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Abstract

The length of hospital stay for postpartum mothers and their newborn infants has been decreased since the implementation of NHI in Taiwan. A standard of care addressing the postpartum needs with a shortened hospital stay, however, has not been established. The purpose of this project is to explore the impact of nurse home visitation and telephone consultation programs on maternal child health, and to provide a research-demonstrated model on evidence-based nursing. The first 2 years of this three-year project is to utilize both descriptive correlational design and cohort. A total of 9 subjects were recruited from postpartum units in two hospitals in Taipei with separate data collection sections. These women were followed to develop standard care plans addressing the postpartum needs of mothers, newborns, and families. Another 122 subjects recruited from hospital chart reviews in their 1st, 3rd, 6th, 12th, 18th and 24th months postpartum were invited to validate set of instruments. This group has been followed to 18 month postpartum. Then, a total of 90 subjects were invited to participate at the second phase of this study to compare the effects of community support interventions: nurse home visitation and telephone consultation programs from birth to the children's second birthdays. Data only followed to 6 months postpartum were presented at this report. Results indicated that each domain of parent care self-efficacy and part of health promotion lifestyle were increased with time, and the home visitation and telephone consultation can have an impact on these matters. However, compare to one month postpartum, women at 6 month were less confine with healthy diet and low-fat habit; further, they also perceived less social support. Results revealed that

“doing the month” ritual can play an important role on health promoting lifestyle. No significant finding was found on the effect of community postpartum care among 3 groups. However, one month postpartum, women in home visit group did show more infant concern and better nutrition behaviors than telephone consultation group. Results of the correlation analysis demonstrated the necessary of scientific measures in effects of community postpartum care.

Key words: postpartum care, nurse home visitation program, telephone consultation

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Table 1

Comparison of the first time Mothers' health status and behaviors in Various Time Intervals

Variable	12 week postpartum in the Hospital							18 weeks postpartum at Home						
	N	n	%	M	SD	Min	Max	N	n	%	M	SD	Min	Max
Employment plan	7							5						
Original work		7	100						4	80				
Homemaking									1	20				
Feeding mode	7							5						
Breast feeding		2	28.6						0	0				
Milk feeding		5	71.4						5	100				
Weight	7			59.86	6.40	49	70	5			63.40	5.50	57	72
Body fat	7			29.09	4.59	23.7	36.3	5			27.26	7.52	16	36.5
BMI	7			22.67	2.45	18.4	25.4	5			23.78	1.87	20.9	25.8
BUN	7			15	2.16	13	18	5			15.6	2.51	14	20
Cr.	7			0.86	0.40	0.5	1.6	5			0.86	0.31	0.6	1.4
GOT	7			16.86	5.76	12	29	5			30.2	21.91	11	68
GPT	7			17.57	6.13	10	26	5			23	9.35	11	33
TG.	7			89.86	40.17	47	146	5			82.6	23.02	55	109
CHOL	7			176.43	35.13	141	240	5			147.6	17.13	134	176
Postpartum concerns	7							5						
Physical concerns				1.27	0.57	0.43	2.00				1.34	0.81	0.28	2.14
Emotional concerns				0.94	0.57	0.27	1.91				0.95	0.72	0.18	2.09
Infant care concerns				0.86	0.66	0	1.83				1.26	0.40	0.88	1.88
Health-promoting lifestyle	7							5						
Self-actualization				2.00	0.45	1.29	2.57				1.86	0.39	1.29	2.29
Health responsibility				1.94	0.29	1.56	2.33				1.82	0.28	1.33	2.00
Interpersonal support				2.16	0.47	1.71	2.86				2.26	0.43	1.86	2.86
Exercise				1.20	0.33	0.86	1.71				1.06	0.40	0.71	1.71
Stress management				1.84	0.59	1.14	3.00				1.69	0.16	1.43	1.86
Nutrition				1.65	0.49	0.89	2.00				1.62	0.32	1.22	2.11
Social support	7			2.29	0.31	1.89	2.78	5			2.00	0.37	1.44	2.44
Postpartum depression	7			0.80	0.32	0.30	1.20	5			.76	0.30	0.4	1.2
Parental caregiving self-efficacy	7							5						
Health knowledge				2.73	0.55	2.29	3.61				2.83	0.46	2.21	3.38
Health skill				2.58	0.68	1.75	3.75				2.78	0.52	2.39	3.70
Nutrition knowledge				2.92	0.79	1.92	4.00				2.85	0.70	2.23	3.92
Nutrition skill				3.00	0.64	2.36	4.00				2.60	0.51	2.17	3.42
Safety knowledge				3.29	0.49	2.75	4.00				3.23	0.56	2.63	4.00
Safety skill				3.21	0.61	2.33	4.00				3.37	0.58	2.67	4.00
Low-fat diet habit	7			2.15	0.42	1.60	2.80	5			2.08	0.49	1.44	2.71

Table 2

Comparison of the Top 3 Most Important Concerns of the first time Mothers in Various Time Intervals

Rank	12 month postpartum at Home			18 month postpartum at Home		
	Item	Domain	M (SD)	Item	Domain	M (SD)
1	Worry about baby's health	Emotional	1.86 (1.07)	Worry about baby's health	Emotional	2.40 (.89)
2	Decrease abd. muscle tone¡]rank1¡ ^	Physical	1.86 (.69)	Postpartum overweight	Physical	2.00 (1.22)
3	Postpartum overweight¡]rank1¡ ^	Physical	1.86 (1.07)	Feeding baby¡]rank2¡ ^	Infant care	2.00 (.71)
	Lumbago¡]rank1¡ ^	Physical	1.86 (1.07)	Lumbago	Physical	1.80 (.84)
	Sleep not enough	Physical	1.43 (.53)	Decrease abd. muscle tone¡]rank3¡ ^	Physical	1.80 (.84)
	Feel anxious caused by baby's crying	Emotional	1.14 (.38)	Home Safety¡]rank3¡ ^	Infant care	1.80 (.45)
	Feel anxious¡]rank3¡ ^	Emotional	1.14 (1.07)			
	Menoxenia¡]rank3¡ ^	Physical	1.14 (.9)			
	Different expectation about baby's care from various family members ¡]rank3¡ ^	Infant care	1.14 (.69)			

Table 3

Demographic Characteristics of the Subjects

Variable	N	n	%	Variable	N	n	%	M	SD	Min	Max
Religion	85			Type of delivery	89						
None		32	36.0	NSD		67	75.3				
Buddhism		34	38.2	C/S		22	24.7				
Taoism		11	12.4	Sex of newborn	89						
Christianity		7	7.9	Boy		47	52.8				
Other		1	1.1	Girl		42	47.2				
Educational background of case	89			Place for “Doing the Month”	87						
Junior high school		3	3.4	Own house		31	34.8				
High school		18	20.2	Mother in law’s home		23	25.8				
Junior college		34	38.2	Mother’s home		29	32.6				
College or university		31	34.8	Postpartum nursing institute		3	3.4				
Graduate school		3	3.4	Other		1	1.1				
Educational background of case’s husband	89			Who help doing the month	83						
Junior high school		1	1.1	Parents		37	41.6				
High school		23	25.8	Parents in law		41	46.1				
Junior college		20	22.5	Other		5	5.6				
College or university		32	36								
Graduate school		13	14.6	Age of case	89			30.31	4.33	19.0	41.0

Table 4

Comparison of Postpartum Concerns, Postpartum Depression and Health Promotion Lifestyle in Various Time Intervals

Variable	During hospitalization					1month post delivery					6 month post delivery				
	N	M	SD	Min	Max	N	M	SD	Min	Max	N	M	SD	Min	Max
Postpartum concerns	89					81					81				
Physical concerns		2.40	0.50	0.63	3.00		2.07	0.64	0.63	3.00		1.73	0.81	0.00	3.00
Emotional concerns		1.64	0.58	0.45	3.00		1.50	0.57	0.00	2.91		1.28	0.64	0.00	3.00
Infant care concerns		2.41	0.43	1.00	3.00		1.96	0.64	0.50	3.00		1.49	0.71	0.00	3.00
Compliance of postpartum ritual		1.43	0.73	0.00	2.83		1.62	0.67	0.00	3.00			N/A		
Health-promoting lifestyle						81					81				
Self-actualization							1.90	0.49	0.57	3.00		2.02	0.44	0.43	3.00
Health responsibility							2.30	0.47	0.67	3.00		2.22	0.47	1.22	3.00
Interpersonal support							2.33	0.51	1.13	3.00		2.36	0.47	1.00	3.00
Exercise							1.07	0.40	0.44	2.22		1.13	0.31	0.57	1.86
Stress management							1.67	0.51	0.57	3.00		1.90	0.44	0.43	3.00
Nutrition							2.02	0.51	0.8	3.0		1.89	0.48	0.78	3.00
Social support						81	2.72	0.30	1.78	3.00	79	2.56	0.42	1.33	3.00
Postpartum Depression	89	0.90	0.44	0.00	2.10	81	1.02	0.40	0.20	2.00	81	0.93	0.38	0.10	1.70
Parental Caregiving Self-efficacy						81					81				
Health Knowledge							2.69	0.67	0.81	3.93		3.16	0.44	1.87	4.00
Health Skill							2.60	0.68	0.78	3.89		3.04	0.48	1.50	4.00
Nutrition Knowledge							2.71	0.71	0.73	3.91		3.14	0.55	1.13	4.00
Nutrition Skill							2.68	0.71	0.75	3.88		3.17	0.50	1.38	4.00
Safety Knowledge							3.26	0.65	0.60	4.00		3.46	0.52	1.83	4.00
Safety Skill							2.99	0.94	0.00	4.00		3.51	0.53	2.00	4.00
Low-fat Diet Habit						80	2.50	0.40	1.42	4.00	81	2.20	0.54	0.95	3.70

Table 5

Difference in Postpartum Concerns, Postpartum Depression among Various Time Intervals

Variables	Postpartum Depression		Postpartum Concerns					
			Physical concerns		Emotional concerns		Infant care concerns	
	Mean¡]SD¡ ^	F	Mean¡]SD¡ ^	F/Post hoc	Mean¡]SD¡ ^	F/ Post hoc	Mean¡]SD¡ ^	F/ Post hoc
① During hospitalization	0.90¡].44¡ ^	2.11	2.40¡].50¡ ^	22.12***	1.64¡].58¡ ^	7.67**	2.41¡].43¡ ^	49.54***
② 1 month post delivery	1.02¡].40¡ ^		2.07¡].64¡ ^	②③¡ ①	1.50¡].57¡ ^	③¡ ①	1.96¡].64¡ ^	②③¡ ①
③ 6 month post delivery	0.93¡].38¡ ^		1.73¡].81¡ ^	③¡ ②	1.28¡].64¡ ^		1.49¡].71¡ ^	③¡ ②

*p<0.05 **p¡ 0.01 ***p¡ 0.001

Table 6

Difference in Health-promoting lifestyle, Social support, Parental Caregiving Self-efficacy and Low-fat Diet Habit between 1 month and 6 month post delivery

Variables	1 month post delivery	6 month post delivery	Paired-t
	Mean ¡]SD ¡ ^	Mean ¡]SD ¡ ^	
Health-promoting lifestyle			
Self-actualization	1.90 ¡].48 ¡ ^	2.00 ¡].44 ¡ ^	1.59
Health responsibility	2.27 ¡].48 ¡ ^	2.21 ¡].47 ¡ ^	-1.33
Interpersonal support	2.32 ¡].52 ¡ ^	2.24 ¡].47 ¡ ^	-1.43
Exercise	1.07 ¡].41 ¡ ^	1.13 ¡].31 ¡ ^	1.20
Stress management	1.68 ¡].52 ¡ ^	1.88 ¡].52 ¡ ^	3.35**
Nutrition	2.04 ¡].52 ¡ ^	1.87 ¡].48 ¡ ^	-3.23**
Social support	2.72 ¡].30 ¡ ^	2.55 ¡].41 ¡ ^	-3.27**
Parental Caregiving Self-efficacy			
Health Knowledge	2.67 ¡].67 ¡ ^	3.13 ¡].45 ¡ ^	9.99***
Health Skill	2.59 ¡].68 ¡ ^	3.02 ¡].51 ¡ ^	6.26***
Nutrition Knowledge	2.67 ¡].71 ¡ ^	3.14 ¡].57 ¡ ^	6.10***
Nutrition Skill	2.64 ¡].70 ¡ ^	3.16 ¡].52 ¡ ^	6.98***
Safety Knowledge	3.24 ¡].65 ¡ ^	3.45 ¡].54 ¡ ^	3.27**
Safety Skill	2.67 ¡].97 ¡ ^	3.50 ¡].55 ¡ ^	5.18***
Low-fat Diet Habit	2.49 ¡].41 ¡ ^	2.19 ¡].55 ¡ ^	-4.40***

**p ¡ 0.01 ***p ¡ 0.001

Table 7

Difference in Postpartum Concerns, Health-promoting lifestyle, Social support, Postpartum Depression, Parental Caregiving Self-efficacy and Low-fat Diet Habit among three group at 1 month post delivery

Variables	Postpartum concerns									Health-promoting lifestyle					
	Physical concerns			Emotional concerns			Infant care concerns			Self-actualization			Health responsibility			Interpersonal support		
	Mean	SD	F	Mean	SD	F	Mean	SD	F/ Post hoc	Mean	SD	F	Mean	SD	F	Mean	SD	F
① Home visitation group	2.14	.62	0.38	1.66	.56	1.61	2.24	.56	3.99*	1.91	.58	0.18	2.25	.44	0.21	2.29	.57	0.91
②Telephone consultation group	2.00	.65		1.43	.57		1.78	.67	②＜①	1.86	.39		2.33	.43		2.26	.56	
③Control group	2.10	.67		1.40	.54		1.87	.62		1.93	.49		2.33	.55		2.44	.38	

	Health-promoting lifestyle									Social support			Postpartum Depression			Low-fat Diet Habit		
	Exercise			Stress management			Nutrition											
	Mean	SD	F	Mean	SD	F	Mean	SD	F/ Post hoc	Mean	SD	F	Mean	SD	F	Mean	SD	F
① Home visitation group	1.02	.39	0.71	1.68	.50	0.33	2.26	.44	4.73*	2.74	.31	0.43	1.09	.41	1.74	2.57	.38	0.73
②Telephone consultation group	1.06	.40		1.61	.53		1.85	.57	②＜①	2.68	.31		1.07	.37		2.43	.49	
③Control group	1.14	.41		1.72	.52		1.97	.45		2.74	.27		.91	.41		2.50	.28	

	Parental Caregiving Self-efficacy																	
	Health Knowledge			Health Skill			Nutrition Knowledge			Nutrition Skill			Safety Knowledge			Safety Skill		
	Mean	SD	F	Mean	SD	F	Mean	SD	F	Mean	SD	F	Mean	SD	F	Mean	SD	F
① Home visitation group	2.63	.63	0.16	2.55	.70	0.17	2.70	.72	0.08	2.71	.72	0.19	3.11	.77	3.02	2.71	1.10	1.96
②Telephone consultation group	2.71	.70		2.60	.66		2.67	.75		2.61	.78		3.16	.65		3.05	.72	
③Control group	2.73	.71		2.66	.71		2.75	.69		2.72	.65		3.50	.47		3.20	.93	

*p<0.05 **p＜ 0.01 ***p＜ 0.001