

# Exploring the Application of Health Education During Pregnancy in Clinical Nursing of Obstetrics and Gynecology

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**Abstract:** *Objective:* To study the methods and effects of health education during pregnancy in the clinical nursing work of obstetrics and gynecology. *Methods:* Between January 2022 and January 2024 in the hospital 140 cases of pregnant women, can be divided into two groups, an observation group and a control group, respectively, between groups of 70 people. The observation group was given health pregnancy education, while the control group was given routine nursing. *Results:* After intervention compared two groups of natural childbirth, postpartum breast feeding rate and postpartum bleeding, observation group is better than the control group. The results of the two groups have statistical significance ( $P < 0.05$ ). *Conclusion:* The application of health education during pregnancy in the nursing of obstetrics and gynecology has a good effect, can be widely welcomed and has clinical value.

**Keywords:** Health education during pregnancy; Obstetrics and gynecology; Nursing care; Analysis

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## 1. Introduction

In the context of economic and social development, the pursuit of quality of life is constantly improving, especially for pregnant women, they will pay special attention to their health and fetal development. During pregnancy is a large difference of physical and mental state and past, and the pregnancy health education is helpful to better help the pregnancy pregnant women to learn more knowledge, to ensure the safety of pregnant women and fetal health, through pregnancy. This article focuses on the analysis of pregnancy health education, adopts the corresponding way to demonstrate, compares the data of the observation group and the control group, and combines the experimental values to carry out systematic analysis, which further improves the accuracy of the experiment, reduces the panic of pregnant women in the process of childbirth, and ensures the safety of pregnant women and infants. Therefore, it is of great value to integrate pregnancy health education into clinical nursing.

## **2. Materials and methods**

### **2.1. General information**

In this study, between January 2022 and January 2024, the hospital treated 140 cases of pregnant women. The 140 patients were randomly divided into two groups, 70 patients in each group, control group and observation group respectively. The age of the patients was between 20 and 35 years old. After testing, there was no genetic disease, heart disease, hypoglycemia and other diseases in the two groups, and there was no statistically significant difference ( $P > 0.05$ ). For better comparison, the observation group was given health education, while the control group was given routine nursing.

### **2.2. Basic methods**

Control group: The regular education and nursing measures of the Department of Gynaecology. The usual care included basic physical examination and inquiry, routine examination and cleaning care.

The experimental group was given health education during pregnancy based on the control group. The health education included the choice of delivery mode, the way of breastfeeding, the knowledge of neonatal care, self-monitoring during pregnancy, the treatment of abnormal conditions during pregnancy, the prevention of diseases for pregnant women, and the knowledge of gymnastics during pregnancy, how to stay in the month after childbirth, and postpartum psychological adjustment.

### **2.3. Clinical observation**

The number of pregnant women who finally delivered naturally in the two groups was counted. Statistics of the number of pregnant women postpartum hemorrhage, observe the number of pregnant women breastfeeding, statistics of two groups of satisfaction.

### **2.4. Statistical treatment**

This study uses SPSS 20.0 statistical software, this software can be effectively used for statistics and analysis of data, the  $t$  as inspection measurement units, use  $\chi^2$  to observe the control group to compare. The value of  $P$  was used to determine whether it was statistically significant. The results showed that  $P < 0.01$ , the difference between the two groups was significant.

## **3. Health education during pregnancy**

### **3.1. Prenatal diagnosis education during pregnancy**

Firstly, disease education should be carried out. From the perspective of reality, prenatal education for pregnant women is of great significance, which helps pregnant women understand all kinds of infectious diseases and genetic diseases. Among them, obstetricians can introduce TORCH to pregnant women, which is composed of *Toxoplasma gondii*, *syphilis* and other pathogenic microorganisms. It is of great significance to strengthen the examination of TORCH infection, which is an important measure to achieve Eugenia. In addition, the obstetrician can also introduce to the pregnant women HIV/AIDS prevention. The occurrence of AIDS can cause the loss of the body's immune function and then produce various symptoms. Obstetricians should introduce to pregnant women HIV/AIDS knowledge, strengthen the propaganda work to help to improve the ability of AIDS prevention, and deepen the understanding of mother-to-child transmission of AIDS, to do a

good job of AIDS medical examination <sup>[1]</sup>. In this experiment, doctors and nurses to pregnant women in various departments to carry out disease knowledge education, and then let pregnant women enhance their awareness of prevention, and greater attention during pregnancy, to avoid infection by accident, reduce the probability of abortion, was born to the health of the fetus <sup>[2]</sup>.

Secondly, health education should be carried out. In the experiment to observe a group of pregnant women to issue “pre-pregnancy health knowledge through books, pregnant women read books, learn and master more knowledge of health education.” In the process of health education, obstetricians and nursing staff would communicate with pregnant women face to face, solve the confusion of pregnant women, and introduce methods to improve their physical fitness during pregnancy <sup>[3]</sup>. After health education, pregnant women also know how to choose nutritious food in the process of pregnancy, what kind of food cannot be eaten, understand the specific eating methods and cooking methods, and form good personal habits. Health education should pay attention to the education of pregnant women in pregnancy prevention, for pregnant women to make the necessary physical exercise, take care of pregnant women’s daily life, and make the pregnant woman’s family more vigilant, to better solve the various problems encountered in pregnancy <sup>[4]</sup>.

In addition, psychological health education should be carried out. It can guide pregnant women to be familiar with the whole process and precautions from pregnancy to delivery, including physical examination during pregnancy, health care during pregnancy, psychological adjustment, etc., so that pregnant women can maintain an optimistic attitude towards childbirth. New pregnant women were invited to share their experience of pregnancy preparation, pregnancy and delivery with other pregnant women so that other pregnant women could put down their concerns and prepare for the upcoming delivery <sup>[5]</sup>.

Finally, lifestyle guidance was given. Guidance pregnant women in daily life wear loose-fitting, comfortable clothes, help sweat at the same time, also can help young children’s healthy growth. Regularly wiping the body with warm water, regularly in underwear, protect the skin clean, and avoid skin diseases such as eczema, and prickly heat. After scrubbing, smear the body with body milk and goat fat cream <sup>[6]</sup>.

In health education work, medical staff every week for maternal health knowledge, and psychological mood changes, to assess daily life and habits, every month on a periodic evaluation, according to team members’ feedback on the improvement of the health education plan and the effect of health education <sup>[7]</sup>.

### **3.2. Nursing education during labor**

Through long-term medical practice, carrying out health education during pregnancy in pregnant women in the labor stage helps to bring more help for pregnant women and infants. The introduction of labor analgesia by medical staff to pregnant women can increase their confidence in childbirth. After experiments, the observation group after health education, chose an even greater percentage of natural childbirth, significantly higher than the cesarean delivery of pregnant women, fear of natural childbirth has been reduced, dare to choose natural childbirth <sup>[8]</sup>.

### **3.3. The postpartum health education**

Observation groups of patients after receiving health education can make patients fully understand the knowledge of postpartum recovery, including ways to prevent infection, ways to safely through the puerperium, the advantages of breastfeeding, confined problems that need attention during or after, ways to strengthen nutrition, postpartum recovery form, etc. If pregnant women lack knowledge, it will have a greater influence

on the prognosis of postpartum. In this experiment, according to the actual situation to carry out the education of pregnant women, patients, and medical staff to strengthen emotional communication, to make patients and medical personnel communicate and to help patients to understand the relevant knowledge in the process of care [9].

## 4. Results

### 4.1. Contrast clinical therapeutic effects of two groups of pregnant women

After the comparison of the natural childbirth of the two groups of pregnant women, it was found that the observation group was significantly higher than the control group, and the practice comparison had statistical significance ( $P < 0.05$ ). In addition, two groups of breastfeeding, the observation group and the control group differ significantly ( $P < 0.05$ ). The incidence of postpartum hemorrhage in the observation group was less than that in the control group (Table 1).

**Table 1.** Comparison of results of health education during pregnancy ( $n$ )

Groups	Number of cases	Natural childbirth	Massive postpartum hemorrhage	Breastfeeding
Observation group	70	60	0	65
Control group	70	50	5	50
$P$		$< 0.05$	$< 0.05$	$< 0.05$

### 4.2. Compare the satisfaction of pregnant women in the two groups

After comparing the satisfaction of the two groups of pregnant women, it can be found that the satisfaction of the observation group is higher (Table 2). From the data analysis of the observation group and the control group, it can be seen that the effect of pregnancy health education is very significant. Therefore, this experiment met the requirements of the experiment and had statistical significance ( $P < 0.05$ ).

**Table 2.** The satisfaction of pregnant women in the two groups was compared [ $n$  (%)]

Groups	Number of cases	Very satisfied	Satisfied	Not satisfied with	Satisfaction
Observation group	70	60 (85.71)	8 (11.43)	2 (2.86)	68 (97.14)
Control group	70	55 (78.57)	5 (7.14)	10 (14.29)	60 (85.71)

## 5. Discussion

Pregnancy and childbirth are a woman's natural physiological processes, but it will be affected by many factors. It appears that the whole process is not smooth, there are even some adverse consequences. Therefore, through in-depth analysis can be found that pregnant women during pregnancy, the implementation of health education for the pregnant woman is critical. This article will research data collected was divided into two groups, a group of health education during pregnancy, and another group to carry out normal education and nursing of the Department of Gynaecology. After the comparison of several aspects, it is found that both have a larger difference. After the intervention, two groups of pregnant women's natural births, baby breastfeeding rates, and postpartum hemorrhage rates were comparatively large differences, found that the natural births of



the observation group were obviously higher than that of the control group, with more choice of breastfeeding on infant feeding way, and observation group of maternal bleeding number is 0. Such research results also proved that it is important to carry out health education during pregnancy for the pregnant woman<sup>[10]</sup>.

First, pregnancy health education is to help pregnant women solve the difficulties in the process of production, thus ensuring maternal mother and children's health and safety, avoiding important ways pregnant women produce a state of anxiety and panic. During the investigation and research, it was found that many pregnant women have a negative and contradictory mood toward pregnancy, and they do not know how to deal with it. This is due to their lack of pregnant women's health knowledge. During the health education, the patients' panic during pregnancy was alleviated. After health education, pregnant women are more willing to accept breastfeeding. This can also show that learning about pregnancy health knowledge can help solve the problems of pregnant women<sup>[11]</sup>.

Second, the pregnant woman's diet directly affects their health and the nutrient absorption of the fetus. Health education, therefore, should pay attention to diet education. To elaborate, they said that pregnant women should complement what kind of food. For example, pregnant women should eat more foods that are rich in protein, and vitamins, including beef, eggs, milk, carrots, etc., it can guarantee their nutrition, but also helps to enhance their physique, and improve resistance<sup>[12]</sup>.

Thirdly, it is important to let pregnant women understand the importance of pregnancy tests. Pregnancy tests can make pregnant women fully aware of their physical conditions, to prepare for the upcoming birth. Only when pregnant women understand their physical condition, can they find problems, and if they are found to be ill, they need to be treated in time to avoid worsening the condition. Not only that, pregnant women can understand the basic condition of the fetus through regular examination, understand whether the fetus has the problem of malformation, there is no stillbirth, and then take targeted measures. Obstetricians should do a good job in the publicity of infectious diseases during this period so that pregnant women can form a prevention awareness. In particular, they should do a good job in the publicity and education of AIDS and TORCH virus.

Fourth, enrich the content of health education. The exercise of pregnant women is also an important part of pregnancy, exercise can help to improve the fertility of pregnant women, increase the muscle contraction of pregnant women, and then reduce the discomfort of the production process, so as to prepare for the next birth. Exercise helps pregnant women to strengthen their physical exercise, enhance their physical quality, and avoid other diseases<sup>[13]</sup>.

Fifth, health education during pregnancy is helpful to the health and safety of pregnant women and their later recovery. According to the study, the number of natural childbirths in the observation group was more than that in the control group, which also shows that pregnant women accept natural childbirth because they understand the process of childbirth and have a clear understanding of childbirth knowledge. If they lack a detailed understanding of childbirth knowledge or do not make adequate preparation, it is difficult to accept natural childbirth, and they are not fully prepared psychologically and physiologically, which also leads to many pregnant women are not willing to accept natural childbirth<sup>[14]</sup>.

Sixth, prenatal health education will help pregnant women set up a good attitude and the correct way of life, then let pregnant women and their families comprehensively understand the changes of the pregnancy, and to make sufficient preparations. Health education during pregnancy is helpful for pregnant women to learn and understand the related knowledge of breastfeeding. Many pregnant women can be more actively prepared after understanding the advantages of breastfeeding, and understand how to breastfeed and how to improve the

amount of milk, which is helpful to better help the baby grow <sup>[15]</sup>.

## 6. Conclusion

In summary, the intervention of health education and nursing during pregnancy can help pregnant women to fully understand the health knowledge of pregnancy, help them shorten the time of labor and hospitalization, increase the effect of nursing, and also improve the lactation volume of pregnant women, which has important promotion value. Therefore, it is necessary to strengthen the health education of pregnant women during pregnancy.

## Disclosure statement

The authors declare no conflict of interest.

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