



شبكة المعلومات الجامعية
التوثيق الإلكتروني والميكروفيلم

بسم الله الرحمن الرحيم



MONA MAGHRABY



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التوثيق الإلكتروني والميكروفيلم



شبكة المعلومات الجامعية التوثيق الإلكتروني والميكروفيلم



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جامعة عين شمس التوثيق الإلكتروني والميكروفيلم

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MONA MAGHRABY



Effect of Post Abortion Counseling, It's Effect on Woman Life Style

Thesis

Submitted for Partial Fulfillment of the Doctorate
Degree in Obstetrics and Gynecological Nursing

By

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Master in Obstetrics & Gynecological Nursing

***Faculty of Nursing
Ain Shams University
(2019)***



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List of Contents

Acknowledgement	--
List of Abbreviations	i
List of figures.....	ii
List of tables.....	iii
Abstract	v
Introduction.....	1
Aim of the study.....	6
<i>Review of Literature</i>	7
Abortion & post abortion management	7
Lifestyle	19
Counseling	38
Nursing role	62
Subjects and Methods	75
Results.....	86
Discussion	107
Conclusion	118
Recommendations.....	119
Summary	121
References.....	124
Appendices.....	12
Arabic Summary	---

List of Abbreviations

Abbreviation	Full Name
PAC	Post Abortion Counseling
SLE	Systemic Lupus Erythromtites
RA	Rheumatoid Arthritis
PCOS	Polycystic Ovary Syndrome
WHO	World Health Organization
MHC	Maternal Health Care
MCQ	Multiple Choices Question
Ph.D.	Doctor of Philosophy Degree
SPSS	Statistical Package of Social Science
USA	United States of America
UK	United Kingdom
SPSS	Statistical Package For Social Sciences
P	Probability

List of Figures

Fig.	Title	Page
1	No. of Parity among the studied subjects (N= 116).	88
2	No. of Abortion among the studied subjects (N= 116).	88
3	Total of studied subjects' knowledge related to abortion (N= 116).	90
4	Total Studied Subjects life style before counseling's session.	91
5	Studied Subjects Satisfaction related to Counselling session.	92
6	Studied subjects opinion related to booklet.	92
7	Total impact of post abortion counselling session on women's lifestyle.	95
8	Total of studied subjects' knowledge after post abortion counselling session.	97

List of Tables

Table	Title	Page
1	Distribution of the studied subjects according to characteristics of woman (N= 116).	87
2	Distribution of studied sample according to past, obstetrics and family history of aborted woman (N= 116).	89
3	Knowledge of the studied subjects related to abortion (N= 116)	90
4	Studied subjects' life style (N= 116).	91
5	Studied subjects' opinion after using Booklet	93
6	Effect of post abortion counseling session on studied subjects' lifestyle	94
7	Knowledge of the studied subjects after post abortion counseling's session	96
8	Relation between characteristics of the studied subjects and total knowledge before post abortion counselling session.	98
9	Relation between characteristics of the studied subjects and total knowledge after post abortion counselling session.	99
10	Relation between characteristics of the studied subjects and their life style before post abortion counselling session.	100
11	Relation between characteristics of the studied subjects and impact of post abortion counselling session on their life style.	102

Table	Title	Page
12	Relation between characteristics of the studied subjects and satisfaction of post abortion counselling session.	103
13	Compare between knowledge of subjects before and after session (N=116).	104
14	Compare between total knowledge of subjects before and after session (N=116)	105
15	Correlation matrix between studied variables	106

Abstract

The study aim: To study effect of post abortion counseling on woman life style. **Research design:** Quasi-experimental. **Setting:** The study was conducted at postnatal department in AIN Shams University, maternity hospital. **Tools of data collection:** post abortion Arabic structured interviewing questionnaire tool, lifestyle assessment tool, Supportive in structural booklet for aborted women tool, follow up card after post abortion counseling. **Result revealed:** The results of this study revealed that more than half of women do not have knowledge regards abortion and its management, more over there was more than half of women had unhealthy lifestyle during pregnancy. In addition, there was more than two third of them had positive impact regards post abortion counseling on lifestyle. **Conclusion** revealed that: More than half of the studied sample had developed poor knowledge regarding to post abortion counseling. More than one third of the studied sample developed in complete knowledge regarding to healthy lifestyle. More than half of the studied sample in relation to Abortion counseling can have a profound effect on a woman's life. **Recommendation:** The study recommended that Counseling program for women with abortion problems and life style modification. Educational programs and messages through the counseling session, counseling booklet, brochures to increase women awareness about effect of unhealthy lifestyle.

Key wards: abortion, post abortion counseling. Lifestyle.

Introduction

Abortion is defined as the termination of pregnancy and an expulsion from the uterus of an embryo or fetus before 20 week's gestation or fetal weight less than 500g. (*Rouse, 2017*).

Approximately 26 million legal and 20 million illegal abortions are estimated worldwide in (*WHO, 2017*) resulting in a worldwide abortion rate of 35 per 1,000 women aged 15-44. Among the sub regions of the world, Eastern Europe had the highest abortion rate (90 per 1,000) and Western Europe to the lowest rate (11 per 1,000). Among countries where abortion is legal without restriction as to reason. Abortion rates are no lower overall in areas where abortion is generally restricted by law (and where many abortions are performed under unsafe conditions) than in areas where abortion is legally permitted. Both developed and developing countries can have low abortion rates. Most countries, however, have moderate to high abortion.

Official statistics or other national data on legal abortions in 57 countries; estimates based on population surveys for two countries without official statistics and worldwide and regional estimates of unsafe abortion from the (*World Health Organization, 2016*).

The unsafe abortion rate in developing countries is partly attributable to lack of access to modern contraceptives; providing access to contraceptives would result in about 14.5 million fewer unsafe abortions and

38,000 fewer deaths from unsafe abortion annually worldwide (*Berer, 2017*).

Abortion is one of the oldest medical practices, evidence of which dates back to ancient Egypt, Greece, and Rome. Abortion techniques used by Egyptian pharaohs were documented in the ancient Ebers Papyrus (1550 B.C). It is believed that during the Middle Ages, abortion techniques were adopted and accepted by Western Europe and later diffused across the globe (*WHO, 2018*).

There are several types as Threatened abortion the embryo is already viable the products of conception are still intact and the cervix is closed, while inevitable abortion is defined as the embryo is dead with the products of conception either intact or expelled, more over Complete abortion All products of conception are expelled and the embryo is dead, additionally Incomplete abortion the embryo is dead but some products of conception are still intact, more over Missed abortion the embryo is already dead inside the uterus, Recurrent/Habitual abortion. Yet Abortion becomes recurrent once the woman has had 3 consecutive miscarriages at the same gestational age. (*Dafae, 2016*).

In addition Lifestyle is defined as The set of habits and customs that is influenced by the lifelong process of socialization, including social use of substances such as alcohol and tobacco, dietary habits, and exercise, all of which have important dangers implications for health,. People live under the pressure of various problems social, ecological, economical and others. They constantly suffer

from stress, noise and exercise may also negatively affect reproductive health. In order to overcome all difficulties a person should be strong and healthy, take care of physical health (*Lars, 2018*).

While factors like maternal nutritional status, disease control and reproductive planning are critical in ensuring a healthy pregnancy outcome for women and their future offspring, exposure to drugs and chemicals play a significant role as well. Alcohol, smoking, caffeine use and other similar lifestyle factors, have now become an integral part of the daily life of most men and women, who use/misuse one or more of these harmful substances regularly despite knowledge of their detrimental effects. Exposure to reproductive and developmental toxicants in the environment (at home and at the workplace) are concern. The adverse health outcomes of these exposures are of interventions for avoiding the usage of caffeine, tobacco, alcohol and other illicit drugs; and avoid exposure to environmental or workplace chemicals and avoid radiation (*Yanping, 2018*).

Additionally Counseling is a skilled activity that involves assisting others in managing and resolving psychological, emotional, behavioral, developmental, relational, vocational, and other personal challenges (chronic or acute) in order to facilitate adjustment to changing lifestyle circumstances; promote personal growth, needs attainment, and overall wellness throughout the life span; and prevent the development of more serious conditions. At its essence, professional counseling involves