

EARLY AMBULATION ON INVOLUTION OF UTERUS AMONG POSTNATAL MOTHERS

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ABSTRACT:

Being mother is the most sacred and greatest boon that God has blessed a woman with. A woman becomes a complete woman when she becomes a mother. Being a mother requires some lots of sacrifices on the part of a woman. To give birth in itself is a painful process and bringing up a child involves no less trouble. But a mother finds unique pleasure in it. Childbirth includes different stages and in every stage, the mother plays a unique role in experiencing the important events that occur throughout her journey. The different stages are broadly classified into three main aspects, namely, antenatal period, intranatal period and postnatal period. Postnatal period is the most vulnerable period for the mother and the new-born baby. Most women expect and experience after pains after the labour process. Intensity of pain experienced, varies from one woman to another. After pains is managed in various ways according to the following indicators such as frequency, duration and intensity of uterine contractions, the women's emotional behaviour, her response to after pains. Postnatal health problem needs close attention. After pains are the abdominal cramps that are caused by postpartum contractions of the uterus as it shrinks back to its pre-pregnancy size and location. In short, after pains signals the process of involution. Immediately after delivery, the uterus begins the process of involution or reduction in size.

Key Words: Childbirth, ambulation, involution, reproductive tract.

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INTRODUCTION

‘The most important person on the earth is mother.’

Joseph C. Mindozenty

Female since the creation of Eve, have been endowed with unique gift of procreation and childbirth. ‘Being in Love’, ‘betrothal’, ‘marriage’, ‘early married life’, and finally ‘motherhood’ is all that is ‘beautiful’ in an average woman’s life. Childbirth is a common event which occurs in women’s life. The experience of child birth is beyond the physiological aspects. It influences a woman’s self-confidence, self-esteem and view of life. In order to achieve it, every woman should receive the required health care and attention. A woman during her life cycle has to pass through different phase like childhood, puberty, womanhood, motherhood & old age. The birth of baby is delightful experience for mother and whole family.

POSTNATAL MOTHER:-

It refers to women who had normal vaginal delivery within 1-3 days of their postnatal period.

The birth of baby can occur either by normal vaginal delivery or by caesarean section. For caesarean section a women has to get hospitalized. Caesarean section is a type of major abdominal surgery. It can be define as a surgical incision made on the gravid uterus through abdominal wall to remove the foetus after 28 week gestation.

The female knows that physically, physiologically and psychologically she is adopted primarily for perfection of womanhood which according to law of nature is reproduction. The ability to reproduce in woman’s life begins at menarche and ends at menopause. Pregnancy is most precious and important moment in every woman’s life. It is the period from conception to birth of products of conception, when a woman carries a developing fetus in her uterus. Pregnancy and childbirth are natural and normal condition for woman. Childbirth, labour, delivery, birth, parturition is the culmination of pregnancy, the emergence of a child from its mother's uterus. It is considered by many to be the beginning of a person's life, and hence the opposite of death.

Childbirth includes different stages and in every stage, the mother plays a unique role in experiencing the important events that occur throughout her journey. The different stages are broadly classified into three main aspects, namely, antenatal period, intranatal period and postnatal period. Postnatal period is the most vulnerable period for the mother and the new-born baby. All mothers experience physiological, psychological and social changes during this period. There are many types of postnatal ailments experienced by the mother such as after pains, irregular vaginal bleeding, leucorrhoea, cervical ectopic, backache, retroversion of the uterus, anaemia, breast problems and episiotomy discomforts.

INVOLUTION OF UTERUS:-

It refers to the reduction in the size of uterus after childbirth to pre-pregnant state which is measured one hour after the delivery and daily at same time for three days by J. Dyanasathya involution measuring scale. Main changes occur for uterus is involution of the uterus and descent of the fundus. Involution begins immediately after the delivery of the placenta. The term involution refers to retrogressive changes taking place in all organs and structure of the reproductive tract. Likewise involution of uterus is the process where uterus returns to non-pregnant state after the birth of baby. It begins immediately after the delivery of the placenta. During involution, uterine muscles contracts firmly around the maternal blood vessels at the area where the placenta is attached. This contraction controls bleeding from the area when the placenta is separated. The process of involution of uterus starts immediately after delivery when the uterus is firm and located the midline halfway between the umbilicus and symphysis pubis. One hour after delivery, the uterus contract firmly, with the fundus midline at the level of umbilicus. The day after the fundus is found 1cm below the umbilicus. The normal process of involution thereafter is for the uterus to descend approximately 1 finger breadth per day until it has descended below the level of the pubic bone and no longer palpated. This occurs by the 10th postpartum day.

Clinically determine several methods of involution, it has been estimated by measuring day by day the fundus above the pubis and the length of uterus that has been estimated by daily measurement of abdominal wall and fundus and the transverse measurement of uterus and wildest has been observed.

EARLY AMBULATION: -

It refers to the mother is encouraged to be out of bed after one hour of delivery who delivered normal vaginal delivery. The mothers are made to sit on the bed for 5 minutes and should dangle her legs over the side of the bed for a few minutes. They are checked for dizziness, headache, & nausea. Those who do not exhibit the above symptoms are made to stand with support for 2-3 minutes then walk a few steps to determine balance with support and then ambulated in the ward with support for 15 minutes twice a day.(Mothers with headache, nausea & uneasiness will be given complete rest until 24 hours of delivery). Early ambulation can be defined in various ways. Ambulation, as the term is used in this presentation, means getting out of bed and

moving about. Early, as defined by various individuals, is from six hours to four or five days after delivery. It should be emphasized that early ambulation distinctly does not mean early resumption of usual household duties or others requiring strenuous exercise

In the last couple of years, early ambulation was considered crackpot idea. But today, it is recognized and is rapidly approaching a must procedure following normal vaginal delivery. Early ambulation has many advantages. It does not require any special training, method of practice is easy and also it is cost free method that promotes early recovery. Early ambulation is a key element in helping the patient to re-establish the normal physiology and preventing or minimizing post-partum complications. Ambulation hastens muscle redevelopment and wound healing. Besides the positive effects of prevention of venous thrombosis, some other beneficial effects of early ambulation are more rapid involution of the uterus and genitals, less fever, less pneumonia, less blood in the lochia and a better state of mind.

A woman can best help her abdominal wall to return to good tone by using proper body mechanics and posture, getting adequate rest and by performing exercises. Deep breathing exercises help to feel better physically and emotionally; alternate leg raising exercises, Kegel exercise and early ambulation will encourage uterine contractions, helps in restoring the muscle strength. Exercises to strengthen abdominal and pelvic muscles and finally hastens the process of involution.

There are many reasons for the sub involution of the uterus. Sometimes it can be associated with certain factors such as inadequate breast feeding, lack of maternal care during pregnancy and puerperium. Other complications of puerperium include early postpartum haemorrhage, hypovolemic shock, thromboembolism, puerperal infections. Certain complications may be fatal and would be recognized early and dealt with prompt care. Maternal mortality and morbidity rates measures the risk of women dying from puerperal causes.

Eventually, after the birth of the baby, placenta separates from the wall of uterus and expelled. Immediately the uterus contracts tightly to seal off open blood vessels on uterine wall at placental site. These uterine contractions called after pains. After pains refers to the infrequent, spasmodic pain felt in the lower abdomen after delivery for a variable period of 2-4 days. These abdominal cramps are caused by postpartum contractions of the uterus as it shrinks back to its pre-pregnancy size and location. Presence of blood clots or bits of the afterbirth leads to hypertonic contractions of the uterus in an attempt to expel them. The uterus loses muscle tone during subsequent pregnancies due to its contraction-relaxation cycle and causes after pains, and vigorous pain in multiparous woman.

Early ambulation does not mean return to normal activities, she should avoid strenuous work like lifting, staining and pushing heavy things and this should be restricted for at least 6 weeks. The mother is encouraged to be out of bed as soon as possible following delivery unless there are contraindications. The first time the mother gets up she should dangle her leg over the side of the bed for a few minutes. The nurse assesses her status, checking for dizziness or weakness. She is then assisted to stand, and then walk a few steps to determine balance. The nurse accompanies her to the bathroom or chair and remains close at hand to give immediate assistance if the mother becomes weak or faint.

Infection like endomyometritis, wound infection or dehiscence, thromboembolic complications, breast engorgement and urinary tract infection are common among mothers who delivered their baby with normal vaginal delivery.

Immediate after one hour, the women is monitored for evidence of uterine atony, excessive vaginal and oliguria. Early ambulation first practiced in 1946, is important for the postnatal women to prevent so many complication after delivery.

ROLE OF NURSES AND CARE GIVERS

Maternity nursing offers a great deal of rehabilitative and educative programme. Health of mother is the health of the country. Hence the role of a nurse is to identify areas where health promotion, illness prevention, rehabilitation or treatment is needed. The nurse evaluates each mother individually and plan rehabilitative programme accordingly.

It is important that the nurse explain purpose & the value of early ambulation to the mother or other decision makers. Activity should be gradually increased according to the mother's strength. So as to improve and enhance the normal involution process, researcher highly recommended early ambulation as soon as possible after delivery.

The postpartum period is a time of maternal changes that are both retrogressive (involution of uterus and vagina) and progressive (production of milk for lactation, restoration of the normal menstrual cycle, and beginning of a parenting role). Protecting a women's health as these changes occur is important for preserving her future childbearing function and for ensuring that she is physically fit to incorporate her new child into her family. The physical care a woman receives during the postpartum period can influence her health for rest of her life. Most women experience some degree of discomfort during the postpartum period. Common causes

of discomfort include pain from uterine contractions (after pains), perineal lacerations, episiotomy, haemorrhoids, sore nipples, and breast engorgement.

The incidence of maternal morbidities in communities with limited access to health services is scarce. During the recovery period the immediate care involves, the vital signs will be monitored carefully & the firmness of uterus will be periodically checked. The best advice for recovery is to begin to move as quickly as possible. One of the biggest milestones in the hospitals will be the first walk. It is important to walk as soon after surgery as possible to help prevent deep vein thrombosis (DVT)

CONCLUSIONS: -

Scholar observed during her clinical posting that the time and practice of maternal ambulation after normal vaginal delivery varied in hospital settings. Even though the advantages of early ambulation outweigh its limitations and leads to good prognosis as early ambulation reduces the chances of sub involution, postpartum haemorrhage and reduces bladder and bowel complications. Addressing the specific needs of the postnatal mothers, facilitating early ambulation may help to overcome the challenges and barriers facing postnatal women. So, there is need to implement early ambulation on involution of uterus in order to reduce the chance of sub involution in postnatal mothers. Early ambulation in post-partum period is the key to get rapid and maximum muscle function and restoration of mother's health .Ambulation helps to decrease most of the complications by ensuring good blood circulation, promoting gastric motility, enhancing respiration, decreasing chances of thrombophlebitis, preventing orthostatic hypotension, improving the physical strength etc. A complete ambulation program done at this time can prevent complications in later life.

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