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Minimize peripheral edema for healthy pregnant women in third trimester by water immersion

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Aim: This study aims to minimize peripheral edema for healthy pregnant women in third trimester of pregnancy by water immersion.

Background: Peripheral edema is a common discomfort during late pregnancy. It usually involves the lower extremities but occasionally appears as swelling or puffiness in the face or hands. Immersion in water is potential intervention to reduce peripheral edema during pregnancy.

Setting: This study was conducted in antenatal clinics of the Obstetrics and Gynecology Department in Mansoura University Hospital.

Study Design: This is a quasi-experimental design.

Sample Type: Purposive sample is taken. The study comprised of 50 healthy pregnant women with peripheral edema in third trimester. Women were asked to immerse their body up to the xiphoid process in warm water for 30 minutes in a swimming pool. Women will assess the grade of edema by pitting on their hands and feet but using tape measurement to measure legs circumferences to assess degree of edema immediately pre- and post-intervention.

Result: Highly significant variations were found between pre- and post-water immersion on peripheral edema.

Conclusion: Water immersion for 30 minutes is an effective natural method for reducing peripheral edema during pregnancy.

Biography

Nahid Fikry Khedr has completed her Doctoral education from Ain Shams University, Egypt. She is Assistant Professor of Woman's Health Nursing and Midwifery. She is the Head of Woman's Health Nursing and Midwifery Department, Faculty of Nursing, Mansoura University, Egypt. She has several papers in reputed journals and is a member in several faculty committees. She is interested in scientific research, all reproductive health issues, education, community and health services.

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