



The effects of an “Experience Postpartum Care Program” for primiparas newborn care.

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Background

Compared with providing a series of postpartum care and learning program, the current postpartum care system is more focus on physical recovery of female fertility and caring education of new born babies. It will more often make the primiparas feel helpless, anxious and uncertain when they come back home with their new born babies. This is an important topic for using “Experience postpartum care program” to help those women become more confident to play a role as being a mother in the first time and develop a positive attitude toward the interaction between mothers and babies.

Purpose

This study intends to establish a complete postpartum of new mother care learning scheme, which is called “Experience postpartum care program” and estimates its effect on maternal behavior and performance.

Method

An experimental study was conducted in a medical center located at southern Taiwan. And the study samples are those over than 20 years old primiparas in a medical center in southern Taiwan. They are randomly divided into two groups: Experimental (intervention) group (n=46) and Control group (n=46).

The experimental group receives individual health education and early maternal care learning scheme twice a week for 2-3 weeks, however the control group just receives normal care without any interventions.

This research uses descriptive statistics analysis, paired t-test, and independent t-test approaches to evaluate the results and effect between “Experience postpartum care program” and maternal behavior.

Results

According to the study, we can figure out the research results are as below:

- 1.The Experimental group was analyzed by paired t-test before and after the intervention. Their maternal behavior is obviously raised ($p < .001$).
- 2.Both the Experimental group and Control group are with clearly difference in maternal behavior by paired t-test before and after period ($p < 0.05$).
3. Maternal behavior (newborn care) of experimental group was improved after the intervention ($t=112.69, p < 0.001$). It means that with the intervention, there is a big difference on maternal behavior between two groups.

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Conclusions / Practical Applications

This study shows that by using “Experience postpartum care program”, the primiparas can gain positive learning experience than becoming a mother during the postpartum period. It will enhance the capability of maternal behavior and help strengthen maternal confidence level. It is suggested to be applied and implemented in postpartum care.

Keywords

Primiparas, newborn care and Maternal behavior.

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