

Effect of eating Palm Date on Breast Feeding and Uterine Involution

Thesis

*Submitted for Partial Fulfillment of Master Degree in Maternity and
Neonatal Nursing*

By

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Summary

The date fruit is rich in B-complex group of vitamins as well as vitamin K. It contains very good amounts of pyridoxine (vitamin B-6), niacin, pantothenic acid and riboflavin. These vitamins are acting as cofactors help body metabolize carbohydrates, proteins and fats. Vitamin K is essential for many coagulant factors in the blood as well as in bone metabolism. Dates help to strengthen the uterus during pregnancy, and can also help to stop bleeding following birth. Dates can also prevent or alleviate postnatal depression, as well as enriching breast milk, so they're one of the best foods for expectant and nursing mothers. Dates are rich in nutrients including minerals and vitamins. There are many health benefits of eating dates, as they are free from cholesterol and are very low in fat (*Ann Benda, 2006*).

In addition, palm date is the best food for pregnant and postpartum mothers. Dates re-establish blood and nutrients that are perfect for infants through breast milk mothers consumed dates, treating anemia, restlessness and tiredness. Ruthab (wet dates) prevents bleeding for women after childbirth, and accelerate the process of the position of the uterus as usual, before the next pregnancy. This is because the fresh dates contained oxytocin hormone-like hormone, which can help the process of uterine involution, and breastfeeding (*Janrain, 2010*).

The present study aimed to assess the effect of palm date on breast feeding and uterine involution. The study had been implemented at the recovery room of the labor ward and the outpatient clinic for postpartum follow up of Ain Shams Maternity University Hospital.

One hundred fifty women had normal vaginal delivery were included in the study through using A systematic random sampling technique was used, as every other woman was included in the study. The previous process was done for two days per week, one data collection day for study group and the other for the control group. This technique was repeated until the completion of sample size. One hundred fifty women divided into two equal groups (study and control).

Data collection has been carried out throughout the period from the end of August 2011 till the end of December 2011. Data has been collected through interviewing questionnaire to assess woman's knowledge regarding factors help for accelerate uterine involution and health benefits of palm date in postpartum period. Women follow up card to assess woman compliance and pattern of using palm date (the study group only) and to evaluate uterine involution rate, breast feeding successfulness for both groups and women and their newborns health wellbeing and women diary self report which woman documents of both groups' lochia, after pain, back pain, ambulation or their activities, voiding and bowel habits,

newborns milk satisfaction, and (patterns & compliance of eating palm dates for intervention or study group only.

The result of the present study revealed that:

- Women's age on control group ranged from 19 to 37 years old. All women included in the study are married. As regard their educational level 60%, 33.3% of women have preparatory & primary and secondary education, while 26.7%, 53.3 % of women have preparatory & primary and secondary education respectively for study group.
- Women's knowledge regarding factors accelerate uterine involution of the studied groups illustrates that 45.7%, 40%, 66.7%, 93.4%, 80% of women in control group and 40%, 53.4%, 40%, 40%, 46.7% of women in the study group don't know that early ambulation, breastfeeding, regular voiding, healthy food, and sufficient sleeping respectively accelerate the uterine involution process.
- Women's knowledge regarding palm date benefits of the studied groups indicated that all women of both groups know that palm dates are beneficial as nutritional source, but 15% of them know that palm dates increasing breast milk and none of them don't know that palm date accelerate uterine involution .
- Regarding comparison between control and study groups in relation to uterine involution rate and breast feeding

satisfaction rate indicates that normal fundal descent rate represent 86.6% and 6.7% in control and study group respectively. Fast uterine involution rate is present only among the study group representing 93.3%. While 13.4% of control group only women have later uterine daily descent rate. Regarding lochia 93.3 % and 100% of women have moderate lochia. While, 6.7% of control group women Only have heavy lochia. Concerning signs of newborns satisfaction from breast feeding 20%of women in control group only have no feeding satisfaction. While, 53.3%and 60.0% of women have incomplete feeding satisfaction and 26.7% and 40.0% of women have complete feeding satisfaction in both groups.

- In conclusion, the study revealed that palm date have a positive effect upon uterine involution process and up on breast feeding sufficiency. As women used palm date showed faster uterine involution rate and more signs of sufficient breast feeding and complete feeding satisfaction and lochia become normal than those of the control group. The study revealed that most of women on both groups don't know factors accelerate uterine involution .Moreover, all women in both groups all women of both groups know that palm dates are beneficial as nutritional source, but none of them know that palm dates increasing breast milk and accelerate uterine involution.

- Based on this finding, the researcher recommended conduction of awareness secessions for mothers in postnatal units regarding benefits of palm date for women in postpartum period. Further researches are still need to study the effect of palm dates on uterine involution rate in breast feeding and non breast feeding women and to study of the effect of palm dates on prevention of atonic postpartum hemorrhage.