

Development of Multilingual Education Materials for Postpartum Health of Immigrant Women in South Korea

- 8-Step Guide to Health care after childbirth -

¹Kyung won Kim, ²Geumhee Jeong, ³Sunghee Baik
¹Daegu Haany University, ²Hallym University, ³Baekseok University

Purpose: This study was done to develop education materials for health care during postpartum in foreign women who immigrated to South Korea. Then, education materials were done to translate into immigrant women’s native languages.

Method: This study was composed of three procedures. First, contents of educational materials were made up of result from the survey on health care needs of immigrant women and health staffs in the health centers, group discussion of experts in women’s health, and Roy’s adaptation modes. Second, contents validity of educational materials was conducted by experts in women’s health and immigrant women. This educational materials have been translated into 10 languages through foreign language advisory. Third, evaluation of educational materials was accomplished through satisfaction survey of immigrant women.

Results: Postpartum health educational materials were developed for immigrant women and translated with multilingual. The title is healthy mother, happy family “8-step guide to a healthcare after childbirth”. It was composed of 8-step guides to healthcare after childbirth, self-examination check list, websites for childbirth education and information, and guidelines on educational material in the form of a brochure. In evaluation of educational materials, the satisfaction scores ranged from 3.53 through 3.73 and the overall level of satisfaction was high(3.61 score). Also, the average score of Vietnam immigrants(3.91 score) was higher than other immigrant women

Conclusion: Multilingual education materials will help manage pregnancy health and will be utilized in pregnancy health education for immigrant women of various nationalities

Key words: Postpartum period, Health, Emigrants and immigrants, Cultural diversity

<Table 1> Composition of Education Materials on Postpartum Health

Order	Contents
Cover	•Title: Healthy Mother Happy Family 8-step Guide to Health care after Childbirth Publication: Date of production, • Relevant Organizations, Production languages
8-step Guide to Health care after childbirth	1. Understanding changes in your body and manage them after birth. 2. The mother’s nutrition is important . 3. Rest and exercise appropriately. 4. Keep your body clean and warm 5. Become a good patient 6. Manage any depression after childbirth 7.Plan your birth control. 8. Do postnatal exercise
Self-examination Checklist	•Ten questions on understanding the content of this brochure
Websites for Childbirth Education &Information	•Health promotion for women in international marriage •Correct Answer and explanation on ten questions
Guidelines on Educational Material	•Eligibility, •Course Description •Objectives •Guidelines on providing education

<Figure 1> Multilingual Education Materials on "8-step Guide to Health care after childbirth

