



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



MONA MAGHRABY



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

جامعة عين شمس

التوثيق الإلكتروني والميكروفيلم

قسم

نقسم بالله العظيم أن المادة التي تم توثيقها وتسجيلها
علي هذه الأقراص المدمجة قد أعدت دون أية تغيرات



يجب أن

تحفظ هذه الأقراص المدمجة بعيدا عن الغبار



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

Rasha ELsaied Aly Aly

(B.Sc. Nursing)

Clinical Instructor in Imbaba Health Institute of Nursing

**Faculty of Nursing
Ain Shams University
2020**

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

Under Supervision of

Prof. Dr. Nadia Abd Alhameed

*Professor of Maternity and Gynecological Health Nursing
Faculty of Nursing - Ain Shams University*

Assist. Prof. Dr. Amal Talaat Abd Elwahed

*Assistant Professor of Maternity and Gynecological Health Nursing
Faculty of Nursing - Ain Shams University*

**Faculty of Nursing
Ain Shams University
2020**



Acknowledgement

*I would like to express my deepest thanks, gratitude, and sincere appreciation to **Prof. Dr. Nadia Abd Alhameed, Professor** of Maternity and Gynecological Health Nursing, Faculty of Nursing, Ain Shams University, for her instructions, constructive criticism, and for devoting much of her precious time, effort, valuable and constant encouragement through the whole work, I will always indebted for her sincere advice.*

*I wish to express my respect and deep indebtedness to **Assist. Prof. Dr. Amal Talaat Abd Elwahed ELSharkawy**, Assistant Professor of Maternity and Gynecological Health Nursing, Faculty of Nursing, Ain Shams University, for her great support, careful supervision, advices, guidance, help, and encouragement that made the completion of this work, I consider myself fortunate to work under her supervision.*

Finally, I could never forget my special thanks and deep appreciation to all the studied mothers who share in this work as their cooperation was of great value to accomplish this study.

Rasha ELsaied

List of Contents

Subject	Page
List of Tables.....	I
List of Figures.....	IV
List of Abbreviations	VI
Abstract.....	VII
Introduction	1
Aim of the Study	6
Review of Literature	7
Part I: Postpartum period	9
Part II: Postpartum care	24
Part III: Nursing role during postnatal period	61
Subjects and Methods	77
Results	91
Discussion	134
Conclusion	160
Recommendations	161
Summary	162
References	171

List of Contents

Subject	Page
Appendices	213
- Appendix I (Protocol)	--
- Appendix II (Tools)	213
- Appendix III (Approval Letters)	1
- Appendix IV (The Program)	1
- Appendix V (Booklet)	
Arabic Summary	--

List of Tables

Table No.	Title	Page No.
1	Frequency distribution of the studied mothers according to their socio-demographic characteristics.	92
2	Frequency distribution of the studied mothers according to their current obstetrical history.	101
3	Frequency distribution of the studied mothers according to their medical and surgical history.	103
4	Frequency distribution of the studied mothers according to their knowledge about the postpartum period throughout the program.	104
5	Frequency distribution of the studied mothers according to their knowledge about the warning signs during puerperium throughout the program.	107
6	Frequency distribution of the studied mothers regarding to their knowledge about regular follow-up during puerperium throughout the program.	109
7	Frequency distribution of the studied mothers according to their knowledge about hygienic care habits and practices during puerperium throughout the program.	112

List of Tables Cont.....

Table No.	Title	Page No.
8	Frequency distribution of the studied mothers regarding to their health habits and practices during puerperium throughout the program.	115
9	Frequency distribution of the studied mothers regarding to their nutritional habits and practices during puerperium throughout the program.	117
10	Frequency distribution of the studied mothers regarding to their exercise and movement habits and practices during puerperium throughout the program.	119
11	Frequency distribution of the studied mothers regarding to their breast feeding habits and practices during puerperium throughout the program.	121
12	Frequency distribution of the studied mothers regarding to their habits and practices related the newborns' care during puerperium throughout the program.	123
13	Frequency distribution of the studied mothers regarding to their wrong beliefs and behaviors during puerperium throughout the program.	126
14	Frequency distribution of the studied mothers regarding to their habits and practices about sexual activities and family planning during puerperium throughout the program.	128

List of Tables Cont.....

Table No.	Title	Page No.
15	Relation between the studied mothers' total knowledge score regarding the postpartum period and their socio-demographic characteristics.	131
16	Relation between the studied mothers' total habits and practices score regarding the postpartum period and their socio-demographic characteristics.	132
17	Correlation between the studied mothers' total knowledge and total habits and practices score regarding the postpartum period throughout the program.	133

List of Figures

Figure No.	Title	Page No.
	Figures of Review	
I	Techniques and resources for discussing vaccines with parents.	76
	Figures of Results	
1	Percentage distribution of the studied mothers according to the number of their family members.	94
2	Percentage distribution of the studied mothers according to the type of their house.	95
3	Percentage distribution of the studied mothers according to the family income	96
4	Percentage distribution of the studied mothers according to the number of gravidity.	97
5	Percentage distribution of the studied mothers according to the number of abortion.	98
6	Percentage distribution of the studied mothers according to the number of previous delivery.	99
7	Percentage distribution of the studied mothers according to the number of children alive.	100
8	Percentage distribution of the studied mothers according to their source of information about the postpartum period.	106

List of Figures Cont.....

Figure No.	Title	Page No.
9	Percentage distribution of the studied mothers' total knowledge score regarding the postpartum period throughout the program.	111
10	Percentage distribution of the studied mothers' total habits and practices score regarding the postpartum period throughout the program.	130

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
T3	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 pre-pregnant 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 awareness program should be applied to a large sample size for along time.

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