

**Effect of self-care guideline versus counseling  
on post cesarean section women practices.**

*By*

**Shadia Saady Mohamed**

BSC, MSC Nursing

Faculty of Nursing- Fayoum University

Assistant lecturer, Department of Maternity & Neonatal  
Nursing

*dissertation*

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*Supervised By*

**Prof Dr. Shadia Hamido**

Professor of Maternity & Neonatal Nursing  
Faculty of Nursing- Ain Shams University

**Assist.Prof. Amal Talaat**

Assistant professor of Maternity & Neonatal Nursing  
Faculty of Nursing- Ain Shams University

**Dr. Rania Farrag**

Lecturer of Maternity & Neonatal Nursing  
Faculty of Nursing - Fayoum University

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## **Abstract**

### **Effect of self-care guideline versus counseling on post cesarean section women practices.**

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Guideline and counseling is a very important item for woman during postpartum period as it improves women's knowledge, practice and their self-care to promote their longer-term physiological and emotional wellbeing. A quasi- experimental study design **aimed to** evaluate the effect of self-care guideline versus counseling on post cesarean section women practices. **The study was conducted at** antenatal clinic, postpartum cesarean section and family planning clinics at Ain Shams University Maternity Hospital. **370 women** had cesarean section delivery were included in the study for purposive sample technique, those were equally divided into guideline and counseling group. **Three tools of data collection** were used named **interviewing questionnaire sheet** contain socio-demographic data, obstetric history, **pre- test and post-test** for assessing effect of self-care guideline versus counseling on post cesarean section women practices. groups and **women follow up card**. **The main result** of the current study revealed that, 67.6%, 67% of the studied sample had poor level of knowledge in guideline group and counseling group respectively before the intervention. However, 98.4%, 98.9% of the studied sample in guideline and counseling group respectively had unsatisfactory level of practice before the intervention. Regarding to their total knowledge score after CS in the 6 week of delivery after intervention was good in two groups which represent 81% , 77.8%. Regarding practical level of studied women after CS and after intervention (at the end of 1<sup>st</sup> week & 6<sup>th</sup> week), 98.4%, 96.8%, 99.5% , 87.6% in guideline and counseling group respectively achieved satisfactory practical level .**The present study concluded** self-care guideline has a positive effect to enhance self-care knowledge & practices among post cesarean section woman than counseling. The researcher recommended conduction of awareness sessions for mothers antenatal units regarding self care guideline for women during antenatal period to enhance self care knowledge and practice among pregnant woman.

**Key words:** - self-care guideline, cesarean section, couns