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# **Applying Standards Nursing Care Protocol to Improve Quality of Care at Postpartum Unit**

*A Thesis*

*Submitted for Partial Fulfillment of Doctorate Degree  
in Maternity & Gynecological Nursing*

*By*

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2021**

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*✍ Huda Abd Elrhman Ali*

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## List of Abbreviations

| <i>Abbr.</i>  | <i>Full-term</i>                                         |
|---------------|----------------------------------------------------------|
| <b>ACOG</b>   | : American College of Obstetricians and Gynecologists    |
| <b>ANA</b>    | : American Nurses Association                            |
| <b>CDC</b>    | : Centers for Disease Control and Prevention             |
| <b>DVT</b>    | : Deep vein thrombosis                                   |
| <b>NHS</b>    | : National Health Service                                |
| <b>NIMH</b>   | : National Institute of Mental Health                    |
| <b>PE</b>     | : Pulmonary emboli                                       |
| <b>POP</b>    | : Pelvic organ prolapse                                  |
| <b>REEDA:</b> | Redness, edema, ecchymosis, discharge, approximation     |
| <b>SD</b>     | : Standard deviation                                     |
| <b>SPSS</b>   | : Statistical Package for Social Science                 |
| <b>SQUIRE</b> | : Standards for Quality Improvement Reporting Excellence |
| <b>SSC</b>    | : Skin-to-skin contact                                   |
| <b>SSI</b>    | : Surgical site infection                                |
| <b>SVR</b>    | : Systemic vascular resistance                           |
| <b>LDR</b>    | : Labor, Delivery, and Recovery                          |
| <b>WHO</b>    | : World Health Organization                              |

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## **Applying Standards Nursing Care Protocol to Improve Quality of Care at Postpartum Unit**

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### **Abstract**

**Background** Postpartum period, defined as 6 weeks after delivery, is a critical transition time for a woman, newborn and family on physiological and psychological levels. **The aim of the study** was to investigate the effect of applying standard nursing care protocol for improving quality of care at postpartum unit. **A Quasi experimental design (time series design)** was adopted in this study. **A convenience sample** was used to recruit all nurses at postpartum unit and **A Purposeful sample** was recruited for the study postpartum women. **The setting** was located in the obstetrics department at Abshaway Fayoum Governmental Central Hospital. **Data were collected** by using three tools: 1) structured interview questionnaire tool, 2) observational checklist, 3) Maternal satisfaction structure interview questionnaire. **Result of this study** indicated that, there is highly statistical significant difference of total nurse's knowledge & practice about postpartum period and standards of care, pre, post and after 3 months of implementation, and highly statistical significant difference of women satisfaction After Applying Standards Nursing Care protocol to Improve Quality of Care at Postpartum unit. **Conclusion:** Nurses knowledge and practice and women's satisfaction improved after implementing standardized nursing care protocol. **Recommendations:** Refresher courses for nurses in postpartum unit should be given to improve quality of care.

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**Keywords:** postpartum, standards of care, quality of care.

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## Introduction

The postpartum period is a critical transition time for a woman, newborn and family on physiological and psychological levels. It begins after the delivery of the placenta and lasts about 6 weeks. This crucial period has many physiologic and psychological changes that may extend for a period of 9–12 months, as the woman tries to adjust to the new changes and roles in her life **(Almalik, 2017)**. An arbitrary time frame divides the period into the immediate postpartum (first 24 hours), early postpartum (first week) and late postpartum (second to sixth week) **(Chauhan & Tadi, 2020)**.

During the postpartum period, many problems may develop quickly, which if are not diagnosed promptly and treated effectively, can lead to illness and death of the women or neonate. There are some of the life threatening conditions that could arise in this period for women and neonates **(Kaur, 2019)**. Worldwide, the majority of maternal and newborn deaths occur around the time of birth, typically within the first 24 hours after delivery. Most of these deaths are preventable **(WHO, 2015)**. Whereas, up to two thirds of maternal deaths around the world occur after delivery, therefore the World Health Organization (WHO) suggested that health care should be provided at 6 hours, 6 days, 6 weeks and 6 months post-delivery in order to ensure women's physical and mental health

and wellbeing (**Petersen et al., 2019**). Care during the postpartum period provides the opportunity to ensure that the woman and newborn are progressing well, to support the breastfeed woman and to detect and manage any problems. Postpartum care is considered a special challenge because it involved both the woman and the newborn (**ACOG, 2018**).

The standards of care cover the routine care and management of complications occurring in women and newborns during the postpartum period. They are centered on the woman, the newborn and the family and are applicable to all health facilities that offer maternity services (**WHO, 2017**).

The standards of care provide a basis for what is expected and required, support the monitoring and measurement of performance against the measures of best practice in order to identify priorities for improvement and provide information on how best practice can be used to support high quality care or service delivery (**WHO, 2016**).

Quality of health care during and immediately after the critical period of delivery is a single most important intervention for preventing maternal and neonatal morbidity and mortality (**Gülmezoglu et al., 2016**). Providing services to individuals and communities to improve health outcomes, and it is based on best practice and reproductive health services has been defined in different ways. However, there is an agreement