

Physiological and psychological condition of High risk pregnant women on Bed Rest

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ABSTRACT

Bed rest is a common recommendation for women whose Pregnancies are complicated by one or more of a wide variety of conditions such as multiple pregnancies; pregnancy induced hypertension, spontaneous abortion and threatened preterm labor. Little evidence of its physiological and psychological effect on pregnancy outcome was documented. Aim of the study was to assess the physiological and psychological condition of high risk pregnant women on bed rest and pregnancy outcome. A descriptive, correlational design was utilized for the study, a total of 50 mothers were included in the study, they were recruited from maternity unit in Al Karak Hospital in North of Jordan, An observation record and questionnaire were utilized to collect the study data. Results of the study indicated that bed rest is extremely disruptive to the family, to the psychological well being of the pregnant mothers. Study also revealed that the majority of mothers developed muscles weakness, loss of appetite, headache and severe lower backache. Also, bed rest didn't prevent the occurrence of preterm labor. The study concluded that psychological and physiological condition of the pregnant mother should be considered and monitored. The study recommended further research by using different design to extend the evidence toward the use of bed rest.

Key Words

Bed Rest - Psychological condition- Physiological condition – Pregnant women