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**THE NATURE OF IMMEDIATE POST-NATAL
CARE
PROVIDED TO PRIMIGRAVIDA
WOMEN BY RAMALLAH GOVERNMENT
HOSPITAL AND
EL-BIREH RED CRESCENT HOSPITAL
AND IT'S ANDEQUACY TO MEET MOTHERS'
NEEDS AND EXPECTATIONS**

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ABSTRACT

THE NATURE OF IMMEDIATE POST-NATAL CARE PROVIDED TO PRIMI GRAVIDA WOMEN BY RAMALLAH GOVERNMENT HOSPITAL AND EL-BIREH RED CRESCENT HOSPITAL AND IT'S ADEQUACY TO MEET MOTHERS' NEEDS AND EXPECTATIONS

This descriptive analytical study was conducted at Ramallah Government Hospital and El-Bireh Red Crescent Hospital during the period of 1st October - 20th November 1998. The purpose of the study was to examine the nature of post-natal care provided to primi-gravida women by hospitals, and it's adequacy to meet mothers' needs and expectations. The descriptive analytical research design was utilized in this study.

The sample group consisted of all primi-gravida women who had delivered at Ramallah Government Hospital and El-Bireh Red Crescent Hospital during the period 1st October - 20th November 1998. The sample was (74) participants. Data collection utilized was face-to-face interviews with the target mothers. Interviews were conducted at the two hospitals before mothers discharge.

At the completion of data collection, data analysis was carried out and the general results were presented through different tables and graphs in Chapter VI. Results cover demographic factors such as women's age, age at marriage, residence and women's education.

Also it covers post-natal care, health education follow-up system, post-natal care provided to cesarean section women.

From the results shown at Chapter VI it was obvious that the post-natal care provided at El-Bireh Red Crescent Hospital and Ramallah Government Hospital is limited.

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CHAPTER I

INTRODUCTION

The post-natal period is a time of major physical and psychological transition for the new mother, so intensive and sensitive professional care can be very helpful to the new mother, by meeting both physical and psychological needs.

Post-partum period is also associated with several problems as urinary incontinence, sexual dysfunction, back pain, difficulties in breast feeding, fatigue, depression, contraception, and maintenance of healthy life styles. All these problems that may arise after delivery need high quality assessment during the six weeks post-natal review/check up.

From researcher experience working within the health sector, shortage in the preventive services provided was noticed in both Governmental and non governmental hospitals and other health Institutions.

Therefore, there was a need to study the nature of the services provided to women in this critical period.

Problem Statement:

The post-partum period is particularly stressful, because of the numerous physical changes the mother undergoes, the

incomplete integration of her pregnancy and labor experiences. The changing role that must occur within the family complex, and the uncertainty of the nature of the early mother-child relationship, fatigue, confusion, feelings of helplessness and inadequacy and depression often complicate this period. Isolation from the extended family, lack of community resources, economic strains, and pressures on the woman to resume her full previous role within the family create additional stresses.

Sensitive professional care can be very helpful to new mothers experiencing the first delivery, who usually have little knowledge concerning giving birth to a child and taking care of him/her. This group of women need to have great post-natal attention and support.

Therefore, this study aims at investigating the nature of post-natal care provided to primi-gravida women and determine whether or not the care provided to this target group meet their expectations and needs during this critical period.

Significance of the Problem:

The researcher noticed that there is a lack of studies that investigate the adequacy of post-natal care, and the availability of such services, to meet the expectation of primi-gravida women in the West Bank. Therefore, the significance of the study springs from the fact that it is the first attempt to shed light on this topic.

The following population might benefit from this study:

1. Pregnant women who might receive better post-natal services that satisfy their actual needs instead of the present services.
2. New born infants who will receive better care.
3. To develop post-natal guideline for hospitals

Purpose of the Study:

The purpose of this study is to examine the nature of immediate post-natal care provided to primi-gravida women by R.G.H. and B.R.C.H. hospitals, and its adequacy to meet their needs and expectations:

1. To identify the nature of health education provided to primi gravide women at Ramallah Government Hospital and El-Bireh Red Crescent Hospital.
2. To assess the referral and follow-up system which is implemented at Ramallah Government Hospital and El-Bireh Red Crescent Hospital.
3. To identify the nature of care provided to women at Ramallah Government Hospital and El-Bireh Red Crescent Hospital.
4. To determine women's expectations regarding post-natal care provided at Ramallah Government Hospital and El-Bireh Red Crescent Hospital.

Research Questions:

1. What type of care is provided to women during the post-natal period?
2. Are there any health education programs provided to women during the post-natal period and what is the nature of these services?
3. Is there any association between the demographic data and the expectations of the participants at Ramallah Government Hospital and El- Bireh Red Crescent Hospital?
4. What is the nature of the referral system for women and newborn after discharge?
5. Are women satisfied with the post-natal care provided at Ramallah Government Hospital and El-Bireh Red Crescent Hospital?

Assumptions:

The study is based on the following assumptions:

1. No major interruption will take place, which may affect the process of conducting this study.
2. Women are honest and sincere in their answers.
3. All subjects can understand Arabic.

4. The administrations and staff of the hospitals are cooperative and responsive.
5. The instrument of this study is valid, reliable and can be implemented on the study sample.

Limitations:

1. The study sample was small and so its results cannot be over generalized.
2. The interview took place 24 hours after delivery, and so the primi-gravida women were tired and this may affect their answers.
3. The medical staff in the two hospitals were not very cooperative with the researcher.
4. The lack of sufficient medical records system and especially at Ramallah Government Hospital.

Target Population:

The target population of this study consists of all primi gravida women who gave birth at Ramallah Government Hospital and El-Bireh Red Crescent Hospital during the period of 1.10.1998 - 20.11.1998.

CHAPTER II

THE PALESTINIAN HEALTH SITUATION

Introduction:

The purpose of this chapter is to give a brief information on the health care system in the OPT and its transition from the Israeli Civil Administration to the Palestinian Authority.

Israeli responsibility upon the public sector started in the year 1967 when the Israeli Military Forces occupied the remaining part of Palestine (West Bank and Gaza Strip). On 13 September 1993, the Palestine Liberation Organization (PLO) and the Israeli Government signed a Declaration of Principles. As Stipulated by this agreement, a transfer of authority took place from the Israeli Military Government and its Civil Administration to the Palestinian Authority. One of the areas that were transferred to the Palestinian Authority is the health sector.

With regard to health, the transferal described above implied that the remaining West Bank and Gaza public health services infrastructure, comprising 12 hospitals, 2 psychiatric hospitals and 206 clinics, were handed over to the appointed Palestinian Health Authority (Palestinian Central Bureau of statistics, Current Status Report series No.4 1995).

The Palestine Red Crescent Society, together with leading

CHAPTER VII

DISCUSSION

A. Major Findings :

After analyzing the results, which were presented in the previous chapter, the following major findings have been noticed bearing in mind that the high figures regarding certain items for one of the hospitals does not necessarily indicate high quality health care. This may be due to limited number of the sample and limited period for data collection.

- The post-natal care provided for the participants at the B.R.C.H had a mean of (7.8000), while the mean for the same care at (R.G.H) was (1.0667).
- The post-natal health care provided for the participants having C.S. delivery had a mean of (53.0938) at B.R.C.H, while it was (49.3571) at R.G.H.
- Regarding the Health Education the Mean was (31.7500) at B.R.C.H, while it was (23.4524) at R.G.H.
- In relation to the follow-up plan after discharge the mean was (5.1563) at B.R.C.H, while it was (3.3810) at R.G.H.
- Taking into consideration the demographic factor and its correlation with the expectations regarding the provided post-natal health care, it was as follows :


- Regarding the “age group”, the women who were within the age group of (30-39) had the highest Mean which was (3.0909) and this reveals that the expectations of the age group moderately agree with the actual provided health services.
- Furthermore, regarding the “marriage age”, the women who were within the marriage age group of (30-39) had the highest Mean which was (3.4000) and this reveals that the expectations of age group moderately agree with the actual provided health services.
- Regarding the qualifications of the study sample, the women who completed university education had the highest Mean which was (3.2857) and this reveals that the expectations of the university educated group moderately agree with the actual provided services.
- Taking into consideration the residence of the study sample, it showed that women residing in the city had the highest correlation between their expectations and the actual post-natal care, where the Mean was (3.200).
- When considering the study sample’s expectations and the provided post-natal health care expectation among the women who attended (B.R.C.H.) had a mean of (3.0000), while the mean for women who attended (R.G.H.) was (2.7857).
- When analyzing this conclusion according to Likert Scale

it was found that (36.5%) of the study sample answered according to the fourth item of the Likert Scale, which was "Moderately agree".

B. Conclusion :

In light of the present findings the following conclusions can be drawn:

1. The level of post-natal health care provided at El-Bireh Red Crescent Hospital was higher than that provided at Ramallah Government Hospital. But this does not indicate a high quality health care as was reflected through the women's answers. For the mean of the level of health care within the two hospitals was (50.9730).
2. The level of post-natal care provided at the two hospitals regarding the Mean was 7.800 at El-Bireh Red Crescent Hospital, while it was (1.0667) at Ramallah Government Hospital.
3. The level of provided health education devoted to women during the post-natal period had a mean of (31.7500) at El-Bireh Red Crescent Hospital while it reached (23.4524) at Ramallah Hospital.



4. Regarding the post-natal follow-up programs, attention and care after discharge. It was found that this care adopted at El-Bireh Red Crescent - by having a plan and a mean of (5.1563) while Ramallah Hospital had a mean of (3.3810) care.


5. The study showed a weak relationship between the women's expectations regarding the health services provided at the two hospitals (Ramallah and Red Crescent) and reality. For the mean was (8.5135) for the two hospitals. Bearing in mind that the services were better at the Red Crescent Hospital.

Regarding health, supervision, post-natal education and follow-up plans for women after delivery than the care provided at Ramallah Hospital.

C. Implications for Nursing:-

The post-natal services are considered a very crucial part of the primary health care due to the positive influence it has on both the mother and infant in particular and to all the community in general. And these services gain priority among the medical staff.

Due to the importance of the post-natal stage to both the



mother and infant and especially those women who deliver for the first time lack the sufficient experience for dealing with their babies for the first time. Furthermore, most of these women are of a young age, also it is important to provide her with: advice guidance and equip her with the needed information and skills that will help her to look after the newborn after discharge.

This study may be regarded as a nucleus for further studies in the same discipline, which will help in opening new opportunities for further research for promoting post-natal program, that may be adopted by health institutions.

D. Recommendations for further Researches:-

- *The researcher recommends selecting a larger sample to implement the study on provision of post-partium care.*
- *The researcher recommends the implementation of further studies related to the following topics:*
 - A. Care of wounds of the reproductive organs, and Cesarean section.*
 - B. Care of newborn.*
 - C. The necessary health education issues needed during the post-natal period.*
 - D. Family planning.*
 - E. Sexuality during the post-partium.*
 - F. Bonding relationship between the mother and the newborn.*
 - G. Drugs used during the post-natal period.*