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Development and effect of nurse-centered doula support program(NDSP) for mothers with natural childbirth

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Introduction: The study is to develop a nurse-centered doula support program (NDSP) for the management of pain in natural births and to evaluate its effect.

Methods: Based on the pilot study on the labor support, textbook of DONA and Spinning Babies by Gail, NDSP selected preliminary questionnaires referring to survey on maternal needs. 60 items were derived by 5 experts and the final contents of program were confirmed with the verification of 58 items with CVI of 0.8 or more, by an expert group consisting of 2 obstetricians and 3 maternity nurses. 24 pregnant women admitted for maternity care at M hospital were included in the evaluation of NDSP efficacy. Pain, anxiety, postpartum hemorrhage, type of birth and the birth satisfaction of the newborn were assessed for the evaluation. The collected data was analyzed by χ^2 test, Fisher's exact test, t-test, and repeated measures ANOVA using the SPSS 22.0 program.

Results: This study showed that compared to Non-NDSP-applied group, NDSP-applied group had lower pain scores during transitional phase and lower postpartum anxiety score. Also, postpartum hemorrhage was less frequently found in NDSP-applied group, with higher birth satisfaction, when compared to the Non-NDSP-applied group.

Conclusion: The NDSP developed by the present researcher is effective in reducing maternal pain, anxiety, postpartum hemorrhage, and birth satisfaction in natural births, and thereby, is expected to be used as nursing intervention in maternal care. NDSP may contribute to the provision of qualitative nursing care and expansion of the role of nurses in childbirth.

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