

Study of physical activity's levels and quality of life during pregnancy

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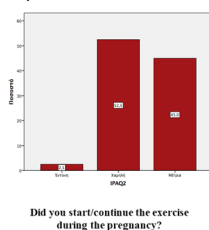
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Background: The women's quality of life during pregnancy is declining, mainly due to: intense physiological changes and low levels of physical activity.

Aim of study: The determination of physical activity levels and quality of life of pregnant women and the correlation between them, the contribution of health professionals to the promotion of physical activity and exercise during pregnancy.

Methods: The study (observational) included 80 Greek pregnant women in the second or third trimester of pregnancy and 100 health professionals during the period 1 / 2017-5 / 2017. Both groups of participants were asked to answer the questions of specific questionnaires.

Results: The majority of pregnant women (52.5%) had low-intensity physical activity and didn't start/continue (73,8%) the exercise.



The fear and the insufficient information are the main reasons of exercise avoidance during pregnancy

Reasons of exercise avoidance		Yes	
Medical	N	21	
	%	35,6%	64
Fear	N	35	
	%	59,3%	40
Family/Friends	N	1	
	%	1,7%	98
Insufficient information	N	36	
	%	61,0%	38

Conclusion/Suggestions: There is a sufficient correlation between physical activity and quality of life during pregnancy. Low activity levels lead to a reduction of quality of life during pregnancy. It is mainly attributed to inadequate information provided by health professionals during the prenatal period.

Need of: Physical activity promotion during pregnancy, further research and program integration in the health system.

Biography: Nikoletta Lis is currently working as a Midwife in Cork University Maternity Hospital (CUMH) Ireland allocated in postnatal/neonatal ward. She completed her MSc in Exercise and Health direction "Exercise and Physical Health" School of Medicine and School of Physical Education and sport science, Aristotelio University of Thessaloniki. She completed her BSc in obstetrics, Alexander Technological University of Thessaloniki.

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