

عنوان مقاله:

Impact of telephone counseling on quality of women's life in the Postpartum period: A clinical before and after study

محل انتشار:

پانزدهمین کنفرانس بین المللی بهداشت، درمان و ارتقای سلامت (سال: 1402)

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خلاصه مقاله:

Objectives: The quality of life is an important indicator of mothers' health. The impact of telephone counseling on the postpartum quality of life in developing countries has been rarely. We aimed to study the effect of telephone counseling on the postpartum quality of life. **Materials and Methods:** This study is a pre-test and post-test clinical study conducted in ۲۰۱۷ on ۵۷ women referred to health centers with vaginal birth for the first time. The sampling was randomly clustered. Educational intervention was conducted ۲ times from ۱-۲ weeks and ۱ time from the ۳-۶ weeks after birth. The Specific Postnatal Quality of Life questionnaire (SPQOL) was completed. The data was analyzed using SPSS V. ۲۶ software. **Results:** The average age of women was 27.22 ± 6.19 . At the pre-test, the average score for SPQOL was ۴۸.۲۳ (SD = ۹.۶۶) and it was accelerated to ۷۲.۴۰ (SD = ۵.۱۹) in the post-test. There was a significant difference between before and after evaluation ($P\text{-value} < 0.05$). Findings revealed that telephone counseling in the postpartum period would accelerate the quality of life. **Conclusion:** Telephone counseling as a supportive solution is effective in improving the postpartum quality of life of women by raising awareness and meeting special needs.

کلمات کلیدی:

Consultation, telephone, quality of life, period of the postpartum

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