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## Immigrant mother moving on: The adaption of mothers and their experiences of medical behaviors, and health education in southern Taiwan

Rei-Mei Hong, Mei-Yen Chen, Su-Er Guo and Chin-Nu Lin  
CGUST, China

The number of new immigrants has increased 10% in last 20 years. Most of these residents are from mainland China, and South-East Asian countries such as Vietnam, and Indonesia. According to statistics, 10-20% of mothers develop depression after following childbirth. They are likely to have adaptation issues such as language barriers, cultural differences and experience economical and social problems. Of concern is the poorer health status that these women typically present. Furthermore, researchers rarely explore new immigrant mothers in Taiwan. This highlights the need of research, in order to inform health care and education. This study selected 60 foreign mothers in the southwest region to conduct a semi-structured interview which took about one hour; new immigrant mothers received appropriate health education guidance after this interview on their request. Findings indicated immigrant mothers' adaption by starting a new job, a means of establishing friendships, supporting from family and finding self-spirituality.

### Biography

Rei-Mei Hong is currently an Assistant Professor in the Graduate of Institution and College of Nursing in CGUST (Chang Gung University of Science and Technology). She is specialized in mental health and multicultural psychology and takes interests in women's health in Taiwan.

[rmhong@gw.cgust.edu.tw](mailto:rmhong@gw.cgust.edu.tw)

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