

Joint Conference on Nursing, Diabetes & Medical Case Report

October 28-29, 2021 | Webinar

Social support in the postpartum period: you are not alone

The postpartum period is one of the most important periods in which physiological, psychological and social changes are experienced. A woman needs social support during this period when she experiences many differences in her life. Providing social support in the postpartum period for the continuation of the health of the mother, baby and family is very important for a healthy postpartum period. The postpartum period is a stressful situation for women and can experience negative experiences because of being alone. In the postpartum period, the support given to the woman by her social networks such as family, relatives and friends is important. Social support is very important for the care of the newborn, as well as helping to consolidate the role of motherhood. It has been found that social support is effective on the emergence, course and duration of many physical and mental illnesses, is a coping resource and protective against diseases, reduces the risk of postpartum depression, and facilitates adaptation to the role of motherhood.

In the postpartum period, the support given by health professionals to women is important as well as social support. Especially midwives should be guided to ensure the psychosocial adaptation of parents, mother and newborn emergencies, and to provide physical care such as skin contact, breastfeeding, body hygiene practices, skin care and umbilical cord related to the care of the mother and newborn during postpartum checks and home visits. Midwives need to ensure standardization in postpartum care practices, and to provide practices for determining risks to maternal and newborn health. In this process, midwives giving these care, which is determined as standard, to mothers, fathers and people who will support care will ensure that mothers spend the postpartum period in a healthier way.

The postpartum period is one of the most important processes in a woman's life. Proper execution of this process is very important for the health of both mother and baby. In this process, with the cooperation of partners, social support and midwives, the most effective care should be given to the basic needs of the puerperant with an individual and holistic approach.

Biography

Zeynep BAL has a research assistant in midwifery from Inonu University. She is working as a fulltime research assistant at midwifery department in İnönü University Faculty of Health Sciences.

zeynep.bal@inonu.edu.tr



Zeynep

İnönü University Faculty of Health Sciences
Department of Midwifery, No:44210, Turkey