

The Study of the Impact of Childbirth on the Physiological Method and the Satisfaction of Pregnant Women

Mitra Hanifi*

Cardiovascular Anesthesia Department, University Health Network, Canada

ABSTRACT

The main purpose of this study is to investigate the effect of parturition on the physiological method and the satisfaction of pregnant women (case study; Hamedan province's health center) the statistical population of this study is 85 employees of Hamedan health centers, who work in the field of childbirth, of which 69 people were selected from cluster sampling method as a statistical sample. The main tool of data collection in this study is a questionnaire. In the present study, the questionnaire was used and examined. The methodology of the study is descriptive of the kind of correlation and based on the time of data collection is the type of cross-sectional study. It is used to normalize the data by k-s test. The collected data were analyzed with SPSS software. The results show that there is a relation between the childbirth effect on the physiological method and the satisfaction of pregnant women.

Keywords: Physiological delivery; Satisfaction; Pregnant women; Non-Medical methods

COMMENTARY

Mental delivery is a kind of less pain childbirth in which non-medical methods are used. This kind of childbirth in Iran is a new program and to improve quality, it needs to be further explored. The natural physiological delivery has reduced the unnecessary medical intervention of the doctor to the natural strain of childbirth. And a reliable person can support the pregnant and giving birth mother that it can help ease the delivery steps of childbirth. It can be noted in this type of delivery that factors such as mother mobility, skin contact with the baby and the mother can have an impact immediately after childbirth and breastfeeding can be done after childbirth. Considering that the nature of childbirth is pain, in physiological delivery, pain relief methods are used in such as massage therapy, aromatherapy, heat therapy, cryotherapy, pressing method, music therapy, reflexology, relaxation, respiratory techniques, etc. to lessen the pain and childbirth. Physiological delivery in Iran is a new program in which like any other program needs to be reviewed to improve its quality and process. Due to the evidence and studies, it is possible to find that this subject can always face with challenges that cause dissatisfaction as well as the optimum delivery of childbirth in different conditions and lack of facilities that in this research, the

study of this method and satisfaction in pregnant women have been studied. According to the statistical population studied in this method that has been done childbirth in this way, the results and findings are processed. The patient's satisfaction means her reporting of the quality of therapeutic service and the reciprocal relationship between the patient and the providers of health and health care. Unfortunately, some techniques are typically employed in the delivery process. These techniques do not only benefit from maternal and newborn consequences but potentially pose risks to both of them. When performing the therapeutic protocol, the midwife needs to pay attention to this point that how normal care can make a negative attitude for pregnant. For example, if the pregnant woman is not allowed to take adequate status outside the bed, she feels disabled and does not have the power to help her in childbirth. One of the principles of mother-loving hospitals is the natural process of delivery. In this protocol, it is believed that the mother and the baby are endowed with the innate sense of birth and delivery. So, childbirth is a natural and inherent process in which should be done with minimal medical interventions. In the physiological delivery process, physiological and emotional aspects are considered as well. So that mother has become active in childbirth and she doesn't just have a mechanical

Correspondence to: Mitra H, Cardiovascular Anesthesia, University Health Network, Canada, Email: mitrahanifi22@gmail.com

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process for birth. In fact, a physiological delivery refers to the non-medicinal painless childbirth which is done concerning the mother's privacy and minimum interventions. In this way, the mother has permission to walk, move, eat, and drink and even can enter the delivery room with someone.

In these circumstances, childbirth is made in space and room where the mother feels happy and has freedom in all stages. The use of modern delivery methods like non-medical and supporting method by improving the psychological and emotional aspects of delivery can make delivery a pleasant and enjoyable event for mother and by reducing the intensity of pain and fear reduce the tendency for elective cesarean section.

Some non-medical methods that have popularity among mothers can mention Relaxation techniques, breathing techniques, posture movements, massage, hydrotherapy, heat, and cold therapy, pressing method, aromatherapy and pelvic floor exercises. A variety of measures have been taken to relieve it, considering that the pain of childbirth is acute and has emotional and sensory components. The purpose of using either of these methods is to reduce or mitigate the pain of delivery without harmful effects on the mother and child. Drug practices are usually effective but have harmful effects. Medical approaches can only relieve the physical sense of pain while the non-medical methods through improving the psychological and emotional aspects of childbirth, it prevents the suffering of mothers during childbirth. The return of childbirth from the medical approach to the physiological

process with more attention to the emotional and human aspects of women and non-interference interventions can cause a happy delivery process for mothers. Using new methods of delivery such as non-medical and supporting methods by improving the psychological and emotional aspects of delivery can make the delivery a pleasant and enjoyable event for the mother, and reducing the intensity of pain and fear can reduce the tendency for the elective cesarean. Improving health care quality is not possible regardless of mothers' opinions and expectations. And despite the spread of physiological delivery plans across the country especially in Hamedan hospitals, the knowledge of its consequences is very limited.

Concerning the prevalence of skin changes in pregnancy, Training health care is recommended for skin changes. In this part of the research, to determine what kind of statistic we use to test assumptions (Parametric or Nonparametric) we must examine the assumption of normality or the absence of data by using the Kolmogorov-Smirnov test. In this descriptive study 180 hospitalized mothers in the postpartum section were examined. The criteria that were excluded from the study like foreign nationality, Polygamous, pregnancy age less than 20 weeks. The data collection tool was a questionnaire. Trained interviewers completed the questionnaires by presenting to the patients beside before being discharged and findings were presented in the form of numerous tables.