

سامية محمد مصطفى



شبكة المعلومات الجامعية

بسم الله الرحمن الرحيم



سامية محمد مصطفى



شبكة المعلومات الجامعية



شبكة المعلومات الجامعية التوثيق الالكتروني والميكروفيلم



سامية محمد مصطفى



شبكة المعلومات الجامعية

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

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بالرسالة صفحات لم ترد بالأصل



Efficacy of Relaxation Technique as A Prophylactic Method in Controlling Preeclampsia.

Thesis

Submitted For Partial Fulfillment of the
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Physical Therapy.

By

Soheir Mahmoud Ali El-Kosery

B.Sc & M.Sc in Physical Therapy
Assistant Lecturer of Physical Therapy for
Gynaecology and Obstetrics.

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Supervisors

Dr. Fahima Metwally Okeel

Prof. of Physical Therapy for Gynaecology and Obstetrics

Faculty of Physical Therapy

Cairo University

Dr. Salwa Mostafa El-Badry

Assistant Prof. and Acting Chairman of Physical Therapy

Department for Gynaecology and Obstetrics

Faculty of Physical Therapy

Cairo University

Dr. Mohamed Mostafa Radwan

Prof. of Gynaecology and Obstetrics

Faculty of Medicine

El-Azhar University

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
يَا أَيُّهَا النَّاسُ إِن كُنْتُمْ فِي رَيْبٍ مِّنَ
الْبَعْثِ فَإِنَّا خَلَقْنَاكُمْ مِّن ثُرَابٍ ثُمَّ مِّن
نُّطْفَةٍ ثُمَّ مِّنْ عَلَقَةٍ ثُمَّ مِّنْ مُّضْغَةٍ
مُّخَلَّقَةٍ وَغَيْرِ مُخَلَّقَةٍ لِّنُبَيِّنَ لَكُمْ وَنُقِرُّ
فِي الْأَرْحَامِ مَا نَشَاءُ إِلَىٰ أَجَلٍ مُّسَمًّى
ثُمَّ نُخْرِجُكُمْ طِفْلًا ثُمَّ لِيَبْلُغُوا أَشُدَّكُمْ
وَمِنْكُمْ مَّن يُّتَوَفَّىٰ وَمِنْكُمْ مَّن يُّرَدُّ إِلَىٰ
أَرْذَلِ الْعُمُرِ لِكَيْلَا يَعْلَمَ مِن بَعْدِ عِلْمٍ
شَيْئًا وَتَرَى الْأَرْضَ هَامِدَةً فَإِذَا أَنزَلْنَا
عَلَيْهَا الْمَاءَ أَهْتَزَّتْ وَرَبَّتْ وَأَنْبَتَتْ مِن
كُلِّ زَوْجٍ بَهِيجٍ .

صَدَقَ اللَّهُ الْعَظِيمُ

سُورَةُ الْحَجِّ آيَةٌ (٥) .

Soheir Mahmoud Ali El-Kosery

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Abstract

This study was conducted to determine and compare the effectiveness of Mitchell's simple physiological relaxation technique and oral calcium supplementation versus oral calcium supplementation only in reducing the incidence of preeclampsia in highly risk pregnant women.

Fourty highly risk pregnant women at 16 weeks' gestation participated in this study. They were divided randomly into two groups (A and B) equal in numbers. Group "A" performed Mitchell's simple physiological relaxation technique and received oral calcium supplementation while, Group "B" received oral calcium supplementation only. Both groups were assessed by systolic, diastolic and mean arterial blood pressures, pulse rate, respiratory rate and proteinuria before and every 4 weeks after receiving the prophylactic treatment till the end of 32 weeks' gestation. It was found that Mitchell's simple physiological relaxation technique and oral calcium supplementation were more effective as a prophylactic method for these cases where, the percentages of cases who developed gestational hypertension and preeclampsia in group "A" were (15%) compared to (35%) in group "B" as well as, there was a highly significant reduction in blood pressure, heart and respiratory rates more than oral calcium supplementation.

Key words:-

Highly risk pregnant women , Mitchell's relaxation technique , Proteinuria, Gestational hypertension, Preeclampsia.

ABSTRACT

Efficacy of Relaxation Technique as A Prophylactic Method in Controlling preeclampsia.

This study was conducted to determine and compare the effectiveness of Mitchell's simple physiological relaxation technique and oral calcium supplementation versus oral calcium supplementation only in reducing the incidence of preeclampsia in highly risk pregnant women. Forty highly risk pregnant women at 16 weeks' gestation participated in this study. Their age ranged from 17 to 37 years. They were divided randomly into two equal groups (A and B). Group (A) performed Mitchell's method of relaxation and received oral calcium supplementation while, group (B) received oral calcium supplementation only. The outcome measures included: systolic, diastolic, mean arterial pressures, pulse rate, respiratory rate and proteinuria before starting the prophylactic treatment as well as, every 4 weeks after receiving the prophylactic treatment till the end of 32 weeks' gestation for both groups (A and B). The results of group "A" showed a highly significant decrease in systolic ($P<0.001$), diastolic ($P<0.008$) and mean arterial ($P<0.003$) blood pressures. While, there were highly significant increase in systolic ($P<0.004$), diastolic ($P<0.006$) and mean arterial ($P<0.01$) blood pressures in group "B". Comparing both groups together, There was a highly significant reduction of the previous pressures ($P<0.002$, $P<0.004$ and $P<0.01$) respectively, in group "A". There was a highly significant reduction ($P<0.001$ and $P<0.01$) of pulse rate in both groups (A and B) respectively. The difference between both groups in pulse rate was found to be significant reduction ($P<0.03$) in group "A". Also, there was a highly significant reduction ($P<0.005$ and $P<0.009$) of respiratory rate in both groups respectively. Three (15%) cases developed hypertensive disorders (2 gestational hypertension and 1 preeclampsia) throughout the study and 17 (85%) subjects remained normal till the end of the study in group "A". While, 7 (35%) cases developed hypertensive disorders (4 gestational hypertension and 3 preeclampsia) throughout the study and 13 (65%) subjects remained normal till the end of the study in group "B". Accordingly, it could be concluded that Mitchell's simple physiological relaxation technique and oral calcium supplementation were found to be more effective as a prophylactic method than oral calcium supplementation only in reducing the incidence of preeclampsia in highly risk pregnant women.

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List Of Abbreviations

Abbreviation	Interpretation
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ACOG	American College of Obstetricians and Gynecologists.
ASSHP	Australian Society for the Study of Hypertension in Pregnancy.
BMI	Body Mass Index .
Cms	Centimeters.
COP	Cardiac Out Put.
Fig.	Figure.
G	Gram.
G / day	Gram per day.
HELLP	Haemolysis, elevated liver enzymes, low platelets.
IRS	Insulin Resistance Syndrome .
IUGR	Intrauterine Growth Retardation .
Kg / m ²	Kilogram per Squire meter .
Kgs	Kilograms .
MAP	Mean Arterial Pressure .
Mg	Milligram .
ml	Millilitr .
MmHg	Millimeter mercury .
No	Number .
PTH	Parathyroid hormone .
P- value	Probability of error .
SD	Standered Deviation.
TTT	Treatment.
VEGF	Vascular Endothelial Growth Factor.
Vs	Versus.
Wks	Weeks' .
Yrs	Years.
↓	Decrease.
↑	Increase.
<	Less than .
>	More than .
≥	More than or equal .
%	Percent .

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