

Postpartum Planning: Contributions to the Positive Postpartum Experience

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Introduction

The postpartum period is a critical period.¹ For a positive postpartum experience, it is necessary to provide information, validation and consistent support to the woman and family¹, but this is not always the case. It is necessary to prepare the postpartum period during pregnancy, as it contributes to the timely identification of strategies, empowerment in the acquisition of maternal identity and self-care.^{2,3}

Objective

Develop the Postpartum Plan (PPP) instrument and evaluate the contributions to the positive postpartum experience.

Methods

Action Research Study. Anchored in the results of the Scoping Review, the PPP was built, it includes six sections that intend to contribute to the planning during pregnancy of the postpartum period, anticipating the needs of Sharing, Support, Care and Preparation of this period. A total of 30 participants met the criteria: gestational age greater than 22 weeks and used PPP. A questionnaire was applied to evaluate the contributions of the PPP to the postpartum experience using a 5-point scale (1 corresponds to Nothing and 5 Totally). Quantitative data were analyzed using descriptive and inferential statistics.

Results

The participants consider the elaboration of the PPP to be very important (M=3.97; SD=0.718) and was essential for the postpartum experience (M=4.03; SD=0.718).

They reported that the elaboration of the PPP during pregnancy (M=3.80; SD=0.714), as well as its implementation (M=3.70; SD=0.619) contributed greatly to the positive postpartum experience.

The elaboration of the PPP as a contribution to a positive postpartum experience is statistically very significant and positive (Rs=0.505; p=0.004) with the adoption of the necessary strategies for the postpartum period, as well as its implementation (Rs=0.505; p=0.004).

Satisfaction with the postpartum experience correlates in a statistically very significant and positive way (Rs=0.520; p=0.003) with the importance of PPP in the postpartum experience, as well as with the influence of PPP on the postpartum experience (Rs=0.546; p=0.002).

Conclusion

PPP contributes to a positive postpartum experience by promoting improved perinatal care.

Keywords

Perinatal Care; Postpartum Period; Needs; Health Education.

References

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