

Comparative study between primigravida and multigravida regarding women's self-care practices for management of selected minor discomfort

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Self-care means a person's ability to undertake self-care requisites or needs for preserving health and well-being. During pregnancy, the rapidly rising hormones change the maternal body and may cause some symptoms in the mother called as minor disorders.

Aim of this study was to compare between primigravida and multigravida regarding women's self-care practices for management of selected minor discomfort.

Research question of this study are women's self-care practices differs between primigravida and multigravida toward management of selected minor discomforts during pregnancy?

Research Design for this study was correlational descriptive.

Setting of this study was conducted in the keebly MCH at Menofya governorate in Egypt.

Subjects and methods: convenient sample was used to collect data in a period of six months, two days / week (Monday and Wednesday) and started from March 2016, until August 2016, and the total number was 300 pregnant women for three trimesters (90 primigravida and 210 multigravida, two tools for data collection was structured first; interviewing questionnaire sheet, and second; minor discomforts assessment sheet.

Results of the study revealed that the majority of both primigravida and multigravida (85.6%, 87.1% respectively) were housewives, while (33.3%) of the primigravida had moderate education compared to (21.4%) among multigravida. More than half of the primigravida (54.4%) women suffered from nausea and vomiting compared to (65.2%) among multigravida. Less than half of the primigravida (42.9%) attempts to manage it by avoid food smelling compared (26.3%) among multigravida. Additionally (52.2%) of primigravida complaining from heartburn compared to (40.5%) among multigravida, more than half of both groups (55.3% primi, 54.1% multi) avoid fried, spicy, and fatty food as a one method to manage that complain. Also (60% primi, 76.7% multi) suffering from frequency of micturition. More than half (51.9%) of the primigravida utilize regular evacuation of bladder every two hours for managing of this complain, while less than half (44.1%) of multi gravida women perform decrease amount of drinking especially at night for coping this complain. (61.1% primi, 41.4% multi) were suffering from back pain. More than two thirds (65.5%) of the primigravida women avoid standing for long time for manage this discomfort compared to (46.1%) among multigravida. Most of them (87.8% primi, 84.8% multi) were suffering from leucorrhea. However (84.8% primi, 83.3% multi) were suffering from sleeping disturbance. **Conclusion:** There was no significant difference between primigravida and multigravida mothers' self-care practice for management of some selected minor discomforts during pregnancy such as (constipation, heartburn, backache, leucorrhea). **Recommendations:** Establishing educational program for all pregnant women's about minor discomforts & its correct self-care practice intended for increasing their knowledge through using health booklets, posters.

Key Words: minor discomforts, self-care practice, and pregnant women.

Biography:

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