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## The effect of Tele-counseling on postpartum women

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Tele nursing practices are of the developing special nursing areas. In tele counseling, nurses ensure continuity of the care, care quality, make performance assessment and provide documentation and clinical guidance. Women especially need training and support in starting and maintaining breastfeeding due to physical and psychological changes, and lack of information in the postpartum period. Therefore, postpartum Tele counseling is very important to maintain the care and to make the woman feel herself comfortable psychologically (GTP, 2000). Literature showed that supporting postpartum women about breastfeeding significantly increased breastfeeding rates after labor. Postpartum depression affects maternal and infant bond, maternal adaptation, infant care responsibilities, self care of the woman, social and family life and the entire maternal function. In studies show that suggested Tele-counseling in the postpartum period had an important effect on women's life quality and raised awareness, improved self-confidence and empowered them in all aspects. In addition, life quality in women and empowered them in all aspects. In addition, Tele counseling increased postpartum women's walking and physical activity frequency, acquiring cognitive and behavioral changes, self-competency and social support. In conclusion, the postpartum period is a challenging process when women need to cope with physiological and psychological changes. Therefore postpartum women are supported with telephone counseling.

## Biography

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