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Relationship between the mother's self-care power and postpartum fatigue

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The aim of the study was to determine the relationship between self-care power of women and postpartum fatigue in the postpartum second month. This is a cross-sectional study and included 313 women determined with convenience sampling method in postpartum second month. Research data were collected with a questionnaire including questions about demographics and independent variables tested, Visual Analog Scale for Fatigue, Self-Care Power Scale, Edinburgh Postpartum Depression Scale and the Multidimensional Perceived Social Support Scale. Data were analyzed using descriptive statistics, ANOVA, t-test, Mann Whitney U, Kruskal-Wallis, correlation and multiple regression analysis. The mean age of the women included in the study was $25.36 \pm$ years (standard deviation=3.67, range: 18-35). Of all women, 57.6% were primary school and secondary school graduates, %77.3 were housewives, 12.5% had large family, 31.0% had health insurance and 52.1% had low income levels. Negative correlation was between the fatigue subscale of visual analog scale scores and self-care power scale ($r=-0.183$, $p<0.001$), the multidimensional perceived social support scale ($r=-0.131$, $p<0.05$) and the energy subscale of visual analog scale for fatigue ($r=-0.318$, $p<0.001$), and positive correlation was between the fatigue subscale of visual analog scale for fatigue and Edinburgh postpartum depression scale ($r=-0.173$, $p<0.001$). Stepwise multiple regression analyses, performed to determine factors associated with fatigue and energy symptom scores, revealed two statistically significant variables which increased the strength of the model. These variables were being a secondary school graduate of husband for fatigue and having high income levels. It could contribute to the improvement the self-care power of women in the postpartum period and to the development of the baby's and mother's health, increasing social supports including especially spousal support and improving the coping with depressive symptoms.

Biography

Zekiye Karaçam is a Professor at Adnan Menderes University Aydın School of Health, Division of Midwifery. She completed her PhD in Obstetrics and Gynecology Nursing from Hacettepe University Health Science Institute. She worked at Hacettepe University as Lecturer and nurse up to 2004. She worked at Adnan Menderes University since 2004. She is head of the Department of Midwifery. She has published 16 international papers and 21 national papers in reputed journals and has been serving as reviewers for some international and national journals.

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