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ESTIMATION OF INFLUENCE OF MEDICAL AND PSYCHOLOGICAL CORRECTION AND SANATORIUM REHABILITATION OF PREGNANT WOMEN PROGRAM THE OUTCOME OF DELIVERY

Prenatal negative effects have the strongest destructive influence. If during pregnancy mother had severe stress, intensive anxiety or depression or took glucocorticoids this could lead to reduction of weight and body size of fetus by delivery, decrease of hippocampus size and cellular damages in the brain [6].

One of the most effective methods is psychoprophylactic preparation of the pregnant women to labor – the system of measures aimed at health promotion of the pregnant women. Woman, who has good psychological and physical preparation and individual support of the doctor and partner during labor, more easily yields to medicamental anesthesia with the better outcomes for mother and fetus and more quickly recovers after labor that improves the life quality of both woman and her family [7].

Our performed analysis of efficiency of aid to the pregnant women, women in labor and new mothers allows to determine that one of reserves for decreasing of the complicated labor is organization and preparation of the pregnant women to labor with participation of her family in training at School of family preparation to labor, aim of which is to prepare spouses to responsible parenthood, birth of healthy baby and to save mother health [3, 4].

Hypothesis of investigation– medical and psychological correction was made at the stage of sanatorium rehabilitation of pregnant women; having influence on the anxiety level the correction enables decrease of obstetrical and perinatal complications.

Object of the work – is to estimate efficiency of developed and implemented medical and psychological program in decrease of anxiety level and to estimate its influence on the state of newborns and course of their early neonatal period.

Group of examined women and methods of investigations

210 pregnant women were examined in II and III trimesters. Group I – is 80 pregnant women with middle and high level of the state anxiety (SA) who participated in complex program of medical and psychological correction and sanatorium rehabilitation. Group II – is 57 pregnant women who refused to participate in medical and psychological correction. Control group included 48 pregnant women with anxiety level of 30 points and lower which characterizes low level of the SA. Individual and psychological features of pregnant women and their psychological and emotional state were investigated by means of set of psychological and diagnostic methods [1, 2, 5].

Results of investigations and their discussion

Results of performed investigation show that use of developed and introduced program of medical and psychological correction among 80 pregnant women at the stage of sanatorium rehabilitation promotes reliable decrease of state anxiety indicator in 82.5% of cases.

In the group 57 pregnant women who had refused to participate in the program and got rehabilitation under the standards of sanatorium and resort therapy, decrease of state anxiety indicator occurred only in 52.6%. Carrying out of program of medical and psychological correction of psychoemotional state and sanatorium rehabilitation of pregnant women, having influence on anxiety level, it enables decrease ($p < 0,05$) of obstetric and perinatal complications, namely, decrease of preterm delivery rate, poor uterine contraction strength and fetus distress.

Conclusion

Medical and psychological correction was made at the stage of sanatorium rehabilitation of the pregnant women; having influence on the anxiety level it enables decrease of obstetric (preterm delivery, abnormalities of labour process, distress of fetus) and perinatal complications (asphyxia, neonatal encephalopathy, growth retardation of fetus).

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