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ABSTRACT

The Correlation between Physical Activity (or Being Physically Active) and Pain, Activities of Daily Living, and Participation among Postpartum Women Who Underwent Cesarean Delivery

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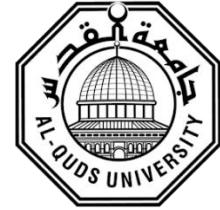
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Background: During Post C-Section, postpartum women's experience a decline in the physical activity (PA) level due to insufficient pain control or excessive sedation, Pre and postpartum complications can be increased in the physically inactive women that may interfere with their daily activities and participation and with their quality of life. Thus, efficient strategies to increase or maintain PA level in the pre and postpartum period are warranted.

Objectives: This study aims to investigate the correlation between PA and Pain, ADL's and participation among postpartum women who underwent C-Section

Research Design: This study is a quantitative, non-experimental, descriptive, cross-sectional survey in design.

Participants: non-random purposive sample size of 160 participants were reached, 111 participants meet the inclusion criteria (aged between 18-40 years old and underwent C-Section delivery during the first year of postpartum) and 49 participant were excluded either because they refused to participate or because they meet the exclusion criteria (Postpartum women with vaginal delivery, less than 18 years and above 40 years, had a previous pelvic floor or abdominal surgery, Women who experienced complications after C-Section including; Blood clot, Post-surgery



infection and Fatal abnormalities. in addition to women who took Epidural anesthesia during delivery, had Multiple births (twins), and Women with illnesses that may cause fatigue such as cancer and heart problems).

Setting: the questionnaires were distributed to the participants with the help of UNRWA clinic in Bethlehem city, and via social media (Facebook).

Data Collection: a detailed cover letter, an informed consent form, and online self-administered questionnaire forms were published on different social media groups and distributed in-person or over-the-phone. Questionnaires have been published in early April 2021, and responses have been stopped after three weeks

Data analysis: using the SPSS software, this study used descriptive and inferential statistics that are simpler to perform on a large sample population and helped analyze and describe the data in a meaningful way.

Results: the findings of this study showed that PA can affect pain, ADL's and participation; postpartum women who practice vigorous PA tend to have no difficulties in taking care of others (89.5%) and mild pain (58.3%). Besides, postpartum women who practice vigorous PA or transferring PA had no difficulty with sleeping (83%) (52.5%) respectively whereas they tend to have no interaction with sexual relationships (84.2%) (55.6%) respectively. In addition to this, postpartum women who practice vigorous or moderate PA had higher interaction with social activities (75%) (50.7%) respectively.

Conclusion: this study showed that pain, ADL's impairment and the decrease in women's participation are an aftereffect for C-Section that needs to be self-treated, by applying PA to ease pain, improve ADL and participation which might increase the wellbeing of postpartum women following C-Section.

Research Keywords: Cesarean section, C-section, postpartum, physical activity, PA, Activities of daily living, ADL's, pain, participation.