سامية محمد مصطفى

شبكة المعلومات الجامعية

بسم الله الرحمن الرحيم

سامية محمد مصطفى

شبكة المعلومات الجامعية

شبكة المعلومات الجامعية

التوثيق الالكتروني والميكروفيلم

شبكة المعلومات الجامعية

سامية محمد مصطفى

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات

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بالرسالة صفحات لم ترد بالأصل

EFFECT OF COMPRESSION THERAPY VERSUS EXERCISE ON THE RELIEF OF DEPENDENT EDEMA DURING PREGNANCY

Thesis

For Partial Fulfillment of the Master Degree in Maternal and Newborn Health Nursing.

By

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The Candidate

Azza Ali

Effect of Compression Therapy versus Exercise on the Relief of Dependant Edema during pregnancy

BY

Azza Ali Abd El Hamid

Abstract

Dependent leg edema is a common discomfortable condition that occurs as a result of physiological changes during pregnancy. It may predispose women to varicosities and thrombophlebitis. The nurse plays an important role in caring for women with edema during pregnancy. So, the aim of this study was to examine the effect of compression therapy either by elastic stocking or stretch bandage versus exercise on the relief of leg edema during pregnancy. Two-hundreds pregnant women recruited from the out-patient clinic at El Manial Maternity Hospital. Subjects were classified into three groups, two study groups (compression therapy,n=50 &exercise,n=50) and one control group(n=100).The compression therapy group was divided into elastic stocking group(n=25) and stretch bandage group(n=25). Data were collected through interviewing and initial and follow up assessment. Assessment of edema was done by pressure of the swollen area and measuring of leg edema circumference using measuring tape. Both of compression therapy and exercise groups showed a statistically highly significant difference in decreasing dependent edema during pregnancy ($P<0.01$) compared with the control group. Moreover,during follow-up measurements of the elastic stocking and stretch bandage groups showed a lower mean of leg edema circumference than exercise group. In conclusion management of leg edema either by compression therapy or exercise has an important value in relieving symptoms of leg edema during pregnancy.

Tages: Nursing master's thesis, Human.

Key words: Dependent edema, Exercise, Elastic stocking, Bandage, Pneumatic compression.

The American Psychological Association (APA) style of writing Manuscripts (1994) is adopted throughout this master's thesis.

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