

CHALLENGES FACED BY MOTHERS IN THE POST CESAREAN PERIOD: RESEARCH BASED ON NINTAVUR MOH DIVISION

AF. Sanas¹, Dr.SM.Ayoob²

¹*Department of Sociology, South Eastern University of Sri Lanka*

zanasfathima@gmail.com

Abstract

Cesarean become one of the rising issues in world wide. It also existing in Sri Lanka. Similarly, there are many mothers who were under cesarean are facing many challenges in the society. Also cesarean based challenges existing in Nintavur divisional secretariat area. There are many services conducted by the government for pregnant women. After cesarean also same level of services should be establish for them. Even though MOH offices also conducting some services after delivery such as vaginal deliveries and cesarean deliveries as visiting mothers and infant after deliveries. Society and people should know about the problems that faced by the mothers in their post cesarean period. So this research aims to learn the reasons for cesarean section deliveries, to identify the challenges faced by mothers in post cesarean period and the consequences from those challenges in the society. This research both qualitative and quantitative method employed. For the data collection purpose conducted instructed interview with 100 mothers and 3 family members and with a doctor, and 10 midwives also included to collect the data. Finding shows that the reason for cesarean are mostly health based reasons such as prolonged labor, abnormal positioning, fetal distress, birth defects, repeat cesarean, chronic health condition, cord prolapse, placenta issues, maternal request, carrying multiples, ritual augury followings. Also challenges of cesarean deliveries affect the mothers in several ways such as are back pain, abdominal pain, venous thromboembolism, infections, bladder injuries, postoperative pain, obesity, hernia, belly, tumor, depression, overtired, fear, mood swing. At last this study suggest some recommendation suggestion to deal with the challenges and reduce the cesarean.

Keywords: cesarean delivery, post cesarean period, Medical office of Health