

Application Effect of Psychological Nursing Combined with Humanistic Care in Obstetrics

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Abstract: The application of psychological nursing combined with humanistic care in obstetrics has become an inevitable trend in the future development of obstetric nursing. Based on the current development needs of the obstetric nursing field, this paper first conducts an in-depth analysis of the application effect of psychological nursing combined with humanistic care in obstetrics, and then proposes effective application paths, aiming to lay a solid foundation for improving the level of obstetric nursing work.

Keywords: Psychological nursing; Humanistic care; Obstetrics; Application effect

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1. Introduction

Pregnancy and childbirth are special experiences in women's lives. During this process, significant changes occur in the hormone levels of pregnant and lying-in women, who will face severe psychological and physical challenges^[1]. Some pregnant women may develop negative emotions such as depression and anxiety due to various factors including educational level and economic support, which seriously affect their physical and mental health and even pose certain risks to the safety of mothers and infants^[2].

Traditional obstetric nursing is disease-centered, mainly focusing on the monitoring of various physiological indicators of pregnant and lying-in women, cooperation in delivery procedures, and guidance for postpartum physical rehabilitation. It pays insufficient attention to the psychological needs and emotional experiences of pregnant and lying-in women, making it difficult to effectively alleviate their negative emotions.

Psychological nursing mainly refers to the use of psychological knowledge and skills to conduct targeted emotional counseling and intervention according to the psychological characteristics of pregnant and lying-in women, adjust their psychological state, and relieve negative emotions^[3]. Humanistic care emphasizes taking pregnant and lying-in women as the center, respecting their dignity and rights, meeting their personalized needs, and creating a healthy, understanding and supportive nursing atmosphere. The application of psychological nursing combined with humanistic care in obstetrics has important practical significance,

which can not only improve the effect and quality of obstetric nursing, but also reflect the humanistic spirit in modern medicine.

2. Analysis of the application effect of psychological nursing combined with humanistic care in obstetrics

2.1. Relieving negative emotions of pregnant and lying-in women and maintaining mental health

During pregnancy, childbirth and postpartum recovery, pregnant and lying-in women are prone to negative emotions such as anxiety, fear and depression due to various factors^[4]. During pregnancy, anxiety may arise from worrying about fetal development; during childbirth, fear is easily caused by the unfamiliar environment and uterine contraction pain; after childbirth, some people may develop a tendency to depression due to role transformation, which seriously affects their own health and that of newborns in severe cases.

Psychological nursing combined with humanistic care can effectively relieve the negative emotions of pregnant and lying-in women. On the one hand, nurses understand their psychological demands through communication and provide targeted counseling using psychological techniques such as relaxation training and knowledge explanation. On the other hand, humanistic care respects their emotional expression and creates a comfortable environment to relieve psychological pressure^[5]. Relevant studies show that the combined application can reduce anxiety and depression scores and decrease the incidence of postpartum depression^[6].

2.2. Optimizing delivery outcomes and ensuring the safety of mothers and infants

The psychological state of pregnant and lying-in women is closely related to delivery outcomes. Negative emotions can affect uterine contractions and labor processes, increasing the risk of adverse delivery outcomes^[7]. Psychological nursing combined with humanistic care can improve the psychological state of pregnant and lying-in women and indirectly optimize delivery outcomes^[8]. In the third trimester of pregnancy, help them build confidence in natural childbirth; during childbirth, provide full-time companionship to relieve pain and stabilize emotions; respect their delivery wishes and meet personalized needs. Postpartum psychological nursing and humanistic care can reduce the incidence of postpartum complications and ensure the health of mothers and infants.

2.3. Improving nurse-patient relationship and enhancing nursing satisfaction

Most obstetric nurse-patient conflicts are related to lack of humanistic care, poor communication and neglect of psychological needs. Traditional nursing focuses on operations with little communication with pregnant and lying-in women, which easily leads to disputes. Psychological nursing combined with humanistic care emphasizes equal communication and emotional resonance to improve the nurse-patient relationship. Nurses take pregnant and lying-in women as the center, take the initiative to communicate, listen to their demands, provide support and respect their privacy. It is also reflected in service details to meet their needs, relieve negative emotions and reduce nurse-patient conflicts^[9].

Naturally reduced conflicts improve nursing satisfaction, laying a foundation for the development of obstetric nursing. Meanwhile, nurses feel their work value when providing psychological support and humanistic care, enhance professional pride, take the initiative to improve nursing ability and service level,

and form a virtuous cycle.

2.4. Improving the obstetric nursing system and promoting the improvement of nursing quality

Psychological nursing combined with humanistic care promotes the transformation of the obstetric nursing model from “disease-centered” to “pregnant and lying-in women-centered”, improving the nursing system and nursing quality. The traditional nursing system focuses on physical care with single content and mechanical procedures. After integrating psychological nursing and humanistic care, nursing services cover multiple levels and form a comprehensive and personalized system.

To carry out this model, the nursing team needs to strengthen professional training, improve staff knowledge, skills and literacy, standardize nursing processes, clarify responsibilities, and promote standardized, standardized and humanized services. Nurses should formulate plans according to the individual conditions of pregnant and lying-in women, integrate them into all links, realize “full-process nursing and full-process care”, improve the overall nursing quality, and conform to the humanistic spirit of modern medicine and the requirements of building fertility-friendly hospitals^[10].

3. Application paths of psychological nursing combined with humanistic care in obstetrics

3.1. Strengthening the construction of nursing team and consolidating the application foundation

The nursing team is the core subject of the application of psychological nursing combined with humanistic care, whose professional ability and humanistic literacy directly affect the nursing effect^[11]. Therefore, it is necessary to strengthen the construction of the obstetric nursing team to consolidate the foundation for the combined application. On the one hand, carry out targeted professional training covering basic psychological knowledge, psychological assessment methods, emotional counseling skills, humanistic care concepts, communication skills, etc., invite psychological experts and senior nurses to give lectures and guidance to help nurses master the core points of psychological nursing and humanistic care and improve professional nursing ability.

On the other hand, strengthen the cultivation of humanistic literacy of nurses, guide them to establish a “pregnant and lying-in women-centered” nursing concept, enhance the sense of responsibility, service awareness and empathy, respect the personalized needs of pregnant and lying-in women, pay attention to their emotional experiences, and abandon the mechanical and formal nursing model. Meanwhile, establish and improve the nursing assessment mechanism, include the implementation of psychological nursing and humanistic care into the assessment scope of nurses, clarify assessment indicators, force nurses to improve the quality of nursing services through assessment, ensure the implementation of psychological nursing and humanistic care, and introduce models such as human figure nursing ward rounds to further improve the pertinence of nursing services.

3.2. Constructing a full-cycle nursing model to realize full-process care

Combined with different stages of pregnancy, childbirth and postpartum recovery, construct a full-cycle nursing model, integrate psychological nursing and humanistic care into all links, and care for pregnant and lying-in women throughout the process^[12]. During pregnancy, nurses take the initiative to communicate with pregnant and lying-in women, understand their physical and mental status through obstetric examinations and

follow-ups, carry out targeted psychological nursing and humanistic care, conduct mental health education during pregnancy, pay attention to personalized needs, and build a communication platform to relieve loneliness.

During the delivery stage, implement full-time accompanying nursing, assign special personnel to take charge, take pregnant and lying-in women to familiarize with the delivery room, explain the process and pain relief methods to relieve fear, comfort them with words and body during delivery to relieve pain and stabilize emotions, respect delivery wishes and protect privacy. During the postpartum recovery period, pay attention to the psychological and physical recovery of pregnant and lying-in women, provide timely counseling, help them adapt to role transformation, provide rehabilitation and diet guidance, encourage family members to participate, and establish a follow-up mechanism to ensure smooth recovery.

3.3. Focusing on personalized needs and improving the pertinence of nursing

Different pregnant and lying-in women have differences in age, personality, cultural background, psychological state and family environment, so their psychological needs and humanistic demands are also different. Therefore, the application of psychological nursing combined with humanistic care needs to pay attention to personalization and formulate personalized nursing plans according to the specific conditions of pregnant and lying-in women. Nurses comprehensively collect relevant information during communication with pregnant and lying-in women, establish personalized nursing files, analyze their psychological needs and humanistic demands according to the file information, and formulate targeted nursing plans.

For example, for introverted and inarticulate pregnant and lying-in women, nurses need to take the initiative to communicate, listen patiently and give more attention and encouragement; for those with high educational level and high requirements for nursing services, strengthen professional knowledge explanation and provide more detailed nursing services ^[13]. For those with insufficient family support, give more emotional support and guide family members to strengthen care. In addition, respect the religious beliefs and living habits of pregnant and lying-in women, and try to meet their personalized needs in diet and nursing operations to make them feel respected and valued.

3.4. Creating a humanistic nursing atmosphere and strengthening emotional support

A good nursing atmosphere is an important guarantee for the effective application of psychological nursing combined with humanistic care. It is necessary to create a warm, comfortable and humanistic obstetric nursing atmosphere and strengthen emotional support for pregnant and lying-in women. On the one hand, optimize the obstetric inpatient environment, reasonably arrange wards, keep them clean, quiet and comfortable, adjust appropriate temperature, humidity and light, equip necessary living and entertainment facilities to provide a comfortable recuperation environment, paste warm slogans and mother-infant related pictures in wards to create a warm and friendly atmosphere and relieve the strangeness and tension of pregnant and lying-in women.

On the other hand, strengthen emotional communication between nurses and patients. Nurses communicate with pregnant and lying-in women and their families in a gentle and friendly manner, patiently listen to their demands, answer their questions in a timely manner, provide psychological support and emotional comfort, pay attention to detailed care and make pregnant and lying-in women feel the warmth of home. Meanwhile, encourage pregnant and lying-in women to communicate and support each other, share experiences and feelings through the establishment of communication groups to relieve loneliness. Nurses

themselves should maintain a good attitude and infect pregnant and lying-in women with positive and optimistic emotions ^[14].

3.5. Establishing a feedback and improvement mechanism to continuously optimize nursing services

The application of psychological nursing combined with humanistic care in obstetrics is a process of continuous optimization and improvement ^[15]. It is necessary to establish and improve a feedback and improvement mechanism, timely collect the opinions and suggestions of pregnant and lying-in women, and continuously optimize nursing services. On the one hand, establish diversified feedback channels such as questionnaires, face-to-face interviews and telephone follow-ups to regularly collect the opinions and suggestions of pregnant and lying-in women on psychological nursing, humanistic care and overall nursing services, and understand the problems and deficiencies in nursing services.

On the other hand, set up a nursing quality improvement team to sort out and analyze the collected feedback, find the root causes of problems, formulate targeted improvement measures, clarify improvement responsibilities and time nodes to ensure the implementation of improvement measures. Meanwhile, regularly evaluate the application effect of psychological nursing combined with humanistic care through psychological assessment scales and nursing satisfaction surveys, adjust nursing plans and measures according to the evaluation results, strengthen cooperation with departments such as psychology and pediatrics, timely intervene in severe psychological problems, learn from the advanced experience of other hospitals, continuously innovate the nursing model, and promote the in-depth application of psychological nursing combined with humanistic care in obstetrics.

4. Conclusion

The application of psychological nursing combined with humanistic care in obstetrics is a concrete embodiment of the humanistic spirit of modern medicine, and also an important measure to improve the quality of obstetric nursing, ensure the health of mothers and infants, and meet the diversified health needs of pregnant and lying-in women. It can not only effectively relieve the negative emotions of pregnant and lying-in women, maintain their mental health, optimize delivery outcomes and ensure the safety of mothers and infants, but also improve the nurse-patient relationship, enhance nursing satisfaction, improve the obstetric nursing system and promote the development of nursing.

Disclosure statement

The authors declare no conflict of interest.

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