



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكرو فيلم

بسم الله الرحمن الرحيم



HANAA ALY



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التوثيق الإلكتروني والميكروفيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس

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قسم

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HANAA ALY

The Effect of Postpartum Blues on Women Health and her Baby Care

Thesis

*Submitted for Master Degree in Nursing Science
(Community Health Nursing)*

By

Shaymaa Ahmed Sayed

(B.Sc. Nursing, 2012)

Total Quality Management Diploma

Quality Specialist at El Marg Hospital

**Faculty of Nursing
Ain Shams University
2020**

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*Submitted for Master Degree in Nursing Science
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Under Supervision of

Prof.Dr./Omaima Mohamed Esmat

Professor of Community Health Nursing
Faculty of Nursing - Ain Shams University

Dr./Safinaz Mohamed Sayed

Lecturer of Community Health Nursing
Faculty of Nursing - Ain Shams University

**Faculty of Nursing
Ain Shams University
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List of Abbreviations

<i>Abb.</i>	<i>Meaning</i>
PB	Postpartum blues
IJSR	International Journal of Science and Research
DHA	Decosahexaenoic
PD	Postpartum depression
PPP	Postpartum psychosis
WHO	World health organization
CHN	Community health nurse
CCRC	Child Care Resource Center

The Effect of Postpartum Blues on Women Health and her Baby Care

Prof. Dr. Omaila Mohamed Esmat, Dr. Safinaz Mohamed

Sayed, Shaymaa Ahmed Sayed

Department of Community Health Nursing

Faculty of Nursing, Ain Shams University

ABSTRACT

Background: Postpartum blues is defined as mood disturbance (including insomnia, weepiness, depression, anxiety, and irritability) experienced by up to 50% of women the first week postpartum; apparently precipitated by progesterone with drawal. **Aim:** is to assess the effect of postpartum blues on the women and their babies health condition. **Research design:** A descriptive design was utilized in the study. **Setting:** The study was conducted at antenatal outpatient clinic of gynecological and obstetric hospital, Ain -Shams university hospitals and then the cases detected were followed up through home visits after birth **Sampling:** A purposive sample composed of one hundred (100) mothers with their babies chosen randomly. **Tools:** Four different tools were used for data collection of the study which include, First tool: Interviewing questionnaire to assess socio demographic characteristics, knowledge and practice of the study sample. Second tool: The Edinburgh postnatal depression scale, third tool: Health Assessment during Postpartum Period to assess mother's health condition, forth tool: New born assessment checklist scale to assess care given to the neonates. **Results:** The main results of the study revealed that (90%) of women had poor knowledge about postpartum blues & (36%) of women of the study sample had post-partum blues **Conclusions:** There were more than three quarters of women have poor knowledge about postpartum blues. There were more than one third of the sample subjects had postpartum blues diseases. **Recommendation:** Improving the mothers' knowledge and awareness toward postpartum blues and caring their babies through mass media such as posters and booklets. Further studies should be conducted to improve the mothers knowledge and awareness for proper caring their babies. Further studies should be conducted to improve the women knowledge about postpartum blues, care given by mother after birth, health condition of women after birth.

Keywords: Postpartum blues, women health, care of the baby.

Introduction

Pregnancy is a beautiful moment in a woman's life, and should be safe guarded. Pregnancy and birth can cause emotional transformation, bliss and happiness that can affect women. It is a period of adaptation with biological, emotional and psychological changes that in most cases occur without any trouble. As specialist, we should focus on any special issues that could raise some risk, not only for the women's health, but also for the baby. Mental health is an integral part of health and a state of well being (*WHO, 2017*).

Baby blues also called *maternity blues* or *postpartum blues*, is a common mild affective syndrome that could be experienced by women after delivery. “Baby blues” are very common and experienced by most of the women to some extent. Baby blues are also known as puerperal blues. However, PB is more commonly seen in *western countries* because of the lack of strong familial support and bonding. It is observed to be highly ranged from (40– 85%). The symptoms arise within the first 10 days and peak around 3– 5 days (*Glasheen et al., 2018*).