

# **Water versus Sugary Fluid as Early Hydration Post- Cesarean section**

*Thesis*

*Submitted for Partial Fulfillment of the Requirement of  
Master Degree in Nursing Science  
(Maternal & neonatal health nursing)*

*By*

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(2012)*

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*Under supervision*

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## **ABSTRACT**

The aim of the present study was to conduct experiment the effect of Water versus Sugary Fluid as Early Hydration Post- Cesarean section . this study utilized intervention and comparative design, study conducted at post-natal departments / Ain Shams maternal hospital. The sample was selective, it was randomly chosen according to the inclusion criteria, it consisted of one hundred post-cesarean women, study included four tools: First tool an interviewing questionnaire sheet. Second tool include observation checklist. Third tool , Visual Analogue scale. Fourth tool ; Likert scale. The results of the present study revealed that, both of intestinal improvement and level of satisfaction was higher in study group(B) with sugary fluids hydration as compared to study group(A) with plain water hydration. In while the severity of pain degree was lower in study group (B) as compared to study group (A). there were strong positive correlations between degree of intestinal improve and satisfaction level of post cesarean women, and education. While there were negative correlations between degree of intestinal improve and post cesarean women age. The level of pain was highly significant and negative correlation with increasing level of satisfaction. The study concluded that, early oral hydration immediately for post cesarean women with plain water or sugary fluids are well tolerated and accepted, early oral hydration with sugary fluids for post cesarean women under regional anesthesia enhance intestinal motility, increase degree of satisfaction and decrease the level of pain, rapid mobilisation and faster resumption of normal regular vital signs as compared with early oral hydration with plain water.

**Key words:-**Post cesarean , early hydration, regional anesthesia, degree of pain , level of satisfaction, intestinal improvement, plain water,