

Assess the General Health Status of Mothers Underwent Lower Segmental Caesarean Section In Terms Of Pain Coping, Early Ambulation and Progress in Wound Healing

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Abstract: Back ground: The research studies and working experience created an insight in the investigator that there is lack of practice regarding early ambulation, pain coping and progress in wound healing among mothers after caesarean section. So, the researcher interested to study the effectiveness of nursing care for patient underwent Lower Segmental Caesarean Section in terms of early ambulation, pain coping and progress in wound healing. Methods: Quantitative research approach with one group pre-test and post-test was used in this study. The study was conducted at Maternity Hospital in Puducherry. The data were collected from 15 mothers who underwent Lower Segmental Caesarean Section were selected by using convenient sampling technique. The data were tabulated, analyzed and interpreted. Results: Therefore the finding of the study revealed that the importance of nursing care, effective in improving the level of pain coping, early ambulation and progress in wound healing of mothers who underwent lower segmental caesarean section. The study participants get benefited by participating in this study.

Keywords: pain coping, early ambulation, wound healing, lower segmental caesarean section

1. Introduction

Childbirth is viewed as an important life event. It is a natural, normal physiological phenomenon which introduces new experiences in women's reproductive life. Vaginal delivery of a full term normal pregnancy is a natural physiological process. In caesarean section the specific needs of the mother much more than by the normal child birth. Caesarean section can be in the form of planned elective or emergency procedure. Physical, physiological, psychological and social culture factors are the various kinds of stressors experienced by each woman who undergoes caesarean section. Hence the role of a nurse is to identify areas in health promotion, illness prevention, rehabilitation or treatment is needed. The nurse stimulates each mother individually and plan rehabilitative program accordingly.

2. Need for the Study

Early ambulation in post operative period is the key to get rapid and maximum muscle function and restoration of mother's health. Ambulation helps to decrease most of the complications by ensuring good blood circulation, promoting gastric motility, enhancing respiration, decreasing chances of thrombo phlebitis, preventing orthostatic hypotension, improving the physical strength etc. A complete ambulation program done at this time can prevent complications in later life. The postnatal caesarean mothers are in need of rehabilitation for pain relief of good quality after caesarean section which results in early mobilization, wound healing and good early mother-child interaction. The research studies and working experience created an insight in the investigator that there is lack of practice regarding early ambulation, pain coping and progress in wound healing among mothers after caesarean section.

3. Statement of the Problem

A study to assess the effectiveness of nursing care for mothers underwent Lower Segmental Caesarean Section in terms of pain coping, early ambulation and progress in wound healing at selected maternity hospital in Puducherry.

4. Materials and Methods

A Quantitative research approach with one group pre-test and post-test design was selected for this study. The study sample consists of 15 mothers who underwent Lower Segmental Caesarean Section at Maternity Hospital in Puducherry. Were selected by convenient sampling technique. On the first post operative day pre-test was done, the post natal care was given to the mothers up to seventh post operative day.

5. Data Collection Procedure

Part-I : Selected Demographic Data.	Which includes, Age, education, occupation, family income, marital status, religion, number of children's.
Part-II: Modified scale for assessment of pain coping.	They were assessed by using 6 point rating scale as 0- Very happy, 2- Hurts just a little bit, 4- Hurts a little more, 6- Hurts even more, 8- Hurts a whole lot, 10- Hurts the worst
Part-III : Check list for the assessment of level of ambulation	This check list consists ten divisions each covers an aspect of ambulation.
Part-IV :	Check list for the assessment of Progress in Wound Healing.

6. Results and Discussion

Table 1: Level of pain coping (N=15)

S.No	Level of Pain Coping	Pre Test		Post Test		
		n	%	n	%	
1.	Mild	0	0	15	100	Table 1 reveals that In Pre-test 15 (100%) of them had severe level of pain coping and in Post-test 15 (100%) of them had mild level of pain coping.
2.	Moderate	0	0	0	0	
3.	Severe	15	100	0	0	
Total		15	100	15	100	

Table 2: Level of ambulation (N=15)

S. No	Level of Ambulation	Pre Test		Post Test		
		n	%	n	%	
1.	Independent	0	0	15	100	Table 2 reveals that In Pre-test 15 (100%) of them doesn't do any activity and in Post-test 15 (100%) of them had independent level of ambulation.
2.	Dependent	0	0	0	0	
3.	Activity doesn't occur	15	100	0	0	
Total		15	100	15	100	

Table 3: Level of progress in wound healing (N=15).

S.No	Level of Ambulation	Pre Test		Post Test		
		n	%	n	%	
1.	Mild	7	46.66	15	100	Table 3 reveals that In Pre-test 7 (46.66%) of them had mild level of wound, 8(53.33%) of them had moderate level of wound and in Post-test 15 (100%) of them had mild level of wound.
2.	Moderate	8	53.33	0	0	
3.	Severe	0	0	0	0	
Total		15	100	15	100	

7. Conclusion

The present study can help nurses to enrich their skills and knowledge of nursing care for mothers underwent Lower Segmental Cesarean Section in terms of pain coping, early ambulation and progress in wound healing.

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