

شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلو

# بسم الله الرحمن الرحيم





MONA MAGHRABY



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# جامعة عين شمس التوثيق الإلكتروني والميكروفيلم قسم

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MONA MAGHRABY

# Effect of Awareness Program on Habits and Practice among Women in Postpartum Period

#### Thesis

Submitted for Partial Fulfillment of the Master Degree in Maternity and Gynecological Health Nursing

#### By

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# Effect of Awareness Program on Habits and Practice among Women in Postpartum Period

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Submitted for Partial Fulfillment of the Master Degree in Maternity and Gynecological Health Nursing

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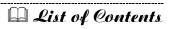
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### List of Abbreviations

Abbreviation	Meaning
AAFP	American Academy of Family Physicians
AAP	American Academy of Pediatrics
APA	American Pregnancy Association
BMD	Bone Mineral Density
CDC	Centers for Disease Control and Prevention
DPT	Diphtheria, Pertussis, Tetanus
DVT	Deep Venous Thrombosis
EPI	Expanded Program on Immunization
KG	Kilo Gram
MMR	Maternal Mortality Ratio
PNC	Postnatal care
PPC	Postpartum Care
RBC	Red Blood Cells
REM	Non-Rapid-Eye-Movement
Т3	Triiodothyronine
T4	Thyroxin
TCM	Traditional Chinese Medicine
WHO	World Health Organization

#### Abstract

**Background:** The postpartum period is the six weeks interval from childbirth to the return of the uterus and other organs to a prepregnant state. Postpartum period has been influenced by multiple cultural beliefs and practices. Some traditional practices are beneficial to the mother and baby, whereas others are not. **The study aimed** to evaluate the effect of the awareness program on the habits and practice among women in postpartum period. Research design: Quasi-experimental (time serial) design was used to conduct this study. **Setting:** The study was conducted in the postpartum inpatient units at Al Galaa Educational Maternity hospital. The sample: A purposive sample of postpartum women in the postpartum inpatient unit was used in this study. **Tools:** An interviewing questionnaire sheet was used in this study to assess, I: Socio-demographic characteristics of the studied mothers. II: The obstetric history of the studied mothers. III: The medical and surgical history. IV: The studied mothers' knowledge about the postpartum period. V: The studied mothers' habits and practices during the postpartum period. **Results:** More than half (61.6%) of the studied mothers aged 20 to less than 30 years old. Also, more than half (65.7%) of them had good total knowledge score regarding the postpartum period preprogram, which improved to (79.0%) post program then decline to (75.0%) in the follow-up phase, and less than three quarters (70.3%) of them had satisfactory total habits and practices score preprogram, which improved to (85.5%) post program then decline to (80.0%) in the follow-up phase. Conclusion: The awareness program succeeded to improve the studied women's partial habits and practices in postpartum period. Recommendations: The awarness program should be applied to a large sample size for along time.

**Keywords:** Postpartum, Postpartum women, Habits, & Practices.