Health, 2015*).

After surgical procedures in a day surgery setting, the care provided to the women will shift from inpatient care into care to women by her own self, which places various demands on women and their families during the recovery process. So that the nurse should provide the women with information and how to manage self-care during this period, which help her to seek attention early to prevent postoperative complications (*Berg, Årestedt & Kjellgren, 2013*).

In addition, to provide high quality care during postoperative period the nurse must be knowledgeable, skilled and competent to be capable for providing planned, organized and effective care for patient during this critical period aiming to primary prevention through maintaining health and preventing complications. Also help the patient pass this period safely and prepare them for taking

responsibilities of own self-care at home regarding all items of daily living activities (*Maben& Griffiths, 2011*).

Significant of the study:

According to world health organization (*WHO, 2015*) that cervical cerclage failure rate is about 20%. post-operative activity has impact on surgical success rate (*Ingrid et al., 2013*). So that self-care practices are a key concept in health promotion that involves decisions and actions that an individual can take to cope with a health problem or to improve the health, also the benefits of self-care include lower cost for the health care system, increased individual satisfaction and an improved perception of one's health condition (*Woods, 2013*).

The postoperative phase seems to be a weak link in day surgery care. Also the recovery following day surgery implies extensive responsibility on patient at home. So that patients need knowledge and understanding concerning what constitutes the normal range in recovery and how to manage self-care following their specific surgical procedure (*Avelyn, 2014*).