

An image of a delivery among hospitalized pregnant women

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Problems and risks associated with the progress of pregnancy often require hospital treatment. This is a special situation for women who are expecting a baby as it is associated with anxiety about the pregnancy and the health of the child. An additional factor affecting the emotions of pregnant women is unknown environment during hospitalization. A pregnant woman encounters other women who, like her, struggle with difficulties in the hospital's pregnancy ward. Ailments and the risks of pregnancy complication can vary significantly. They often require quick medical staff reaction. Personal problems and situations observed in the ward affect the image of childbirth.

Aim of the study: The aim of the study is to assess the intensity of stress in the group of pregnant people in the pregnancy pathology ward. Another goal is to evaluate the stress level associated with pregnancy complications and the impact of the hospital environment on the image of delivery.

Methods of evaluation: The assessment of the intensity of stress in hospitalized pregnant women was investigated using a standardized PSS-10 questionnaire. It contains 10 questions about individual feelings related to problems and events that occurred during the last month. The diagnostic survey method was also used for the study. The questionnaire contained questions about the impact of stress associated with the hospital stay on the image of delivery. Research process: The

study included 100 pregnant women - patients of the Ward of Pregnancy

Pathology in Specialist Hospital of Stefan Żeromski in Krakow. The study was conducted in January and February 2018.

Results: Overall, bed rest in hospital seemed to not be associated with more sources of stress. There were no differences between the occurrence of emergency events and their frequency during the stay and the increase of fear of childbirth ($p=0,193$). Similarly, the length of bed rest in the hospital was not related with the increase the fear of childbirth ($p=0,508$).

Conclusion: Women experience many different emotions and stressors during restricted bed rest at hospital. The results of this study suggested that these experiences do not increase the fear of childbirth.

Speaker Biography

Sylwia Lisowska has completed her Master studies at the age of 24 years in 2010 from Silesian Medical University in Katowice, Poland. She is currently in fourth year of PhD studies at the Jagiellonian University Collegium Medicum. She works as a midwife in a Stefan Żeromski Specialist Hospital. She works as an academic teacher at the Andrzej Frycz-Modrzewski Cracow University since 2011 as a manager of practical classes the subject of Obstetrics and Gynaecology and cooperates with the Małoposka Regional Chamber of Nurses and Midwives in Cracow. She's the author of papers in journals and participates in national and international conferences.

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