

Comparing Mothers' Postpartum Concerns Over Time

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Problem

- Postpartum period: The most critical and yet the most neglected phase in the lives of mothers and infants.
- Most maternal and infant deaths occur during the postpartum period (WHO, 2014).
- Have postpartum mothers concerns changed over time?
- There is no research documenting these mothers concerns over time.

Literature review

- Postpartum mothers maternal concerns are increased with low social support, increased stress, and unmet learning needs (Loprest, Zedlewski, & Schaner, 2007; Sword, Watt, & Krueger, 2006).
- Maternal concerns have included: Relationship concerns lack of sleep and the demands of caring for a new baby (Insana et al., 2011; Petch et al., 2008; Kaitz, 2007).
- Infant concerns: Majority of the studies included feeding concerns (Kantora et al., 2012, Kaitz, 2012; Petch et al., 2008; Osman et al. 2010).

Literature review

- Situational concerns include: No health insurance (Nightingale & Fix, 2004), difficulty accessing the health care system, financial and transportation problems (Henry J. Kaiser Family Foundation, 2010; Trivedi, Rakowski, & Ayanian, 2008).
- The literature focuses heavily on maternal anxiety and postpartum depression rates (van Bussell et al., 2009; Paul et al., 2015; Okamoto et al., 2013; Maia et al., 2012; Mortazavi et al., 2013; & Grant et al., 2008).
- However, there is no data comparing postpartum mothers concerns over time.
- Therefore, the purpose of this study is:

Study Purpose

- To compare mothers' postpartum concerns (delivery to 8 weeks postpartum) in 2 NIH funded randomized clinical trials 20 years apart.
1. High Risk Pregnancy study(R01-NR-02867).
 2. First-Time Mothers' study(SC2HD076043-01).

Research Questions

Are there differences in The High Risk Pregnancy study vs. The First Time Mothers' study in:

1. Maternal concerns (Maternal self care)?
2. Infant concerns (Infant care, breastfeeding)?
3. Situational concerns (Financial issues, social support)?

Design

A secondary analysis comparing mothers' postpartum concerns (delivery to 8 weeks postpartum) in 2 randomized clinical trials in samples of largely minority mothers.

- Study 1: High Risk Pregnancy ($N=58$)
- Study 2. First-Time Mothers' ($N=62$)

Intervention

Study 1: High Risk Pregnancy

- Intervention group women received half of their prenatal care delivered by physicians.
- APNs delivered half of their prenatal in the women's homes .
- APNs delivered one postpartum home visit.
- APN Care: included teaching, counseling, telephone outreach, daily telephone availability, physician backup.
- APNs documented mothers concerns verbatim in a log.

Intervention

Study 2: First-Time Mothers' (N = 62)

- Intervention mothers received APN follow-up using 2-way cell phone contact and texting on post-hospital discharge days 3, 7, 14, 21, then monthly to month 6.
- Mothers were able to contact the APNs by cell phone or texting with any infant health concerns.
- APN Care: included teaching, counseling, 2-way cell phone contact and texting outreach & physician backup.
- APNs documented mothers concerns verbatim in a log.

Data collection: In both study's

- APNs providing the intervention recorded in interaction logs, as close to verbatim as possible, discussions with women during telephone contacts
- The logs documented care provided by APNs during each contact.
- Recorded data consisted of reason for contact, issues identified during contact, response of APN, woman's response and outcome of contact.
- The data were coded and entered into SPSS.

Sample

	High Risk Pregnancy N= 58	First Time Mother N=62
Age (years) M (SD)	27.1 (6.1)	25.0 (5.5)
Partner Status	<i>n</i> = 58 (%)	<i>n</i> = 60 (%)
Partnered	7 (12.1 %)	19 (31.7%)
Not Partnered	51 (87.9 %)	41 (68.4%)
Race *	<i>n</i> = 55 (%)	<i>n</i> = 62 (%)
African American	55 (94.8%)	13 (21.0%)
Hispanic	0 (0%)	32 (51.6%)
White	2 (3.4%)	3 (4.8%)
Caribbean Black	0 (0%)	14 (22.6%)
Other	1 (1.7%)	0 (0%)

**p* < .01

Sample

	High Risk Pregnancy N= 58	First Time Mother N=62
Income	<i>n</i> = 51 (%)	<i>n</i> = 55 (%)
<10,000	32 (62.7%)	41 (74.5%)
10,000-29,999	16 (31.4%)	14 (25.4%)
30,000-50,000	2 (3.4%)	0 (0%)
>50,000	1 (1.7%)	0 (%)
Employment	<i>n</i> = 58 (%)	<i>n</i> = 62 (%)
Employed	13 (22.4%)	11 (17.8%)
Not Employed	45 (77.6%)	51 (82.2%)
Insurance*	<i>n</i> = 54 (%)	<i>n</i> = 62 (%)
Public	47 (81.0%)	17 (27.4%)
Private	7 (12.1%)	0 (0%)
No Insurance	0 (0%)	45 (72.6%)

**p* > .001

Sample

High Risk Pregnancy *N*= 58

First Time Mother *N*=62

Education	<i>n</i> = 58 (%)	<i>n</i> = 59 (%)
High School or <	22 (38.0%)	16 (27.1%)
High School Grad	16 (27.6%)	24 (40.7%)
Some College	17 (29.3%)	14 (23.7%)
College grad or >	3 (5.1%)	5 (8.5%)
Most Common	Partner <i>n</i> = 24 (41.4%)	Partner <i>n</i> = 14 (22.5%)
Significant Other		
	Mother <i>n</i> = 16 (27.6%)	Mother <i>n</i> = 20 (32.3%)

Results:

Concerns

- Total concerns High Risk Pregnancy Study: $N = 313$
- Maternal 142
- Infant 129
- Situational 42

- Total concerns First Time Mother Study: $N = 236$
- Maternal 46
- Infant 144
- Situational 46

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Top 5 Maternal Concerns

High Risk Pregnancy Study

n = 142 (%)

Body changes 26 (18.3%)

Birth Control 19 (13.6%)

P. Delivery Pain 16 (11.2%)

Health Problems 14 (9.8%)

Breast feeding 12 (8.4%)

First Time Mothers Study

n = 46 (%)

No Help/support 20 (43.5%)

P. Delivery Pain 12 (26.1%)

Tired/Fatigued 11 (24.0%)

Infection/illness 5 (10.9%)

Very Hard/Anger 4 (8.7%)

Top 5 Infant Concerns

High Risk Pregnancy Study

First Time Mothers Study

Infant Concerns *n* = 129 (%)

Infant Concerns

n = 144 (%)

Feeding 28 (21.7%)

Feeding 34 (23.9%)

Skin rash 11 (8.5%)

Respiratory 23 (16.2%)

Respiratory 10 (7.7%)

Elimination 21 (14.8%)

Infection 8 (6.2%)

Temper(crying/fussy) 13 (9.1%)

Elimination 8 (6.2%)

Skin rash 12 (8.4%)

Top 4 Situational Concerns

High Risk Pregnancy Study

n = 42 (%)

Financial Problems	10 (23.8%)
Obtaining WIC	9 (21.4%)
Hospital Patient Care	6 (14.3%)
Other Children at Home	4 (9.5%)

First Time Mothers Study

n = 46 (%)

Medicaid/Insurance	21 (51.2%)
No MD mother Infant	12 (29.2%)
Financial problems	7 (17.1%)
No Transportation	6 (14.6%)

Significance Over Time

- Maternal Concerns: More maternal concerns in High Risk Pregnancy study vs. First Time Mother study (142 vs. 46).
- No help/support: a main concern in the First Time Mother study (43.5%).
- Body image changes: a main concern for the High Risk Pregnancy study (18.3%).
- Infant Concerns: Feeding was the main concern in both studies (21.7% vs. 23.9%).
- Situational Concerns: Both studies had financial concerns (23.8% vs. 17.1%).
- First Time Mother study: more than half (51.2%) had concerns about obtaining healthcare coverage.
- High Risk Pregnancy study had concerns about obtaining WIC (21.4%).

Limitations

- The 2 studies were carried out in 2 different geographic locations.
- The racial groups of the 2 studies were not same.
- Since the samples were mainly minority mothers findings may not generalize to mothers from a majority group

Conclusion

- Mothers' post partum concerns changed over the 2 studies.
- There are continuing concerns about obtaining healthcare for herself and her infant.
- There were fewer concerns about the health of the mother.
- Healthcare has changed significantly over time.
- Healthcare providers need to be aware of the challenges new mothers have including social support, financial problems, difficulty in accessing the healthcare system.
- It is essential to ask about the health of new mothers since this may be overlooked by the mother herself.

Thank you



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