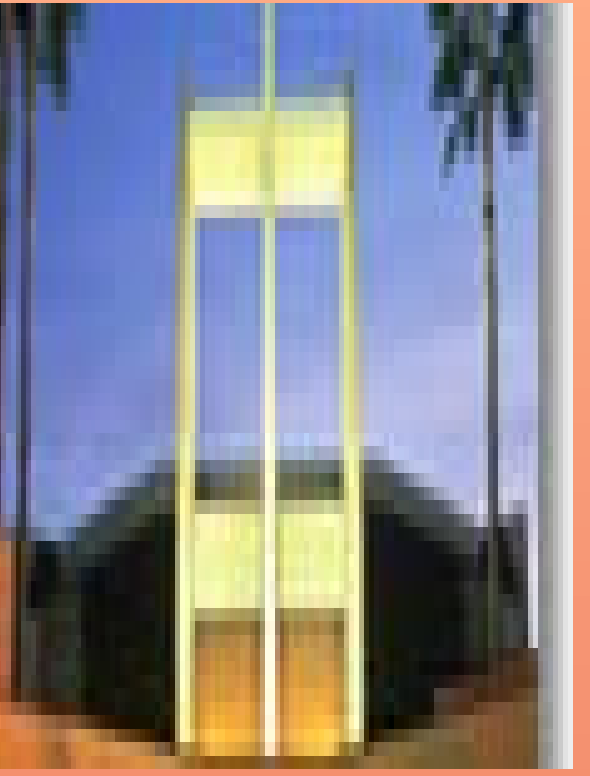




A Phenomenological Exploration of the Experience of Antepartum Bed Rest in Mothers: Beyond Postpartum



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BACKGROUND

APBR in high-risk pregnancies such as premature rupture of membranes, pre-eclampsia, preterm labor, and advanced cervical dilation/effacement is the current prescription for the prevention of preterm birth. This prescription of bed rest is practiced by 71-81 percent of United States Obstetricians. The current preterm birth rate remains high at 11.4 percent.

GAP-Few Qualitative as well as Quantitative studies are done on the experience of APBR as it relates to the patient when they are in the hospital. However, a limited number of studies are done on how it affects the mother in the postpartum period. In fact, no studies exist on the effects of APBR on the mother who has surpassed the postpartum six week period. This gap in the literature warrants investigating, as the negative long term effects of APBR may surpass the postpartum period for some mothers. These mothers may be feeling isolated as routine postpartum checkups have ceased. There is no research into this untreated time period to inform us of how these mothers feel about the experience.

PURPOSE

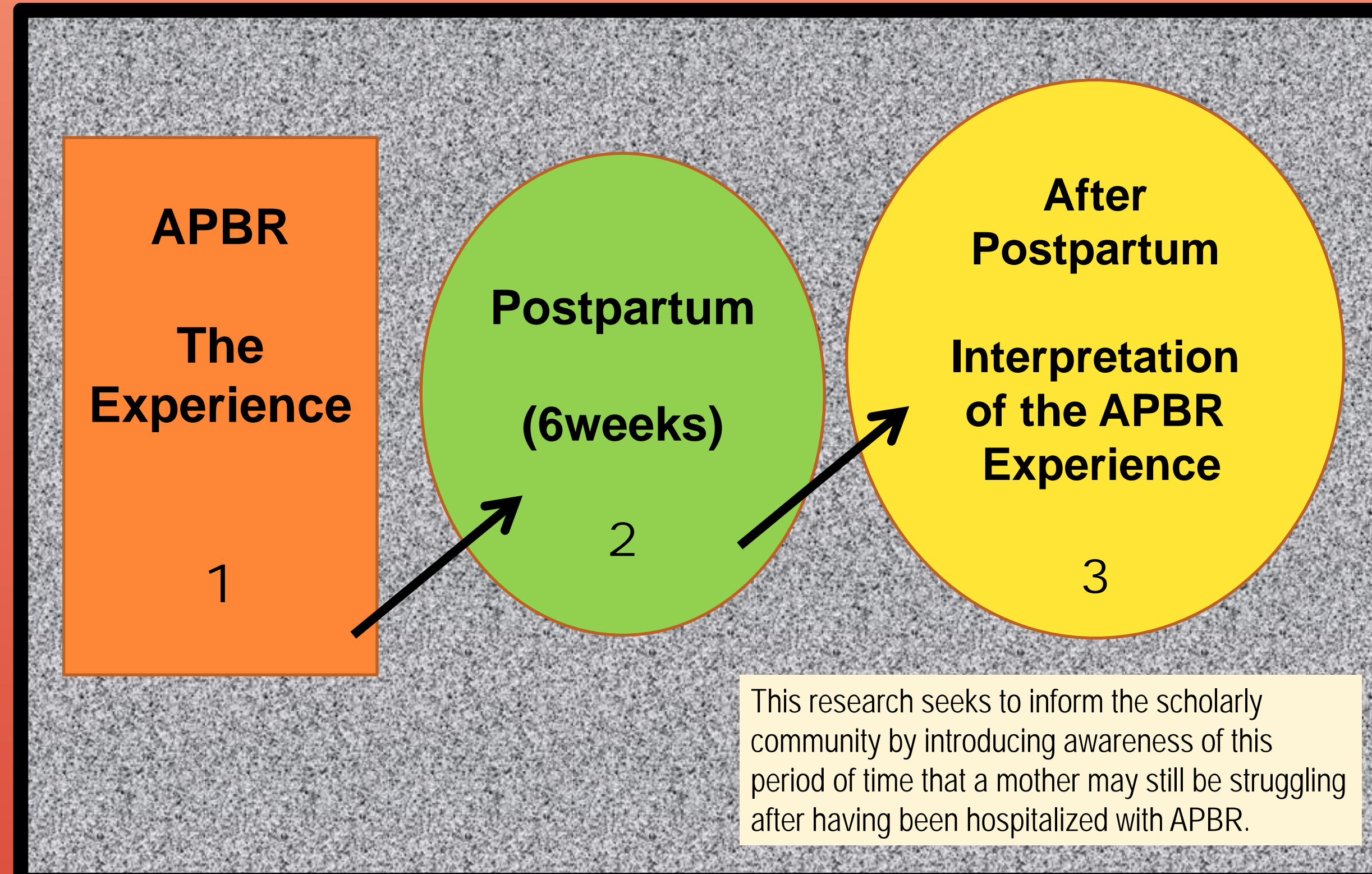
- ❑ The purpose of this study is to explore the long-term effects of APBR from the perspective of the mother who has delivered and transitioned into the home environment.
- ❑ The current state of the science of antepartum bed rest (APBR) provides inadequate articulation of its long term effects.
- ❑ This research, using a qualitative interpretive phenomenological approach, seeks to discover meaning and extrapolate themes from semi-structured interviews with mothers who have had the experience of APBR.



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RECRUITMENT

Primary Investigator: Gorozco13@apu.edu
The researcher is an experienced high-risk antepartum nurse with over 35 years of clinical experience with women who have been placed on APBR.



PHILOSOPHICAL UNDERPINNINGS

- ❑ The qualitative phenomenological framework used for this study is Heidegger's Interpretive Phenomenology, which will study the first person's point of view.
- ❑ This research project will explore this from the perspective of the mother, as she interprets the meaning of her experience of APBR.
- ❑ This approach seeks to understand the person's reality, opinions, beliefs, knowledge, and questions pertaining to an experience.

METHODS / ANALYSIS

- ❑ Van Manen's Thematic Analysis will be used to interpret this research as Van Manen states a person cannot reflect on the lived experience until afterwards and this reflection is always retrospective (Van Manen, 1990).
- ❑ This qualitative framework of interpretive phenomenology provides a lens that allows discovery of essence and personal meaning from the participants' individual experiences (Holloway & Wheeler, 2002).

Van Manen's Thematic Analysis

According to Van Manen (1997, pp9-13), hermeneutic or interpretive phenomenology is steered by the following philosophical ideas, identified by six steps which form the structure of this phenomenological inquiry. There are six research activities that are fundamental to the interpretive research project.

1. Turning to the nature of the experience
2. Investigating the experience as we live it
3. Reflecting on essential themes
4. The art of writing and rewriting
5. Maintaining a strong and oriented relation
6. Balancing research context by considering parts and wholes (Van Manen, 1997).

- ❑ A purposeful sample of 10-20 mothers who have had the experience of hospitalized APBR and surpassed the six week postpartum period will be studied.
- ❑ One on one semi structured interviews using open ended questions are used, tape recorded, and professionally transcribed verbatim.
- ❑ Recruitment will be used via flyers in doctors' offices, churches, community clinics, and perinatal clinics.
- ❑ Inclusion criteria include women who are 18 years or older, can speak read, and write English, were diagnosed with a high-risk pregnancy and prescribed APBR weeks and maintained hospitalized bed rest at a minimum of 14 days just prior to giving birth and have surpassed the postpartum period of 6 weeks.

SIGNIFICANCE TO NURSING

- ❖ The analysis of the experience which describes and explains the meaning of the experience of APBR informs nursing to develop policies and practice that update nursing practice
- ❖ Nursing education leads to improved practice by applying evidence based information to advance nursing practice
- ❖ This problem needs to be addressed as we know that APBR leads to both physiological and psychological problems up to six weeks postpartum
- ❖ This study seeks to discover if these symptoms still persist and if other problems arise after the six week post partum

NURSING IMPLICATIONS WAYS OF KNOWING

Evidence based practice efforts today are what currently drive changes in nursing.

The support of research materials that are narrative and subjective are qualitative studies of human experiences.

The results of this research study can be used to improve patient outcomes by providing insights into patient needs in treatment and interaction with health professionals; evaluate programs and treatments, gain understanding of health professionals roles and identities; examine the perception and efficacy of professional education; and obtain perspectives on community and public health issues.

The nursing implications for nursing science are that this study has the potential to be further researched using different inclusion criteria and populations.

This informs nursing practice and provides education of nurses via changes made in nursing administration and leadership through policy changes.

RESULTS

Pending

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