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The physical and psychological problems of pregnant women who have gestational diabetes and are on partial bed rest

Emine Gerçek¹, Hande Dag¹ and Ahsen Şirin²

¹Adnan Menderes University, Turkey

²Zirve University, Turkey

The objective of this study is to examine the physical and psychological problems of pregnant women who have gestational diabetes mellitus [GDM] and are on partial bed rest and the correlations between them. This cross-sectional study was conducted in a public hospital in Izmir, Turkey between January 2012 and August 2012. The study sample included 44 women who were diagnosed with GDM and had been on bed rest for at least 5 days. Of the pregnant women, 38.6% were between ages 25 and 32, 38.6% were primiparous, and 22.7% had a living child. The participating pregnant women had been in the hospital for 14.00 ± 10.03 (5-60) days on average. The study did an analysis of their psychological symptoms, and found that 27.3% had difficulty concentrating, 40.9% had mood changes, and 90.9% had anxiety. The study also analyzed the women's physical symptoms, finding that 59.1% had indigestion and nausea, and 61.4% had loss of appetite. Of the participants, 61.4% had pain in their pelvis and dry skin and 77.3% had pain in their groins and legs. The study analyzed the correlation between the sub dimensions of antepartum hospital stressors inventory (Separateness, Environment, Health Condition, Communication with Health Professionals, Self-image, Emotional Condition and Family State) and the psychological symptoms, and found that there was a correlation among mood change, anxiety and boredom ($p < 0.05$). No significant correlation was found between the physical and psychological symptoms of the pregnant women with gestational diabetes ($p > 0.05$). The study suggests that psychological symptoms should be considered to enhance the quality of the care provided to pregnant women with GDM.

Biography

Emine Gerçek has completed her PhD from Ege University and Post-doctoral studies from Adnan Menderes University Söke School of Health, Söke, Aydın, Turkey. She is the Director of Adnan Menderes University Söke Health Services Vocational School, Assistant Professor in Söke School of Health Nursing Department. She has published more than 20 papers in national and international journals and has been serving as an Editorial Board Member of repute.

emine.gercek@gmail.com

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