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Importance of holistic care during delivery and its effects on maternal health

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Introduction: Giving birth is a life-changing event. It is a crucial phenomenon in the women's life. To be care and to be cared for should be the motive for every health care professional's mind. Good communication, support, clean and aseptic usage of equipment during compassion from staff and having her wishes respected, can help her feel in control of what is happening and contribute to making birth a positive experience for the woman and her birth companion.

Objective: To describe the importance of the holistic care during delivery. The aim is to motivate health care professionals to provide holistic care during deliver to enhance patient's well-being by preventing them from complications.

Method: Literature review conducted to explore the importance of holistic care during delivery and its effects on maternal health. Different electronic engines were explored from 2003 to 2013. Electronic engines include authentic websites, research-based articles and journals.

Result: Literature suggests that lack of enforced aseptic techniques can lead to a host of problems for patients. Moreover, lack of privacy could become hindrance in providing holistic care because human dignity is one of the basic principles considering patient's rights. Furthermore, literature states that patient advocacy is an imperative situation, where health care professional dealt with it effectively and can provide care in a holistic manner.

Conclusion & Recommendation: To provide complete care, one should be competent enough to maintain the boundaries in a holistic manner. Teaching session about the importance of privacy and aseptic practices should be provided to empower staffs to prevent patient from harm. Accommodation and negotiation with the system will help to provide quality care towards patient.

Biography

Zahra Salim Jessani is currently working as a Registered Nurse from past 3 years at Aga Khan University Hospital, Karachi, Pakistan in the Department of Post Anesthesia Care Unit. She has obtained her Bachelor of Science degree in Nursing with a valid license from Pakistan Nursing Council. She has done multiple researches in the field of nursing.

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