



從文化觀點看東西方國家 產後照護之發展



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文化

- ◆ 定義：相互透過學習人類思想與行為的精華來達到完美，一個民族的生活形式來指稱它的文化。
- ◆ 一種約定俗成潛意識的外在表現。





文化是人類經由社會學習到的，包含知識、信仰、價值觀及規範等，在代代相傳之下，文化也代表了一個社會的特殊生活模式或生活道理，文化是可以創造的、傳承的，同時也是變遷的、累積的。



產後照護指引

- ◆ 以婦女為中心VS 疾病為中心？
- ◆ 產後期追蹤到何時？
- ◆ 產後期照護的內涵為何？
- ◆ 依照實證結果，提供最佳品質的照護服務？



婦女為中心VS 疾病為中心

- ◆ The American College of Obstetricians and Gynecologists(ACOG)
- ◆ Optimizing Postpartum Care (2018, Number 736)
 - To optimize the health of women and infants, postpartum care should become an **ongoing process**, rather than a single encounter, with services and support **tailored to each woman's individual needs**.



產後期追蹤到何時

- ◆ ACOG now recommends that postpartum care should be an ongoing process, rather than a single encounter and that all women have contact with their ob-gyns or other obstetric care providers within the **first three weeks postpartum**.
- ◆ The initial assessment should be followed up with ongoing care as needed, concluding with a comprehensive postpartum visit **no later than 12 weeks after birth**.



The Fourth Trimester

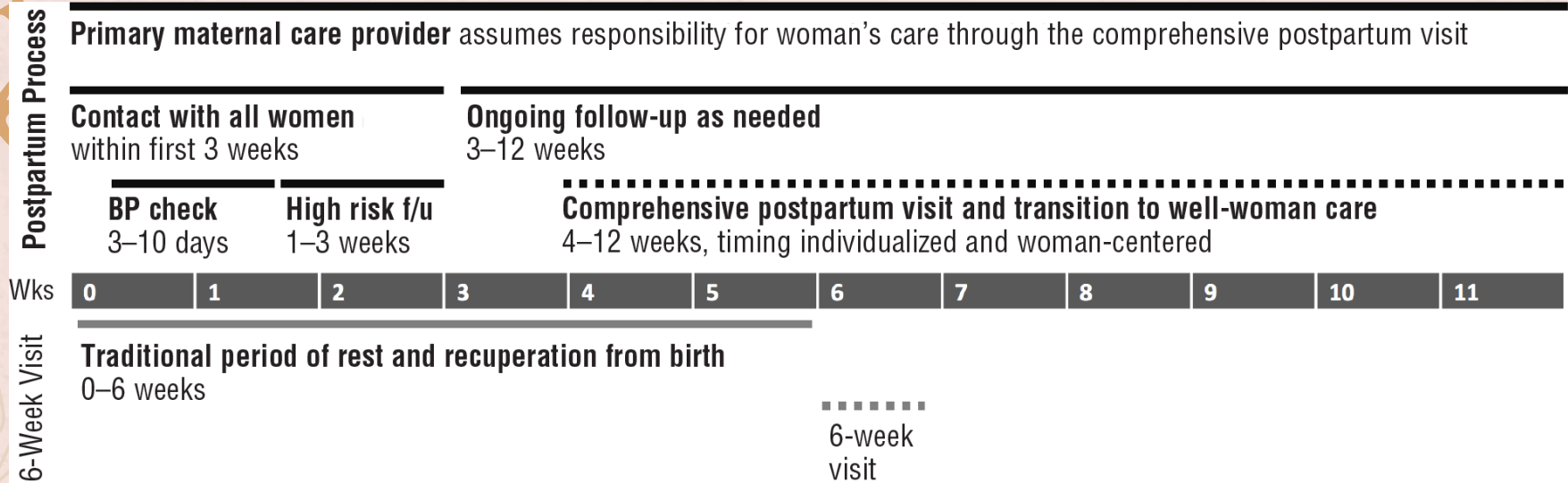


Figure 1. Proposed paradigm shift for postpartum visits. The American College of Obstetricians and Gynecologists' Presidential Task Force on Redefining the Postpartum Visit and the Committee on Obstetric Practice propose shifting the paradigm for postpartum care from a single 6-week visit (bottom) to a postpartum process (top). Abbreviations: BP, blood pressure; f/u, follow-up. ➡

第四個三個月(the fourth trimester)

- ◆ 喜悅
- ◆ 缺乏睡眠
- ◆ 疲憊
- ◆ 疼痛：背痛、頭痛、會陰或剖腹產傷口痛
- ◆ 餵母乳的困境：乳房充盈、乳頭痛、乳腺炎
- ◆ 壓力：產後憂鬱
- ◆ 新發生或加重的精神健康障礙
- ◆ 缺乏性慾
- ◆ 尿失禁



Table 1. Suggested Components of the Postpartum Care Plan* ↩

Element	Components
Care team	Name, phone number, and office or clinic address for each member of care team
Postpartum visits	Time, date, and location for postpartum visit(s); phone number to call to schedule or reschedule appointments
Infant feeding plan	Intended method of infant feeding, resources for community support (eg, WIC, Lactation Warm Lines, Mothers' groups), return-to-work resources
Reproductive life plan and commensurate contraception	Desired number of children and timing of next pregnancy Method of contraception, instructions for when to initiate, effectiveness, potential adverse effects, and care team member to contact with questions
Pregnancy complications	Pregnancy complications and recommended follow-up or test results (eg, glucose screening for gestational diabetes, blood pressure check for gestational hypertension), as well as risk reduction recommendations for any future pregnancies
Adverse pregnancy outcomes associated with ASCVD	Adverse pregnancy outcomes associated with ASCVD will need baseline ASCVD risk assessment, as well as discussion of need for ongoing annual assessment and need for ASCVD prevention over lifetime.
Mental health	Anticipatory guidance regarding signs and symptoms of perinatal depression or anxiety; management recommendations for women with anxiety, depression, or other psychiatric issues identified during pregnancy or in the postpartum period
Postpartum problems	Recommendations for management of postpartum problems (ie, pelvic floor exercises for stress urinary incontinence, water-based lubricant for dyspareunia)
Chronic health conditions	Treatment plan for ongoing physical and mental health conditions and the care team member responsible for follow-up

Abbreviations: ASCVD, atherosclerotic cardiovascular disease; WIC, Special Supplemental Nutrition Program for Women, Infants, and Children.

*A Postpartum Care Plan Template is available as part of the ACOG Pregnancy Record.

產後期照護的內涵

- ◆ Mood and emotional well-being
- ◆ Infant care and feeding
- ◆ Sexuality, contraception, and birth spacing
- ◆ Sleep and fatigue
- ◆ Physical recovery from birth
- ◆ Chronic disease management
- ◆ Health maintenance



依照實證結果，提供最佳品質的照護服務

- ◆ 術後喝咖啡可以幫助排氣？
- ◆ 高麗菜葉減輕乳房腫脹？
- ◆ 延遲斷臍？
- ◆ 延遲洗澡？



術後喝咖啡可以幫助排氣?

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Randomised Controlled Trial

Effect of caffeine on postoperative bowel movement and defecation after cesarean section[☆]

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ABSTRACT

Introduction: and Importance: Inadequate bowel movement after cesarean section (C-section) can delay the intake of solid diet. Coffee is reported to have beneficial effects on bowel motility after the surgery. This study is designed to evaluate the effects of coffee on bowel movement and defecation following C-section.

Methods: In this randomized clinical trial study, women undergoing elective C-section at the hospital of (XXX) during 2019–2020 were included. Following the surgery, the patients were divided in case (coffee) and control (water) group. At three different interval after the surgery, 111 ml of coffee or water was given to these patients. After the intervention, time of bowel movement, first defecation, body mass index (BMI), age, gestational age, parity and gravidity were recorded and evaluated between the two groups.

Results: Of total 36 patients (18 in study and control group, respectively), the mean age, gravidity, parity, BMI and gestational age was not significantly different, $p\text{-value} < 0.05$. The mean onset of bowel movements in case group was 14.56 h and control group was 16.83 h and the first defecation after cesarean section in case and control group was 27.78 and 31.67 h, respectively. The two groups were significantly different in both the terms, $p\text{-value} = 0.042$ and $p\text{-value} = 0.002$, respectively.

Conclusion: The postoperative bowel movement and defecation time is shorter with the intake of coffee among patients undergoing C-section.

高麗菜葉減輕乳房腫脹？

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Research Article

Effect of cold cabbage leaf application on breast engorgement and pain in the postpartum period: A systematic review and meta-analysis

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Abstract

The researchers' aims are to determine the effect of cold cabbage leaf application on breast engorgement and pain during the postpartum period through a systematic review and meta-analysis. Between June and September 2021, researchers systematically searched Turkish and English databases using a combination of keywords. We calculated individual and general effect sizes of the studies to evaluate effect sizes. We obtained 25,996 results with the databases search and we included a total of eight studies for analysis. According to the pooled results, we determined that cold cabbage leaf application caused a significant reduction in breast pain, though no significant reduction was seen in breast engorgement. In this systematic review and meta-analysis, we found that cold cabbage leaf application was effective in reducing breast pain, but that more experimental studies are needed to determine its effect on breast engorgement.

延遲斷臍？

- ◆ 所需時間：
每個寶寶所需時間不同，1-3分鐘，平均時間是3分鐘(ACOG, 2017)
30秒到3分鐘(Rabe, 2019)
- ◆ 延遲斷臍好處：增加血液由胎盤流向新生兒
也許可以改善嬰兒出生後六個月的鐵狀況
(WHO,2014)



延遲洗澡？

- ◆ 延遲洗澡並將胎脂留在皮膚上的優點
 - a. 降低低血糖、體重減輕、黃疸
 - b. 更好的溫度穩定性
 - c. 胎脂(vernix)的抗菌特性
- ◆ 胎脂成分：81%水、9% 蛋白質、脂質和10% 其他的脂肪。39% 的胎脂蛋白具有先天免疫的成分和29% 有直接抗菌特性。





各國產後福利制度



性別工作平等法

◆ 第15條

雇主於女性受僱者分娩前後，應使其停止工作，給予產假八星期；妊娠三個月以上流產者，應使其停止工作，給予產假四星期；妊娠二個月以上未滿三個月流產者，應使其停止工作，給予產假一星期；妊娠未滿二個月流產者，應使其停止工作，給予產假五日。

受僱者妊娠期間，雇主應給予產檢假七日。

受僱者陪伴其配偶妊娠產檢或其配偶分娩時，雇主應給予陪產檢及陪產假七日。



性別工作平等法

◆ 第16條

受僱者任職滿六個月後，於每一子女滿三歲前，得申請育嬰留職停薪，期間至該子女滿三歲止，但不得逾二年。同時撫育子女二人以上者，其育嬰留職停薪期間應合併計算，最長以最幼子女受撫育二年為限。

◆ 第18條

子女未滿二歲須受僱者親自哺（集）乳者，除規定之休息時間外，雇主應每日另給哺（集）乳時間六十分鐘。



性別工作平等法

◆ 第19條

受僱於僱用三十人以上雇主之受僱者，為撫育未滿三歲子女，得向雇主請求為下列二款事項之一：

一、每天減少工作時間一小時；減少之工作時間，不得請求報酬。

二、調整工作時間。





產後風俗文化



坐月子習俗

- ◆ 為什麼要坐月子？

「做的好，天天起得早；做不好，半生虛到老」

「月內無做好，到老就艱苦」

中醫：生產「血不足，氣亦虛」



台灣坐月子

- ◆ 坐月子/ 做月子/ 作月子
- ◆ 飲食：飲則生化湯助血氣，化淤血；多食豬腰、杜仲、麻油雞等食補；忌毒性物、不吃鹽、不喝水、不吃冷性、辛辣燥熱之物。
- ◆ 行為：不洗頭、不洗澡、不碰冷水、不看書、不哭、不勞動、不提重物、不外出與性禁忌。



台灣坐月子

- ◆ 慶賀儀式: 新生兒出生3 天舉行慶祝儀式稱三朝之禮: 出生1 2 天會「報喜」給岳家，外婆回送禮物與食物，稱「送庚」；滿月當天，會為新生兒剃頭、剃眉、剃髮之禮，使用剃頭之物皆象徵新生兒前途光明，同時也會祭祖、祭拜床母及註生娘娘，並設宴招待親朋鄰里，生子之家分送雞酒、油飯、紅桃等與親朋好友分享喜氣。



越南與台灣坐月子習俗比較



各國坐月子特色

- ◆ 日本
- ◆ 韓國
- ◆ 印度
- ◆ 英國
- ◆ 法國
- ◆ 美國



坐月子的意義

- ◆ 宣告
- ◆ 淨化與重建
- ◆ 人際重整
- ◆ 再次宣告





Thank you for Listening

