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Evaluation of health related behaviors and attitudes of women during pregnancy in Edirne, Turkey

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Objective: To determine the health related attitudes, behaviors and practices of women during pregnancy and to establish appropriate nursery applications that may aid in improvement and promotion of women's health during pregnancy.

Methods: Data was derived from 244 pregnant women admitted to the obstetrics and gynecology department of a tertiary care centre for their routine follow-up. Two questionnaires consisting of "Personal Introductory Form" and "Health Practice Questionnaire-II" were applied to gather information about demographics and health related knowledge and attitudes. Cronbach's alpha has yielded a coefficient of 0.644 indicating a satisfactory level of reliability.

Results: Pregnants were assigned into 5 age groups as 18-22, 23-27, 28-32, 33-37 and ≥ 38 . No statistically significant difference could be detected between age groups in terms of Health Practice Questionnaire-II scores ($p=0.849$). No statistically significant difference could be detected between age groups ($p=0.849$), marital statuses ($p=0.379$), economical status ($p=0.539$), numbers of pregnancies ($p=0.057$) and site of accommodation (urban vs. rural) ($p=0.572$) in terms of Health Practice Questionnaire-II (HPQ-II) scores. In contrast, a remarkable difference for HPQ-II scores was noted with respect to professions ($p=0.001$), educational levels ($p<0.001$) and body-mass indices ($p=0.004$) of pregnant. No difference was noted between planned or unplanned pregnancies with respect to HPQ-II scores ($p=0.083$). However, HPQ-II scores displayed significant variation between pregnant whose husbands assisted them during daily life and whose husbands did not ($p<0.001$).

Conclusion: Our results have shown that investigation of the health related behaviors and attitudes of women during pregnancy in addition to increased awareness of nurses could yield substantial contribution to improve the healthcare of pregnant women.

Biography

Ahsen Sirin has completed her Undergraduate study in Nursing from Hacettepe University Faculty of Nursing. She has completed her Master's degree at Population Studies Institute from Hacettepe University, Ankara and Second Master's degree in Women's Health and Diseases Nursing from Ege University, Faculty of Health Sciences, Izmir. She has completed her Doctorate degree in Women's Health and Diseases Nursing from Ege University Faculty of Health Sciences and became Associate Professor and Professor in the same branch (1996-2002). She has retired her governmental occupation from Ege University in 2011. From the year 2012, she has started working in private and or foundation institutions and universities. During the years 2012-2014, she gave midwifery lessons at midwifery department of Bilim University Istanbul. She is working as Members Instructor from 2014 in Zirve University; Health Sciences Faculty in School of Nursing Department at Gaziantep city.

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