
Effect of self-care guideline versus
counseling on post cesarean section
women practices.

By

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Abstract

Effect of self-care guideline versus counseling on post cesarean section women practices. by **Shadia Saady Mohamed**

Guideline and counseling is a very important item for woman during postpartum period as it improves women's knowledge, practice and their self-care to promote their longer-term physiological and emotional wellbeing. A quasi- experimental study design **aimed to** evaluate the effect of self-care guideline versus counseling on post cesarean section women practices. **The study was conducted at** antenatal clinic, postpartum cesarean section and family planning clinics at Ain Shams University Maternity Hospital. **370 women** had cesarean section delivery were included in the study for purposive sample technique, those were equally divided into guideline and counseling group. **Three tools of data collection** were used named **interviewing questionnaire sheet** contain socio-demographic data, obstetric history, **pre- test and post-test** for assessing effect of self-care guideline versus counseling on post cesarean section women practices. groups and **women follow up card**. **The main result** of the current study revealed that, 67.6%, 67% of the studied sample had poor level of knowledge in guideline group and counseling group respectively before the intervention. However, 98.4%, 98.9% of the studied sample in guideline and counseling group respectively had unsatisfactory level of practice before the intervention. Regarding to their total knowledge score after CS in the 6 week of delivery after intervention was good in two groups which represent 81% , 77.8%. Regarding practical level of studied women after CS and after intervention (at the end of 1st week & 6th week), 98.4%, 96.8%, 99.5% , 87.6% in guideline and counseling group respectively achieved satisfactory practical level .**The present study concluded** self-care guideline has a positive effect to enhance self-care knowledge & practices among post cesarean section woman than counseling. The researcher recommended conduction of awareness sessions for mothers antenatal units regarding self care guideline for women during antenatal period to enhance self care knowledge and practice among pregnant woman.

Key words: - self-care guideline, cesarean section, counseling.

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List of Abbreviations

Abbreviations	Meaning
CS	Cesarean section
LSCS	Lower segment Cesarean section
2 F↓ umbilicus	2 cm beneath the umbilicus
HPL, HCG	human placental lactogen, human chorionic gonadotrophin
CDMR	Caesarean delivery on maternal request
VBAC	Vaginal birth after caesarean
REEDA	REEDA stands for redness, edema, ecchymosis, discharge, and approximation.
RDS	Respiratory distress syndrome
NICU	Neonatal intensive care unit

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Introduction

The postpartum period covers the time period from birth until approximately 6 weeks after delivery. This is a time of healing and rejuvenation as the mother's body returns to pre-pregnancy states. Moreover, postpartum period is a stressful one for myriad reasons, such as fatigue, physical stress of pregnancy and birth, and the nonstop work required to take care of the newborn and to meet the needs of other family members. Consequently, the new mother may ignore her own nutrition needs whether mother who uses breastfeeding or bottle feeding (*Victorian Health Priorities Framework, 2016*).

Postpartum period is critical time for woman as immediately after delivering the mother experiences massive shifting as her body returns to its pre-pregnant state. Postnatal care for women has traditionally focused on routine observation and examination of vaginal blood loss, uterine involution, blood pressure and temperature, and limited guidance for healthcare professionals on postnatal practice. There are few studies which have examined women's views of their care (*Beghella et al ,2014*).

A cesarean birth one of the type of delivery means woman had surgery to deliver baby. Woman womb was closed with sutures and they dissolve on their own. Woman belly has been closed with either sutures (stitches) or staples (metal clips). Self care after cesarean birth is different than after a vaginal birth because of the surgery. In the shower, let warm water run over the wound and gently pat it dry with a clean towel. Leaving the wound uncovered helps it to heal. Do not have a tub bath for 2 weeks after a caesarean birth. The wound takes a few weeks to heal. During surgery, woman will have a catheter (tube) in woman bladder to drain urine; it will be removed 12 to 24 hours later (*Janrain, 2014*).

Guideline is a very important item for woman during postpartum period as it improves woman's knowledge, practice and her self-care that avoid postpartum complications through guideline about woman's self care . this guideline empower woman knowledge and improve woman's practice for caring with woman such as wound care, exercise ,and nutrition (*Gore, etal, 2014*).

Self care includes intentional actions you take to care for your physical, mental and emotional health. Self-care includes precautions after a Cesarean Section. Postnatal care is also about empowering the mother to care