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شبكة المعلومات الجامعية

بسم الله الرحمن الرحيم



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شبكة المعلومات الجامعية



شبكة المعلومات الجامعية التوثيق الالكتروني والميكروفيلم



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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.**

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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 uncomfortable 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.

Tags: 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.

CONTENTS

Chapter	page
I INTRODUCTION	1
-Significance of the Study.....	4
-Aim of the Study.....	4
-Hypotheses.....	4
-Definition of Terms.....	5
II REVIEW OF LITERATURE.....	7
-Physiological Changes During Pregnancy.....	7
▪ Hemodynamic Changes.....	7
▪ Uterine Changes.....	8
▪ Renal Changes.....	9
-Weight Gain during Pregnancy.....	10
-Edema.....	12
▪ Pathophysiology of Edema During Pregnancy.....	12
▪ Types of Edema	14
*Dependent Edema.....	14
*Pitting Edema.....	15
-Management of Edema During Pregnancy.....	18
▪ Management of Edema by Exercise.....	18
▪ Management of Edema by Compression Therapy.....	24
* Elastic Stocking and Bandage.....	24
* Intermittent Pneumatic Compression.....	27
▪ Management of Edema by Bed Rest.....	31
▪ Management of Edema by Immersion	34
-Nursing Responsibilities in the Care of Women	
Experiencing Edema During Pregnancy.....	38

CONTENTS (cont.)

Chapter	page
III	SUBJECTS and METHODS.....43
	- Design.....43
	-Sample.....43
	-Setting.....44
	- Tools.....44
	- Procedure.....45
	-Pilot Study.....49
	-Statistical Methods.....50
IV	RESULTS.....52
V	DISCUSSION.....83
VI	SUMMARY, CONCLUSION &RECOMMENDATIONS.....94
	REFERENCES.....100
	APPENDICES.....
	-Appendix A (Demographic sheet).....
	-Appendix B (General Examination and Follow up Sheet).....
	-Appendix C (Parameters of Stocking Selection).....
	-Appendix D (Therapeutic graduated compression).....
	- Appendix E (Active Range of Motion Exercise).....
	ARABIC SUMMARY.....

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LIST of TABLES

Table	Page
1. Distribution of Subjects in the Control and Study groups by Age.	54
2. Distribution of Subjects in the Control and Study groups by their Level of Education.....	55
3. Distribution of Subjects in the Control and Study groups by Occupation.....	56
4. Distribution of Subjects in the Control and Study groups According to the Nature of Occupation.....	59
5. One-Way ANOVA for Distribution of rhe Sample by Resting Hours.....	59
6. One-Way ANOVA for Distribution of rhe Sample by Working Hours.....	60
7. Distribution of Subjects in the Control and Study groups by Body Mass Index (BMI).....	61
8. Distribution of Subjects in the Control and Study groups by their gravidity and Parity.....	63
9. Distribution of Subjects in the Control and Study groups by Gestational Age.....	65
10. Discriminant Analysis for Factors Affecting Onset of Edema Among the Sample.....	69
11. Mean Measurements of Left and Right Leg Edema Circumference of the Control Group in the Initial and Follow up visit	73

LIST of TABLES (cont.)

Table	Page
12. Mean Measurements of Left and Right Leg Edema Circumference of the Exercise Group in the Initial and Follow up visit	75
13. Mean Measurements of Left and Right Leg Edema Circumference of the Stretch Bandage Group in the Initial and Follow up visit	77
14. Mean Measurements of Left and Right Leg Edema Circumference of the Elastic Stocking Group in the Initial and Follow up visit	79

LIST of FIGURES

Figure	Page
1. Effect of Gravid Uterus on Pelvic Veins.....	13
2. Assessment of Pitting Edema.....	17
3. The Physiology of Bed Rest.....	32
4. The Physiology of Immersion.....	37
5. Distribution of Subjects in the Control and Study Groups by Occupation.....	57
6. Distribution of Subjects in the Control and Study Groups by Body Mass Index (BMI).....	61
7. Distribution of Subjects in the Control and Study Groups by their gravidity.....	64
8. Distribution of Subjects in the Control and Study Groups by their Parity	64
9. Distribution of Subjects in the Control and Study Groups by Gestational Age (GA).....	66
10. The Most Common Sites of Edema.....	68
11. Distribution of the Sample by the Onset of Edema According to Gestational Age.....	69
12. Factors that Increase the Level of Edema.....	71
13. Factors that decrease the Level of Edema.....	71
14. Effect of Compression Therapy vs Exercise in Relation to the Decrease of Ankle Edema.....	80
15. Effect of Compression Therapy vs Exercise in Relation to the Decrease of Feet Edema.....	81
16. Effect of Compression Therapy vs Exercise in Relation to the Decrease of Pretibial Edema.....	82