

## **Maternal and neonatal health consequences of education and counseling services for the pregnant with preeclampsia risk and their effects on self-efficacy level**

Meltem Uğurlu<sup>1</sup>, Tülay Yavan<sup>2</sup> and K Emre Karaşahin<sup>1</sup>

<sup>1</sup>*Gülhane Training and Research Hospital, Turkey*

<sup>2</sup>*İzmir University of Economics, Turkey*

### **Abstract**

We determined maternal & neonatal health consequences of education and counseling for the pregnant with preeclampsia (PE) risk & effects of those on self-efficacy level & healthy lifestyle behaviors. Forty seven pregnant were in the study group (SG) and 53 were in the control group (CG). PE risk determination form, self-efficacy scale (SES), healthy lifestyle behavior scale II (HLBS-II), self-monitoring form, postpartum (PP) assessment form, PE education booklet for necessary information were utilized in the course of collection of research data. Groups were monitored 4 times from 20th week of pregnancy, labor and PP follow-ups were performed. The women in SG were educated and counseled on PE. CG were subjected to standard care. HLBS-II score averages in both groups in the first monitoring were similar, while HLBS-II averages of the SG were found to be higher & significant in 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> monitoring sessions. SES averages of the pregnant in both groups was found similar in all of 4 monitoring sessions. CG experienced most of the severe PE symptoms, more than the SG. 1<sup>st</sup> and 5<sup>th</sup> min. apgar scores, weight & nutrition conditions were found to be similar between the infants in the SG & CG. PE developed in 7.6% of pregnant in CG and gestational hypertension developed in 6.3% of SG and 5.7% of CG. No difference in pregnancy problems & PP maternal and neonatal problems were found between two groups. Education and consultation provided to pregnant with PE risk contributes to acquiring healthy lifestyle behaviors and improvement of mother-infant health.

### **Biography**

Meltem Uğurlu has completed her PhD at the age of 29 years from Gulhane Military Medical Academy. Her subject of study includes Prenatal/Postnatal Care, Obstetrics and Gynecology

[meltemugurlu17@gmail.com](mailto:meltemugurlu17@gmail.com)