

Effect of Intervention Guidelines on Self Care Practices of Pregnant Women with Urinary Tract Infection

Manal Hassan Ahmed Hassan

Professor of Obstetrical and Gynecological Nursing, Faculty of Nursing, Tanta University, Egypt

Pregnancy and urinary tract infections UTIs often go hand in hand since pregnant women are at an increased risk of developing UTIs. Pregnancy hormones cause changes in the urinary tract which predispose women to infections. In addition, as the uterus grows it presses on the bladder and can prevent complete emptying of urine. This stagnant urine is a likely source of infection. Untreated these infection may lead to kidney infection. Urinary tract infections in pregnant women should be treated with appropriate therapy together with healthy life style activities (self care practices) in order to prevent complications such as premature labor.

Design: A Quasi- experimental study design was used.

Aim: To determine the effect of intervention guidelines on self care practices of pregnant women with urinary tract infection

Setting: The study was conducted in the antenatal clinic at Tanta University Hospital and El Menshawy Hospital. In addition, two MCH centers affiliated to different available geographic health zones (medical centers at Said and sager).

Sample: A total number of 42 pregnant women diagnosed with urinary tract infection and who were fulfilled the inclusion criteria.

Tools: 1-Structured interview schedule to assess socio demographic characteristics, reproductive history, 2- Collected data related to UTI symptoms and the followed self care practices (Self –Care Assessment Structured Interviewing Schedule (SCASIS) was used, 3- Women knowledge regarding urinary tract infection,4- Self care practices' Specific affect and,5–The developed intervention guidelines on self care practices regarding urinary tract infection.

Results: Women showed mean scores of pre-intervention deficient, incorrect knowledge, and unsatisfactory self care practices regarding their urinary tract infection symptoms. Statistically significant improvements in the total scores were found at the post-test and 3 months later compared with pre-intervention scores ($p < 0.001$). Furthermore there were obvious improvement and relieving of UTI symptoms as reported by women after the implementation of intervention guidelines. **Conclusion and Recommendation:** The findings of the present study enlighten some important aspects regarding women knowledge and self care practices toward urinary tract infection during pregnancy. **Therefore the study recommended** Increase awareness of pregnant women regarding physiological changes of pregnancy- Increase awareness of women self care needs, requests, facilitate and increase the self care abilities of the woman to perform self care activities- provides the woman with sufficient knowledge to recognize the signs and symptoms of urinary tract infection to facilitate early detection and prevention of future infection.

[Manal Hassan Ahmed Hassan **Effect of intervention Guidelines on self care practices of pregnant women with urinary tract infection**] *Life Sci J* 2014; 11(X): X-X]. (ISSN: 1097-8135). <http://www.lifesciencesite.com>

Key words: Self care practice; urinary tract infection; pregnancy.