



長庚醫療財團法人
Chang Gung Medical Foundation

Apply the mindfulness-based reduction the emotions distress of pregnant women

Li-Yen, Tu (Head nurse), Tan-Ju, Han (Assistant head nurse)
Heng -Feng, Cheng (Nursing supervision), Li -Chen, Chen(Nursing deputy director)

ABSTRACT

Pregnant women are admitted the hospital due to the unstable state of their bodies or their babies , mood disturbances are easily affected. About 20% pregnant women assessments are mild emotional distress in hospital, they used a (Brief Symptom Rating Scale , BSRS-5). A special group was set up to teach them mindfulness measures (breathing methods, body scanning) Practice to improve mental health during pregnancy. including planning mindfulness seed teacher training, video production to practice at any time, we teaching them to practice mindfulness measures, formulating to assess mood disturbances , Plan training courses, so average 6.5 points before improvement and 3.3 points after treatment, reducing 3.2 points reached 49.2%.

CONTACT

Li-Yen, Tu
Chang Gung Memorial Hospital
sunnytu@cgmh.org.tw
03-3281200#8586
<http://lnkwww.cgmh.org.tw/>

INTRODUCTION

Emotional issues of antepartum depression And anxiety, induce in high-risk pregnancy, infertility, abortion or dead experience, or pregnant women support low-fall. These pregnancy women admission hospital feel their own and fetal safety, influence pregnancy period and fetal emotions, many literatures indicate that mindfulness-based for pregnant women can reduce postpartum-depression, but there is few experience in domestic introduction related reports. It is important to promote health and safety of maternal and child with healthy Antepartum anxiety to reduce maternal and mental anxiety.

METHODS AND MATERIALS

- 1.6/1-6/30 Guided by a mindfulness lecturer, four-week education training a 60-minute session per week. these seven nurses in the obstetric ward were trained to achieve consistency among staff.
2. Use the Brief symptom Rating Scale (BSRS-5).
3. On 2-3 days after admission and 2-3 weeks after treatment, pregnant women will given a (BSRS-5) to assess the degree of emotional distress. a score ≥ 6 indicate mild emotional distress.
4. with mindfulness -Based Interventions (breathing methods, body scanning) & QR cord video playback exercises.

RESULTS

- 1.7/21-9/20 collected 15 pregnant women's have emotional distress using mindfulness (breathing methods, body scanning). The total average score before improvement was 6.5 points, and after treatment was 3.3 points, an average reduction of 3.2 points reached 49.2%.
2. The satisfaction survey results of pregnant women after using mindfulness (breathing methods, body scanning) treatment reached 3.7 points (92%).



Breathing methods



body scanning



Copyright-free music

GRAPHS AND TABLES

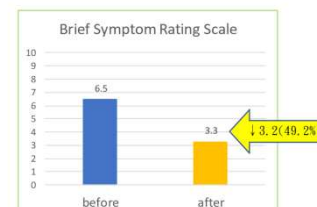


Fig 1. Pregnant women use mindfulness intervention the degree of emotional distress

DISCUSSION

1. Provides the use of pregnant women with mindfulness-based to evaluate with a BSRS-5 which can reduce the degree of mild emotional distress. the results are the same as those in the literature.
2. The hospitalization environment cannot maintain an independent and quiet normally, this is a restriction on execution.
3. The number of cases is small, the evaluation time is 2-3 weeks and it takes a long time.
4. Unit personnel can fully cooperate this project and become the greatest assistance in the implementation process.

CONCLUSIONS

Provides the use of mindfulness-based reduce for pregnant women's emotional distress , avoid anxiety and depression, and improve the health of women and babies during pregnancy and childbirth, as well as a sound family support system. the recommended to include women's pre-pregnancy education to promote home self-care and on the nurse's education for training .

REFERENCES

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