



Enhancing Childbirth Satisfaction through a Brief, Targeted Educational Intervention

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Introduction

- A woman's experience during childbirth should be positive and meaningful, yet a large body of literature reports maternal dissatisfaction with labor and childbirth experiences.

Purpose

- The purpose of this descriptive, comparative study is to explore the effects of a brief targeted educational intervention on childbirth satisfaction, using a family medicine setting.

Specific Aims

- Test the feasibility of implementing a brief (1/2 hour), targeted educational intervention with women in their 3rd trimester of pregnancy as an added service to a routinely scheduled office visit.
- Compare postpartum childbirth satisfaction (two weeks postpartum) of obstetrical patients who receive the brief, targeted education session in their 3rd trimester of care to a group of similar patients who receive routine obstetrical care.



Methods

Participants

- Pregnant women in their 3rd trimester of pregnancy
- Did not taken childbirth classes during this pregnancy
- Did not receive additional specialty care because of high risk
- Age 18-34
- First time or previous pregnancy
- Able to understand and read English

Intervention Group

- Received a brief, targeted education session in their 3rd trimester of pregnancy and completed a childbirth satisfaction survey at two weeks postpartum.

Comparison Group

- Received usual care only. Completed a childbirth satisfaction survey at two weeks postpartum.

Childbirth Satisfaction Survey

- Intervention Group:** *21 question survey using a 5-level Likert Scale
- Comparison Group:** 17 question survey using a 5-level Likert Scale

**The last 4 questions in the intervention group survey focus on the feasibility of the intervention.*

Preliminary Results

**Data is pending on three subjects in the intervention group.*

Participant Characteristics

Participant Characteristics	Intervention Group	Comparison Group
Age	Mean = 26.1 years	Mean = 27.4 years
Education	Some College	Some College
Ethnicity	Hispanic 28.6% White 71.4%	Hispanic 10% Asian 10% White 80%
First Delivery	Yes = 71.4%	Yes = 90%
Previous Childbirth Class	No = 86%	No = 80%

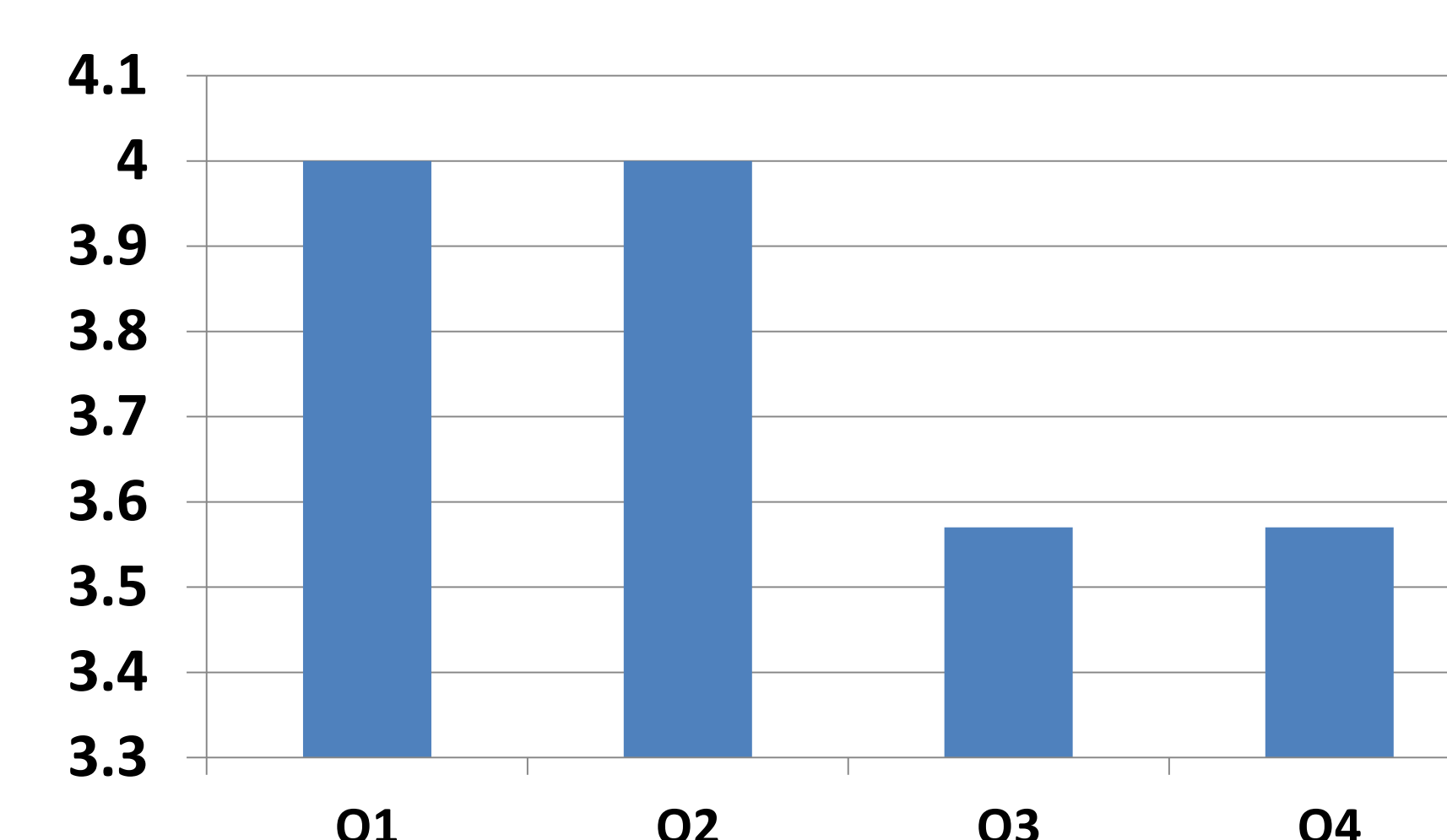
Satisfaction with Childbirth Experience

Group	Mean (SD)	F	p
Intervention Group (n=7)	60.57 (0.98)	1.94	.18
Comparison Group (n=10)	57.40 (5.91)		
Total (n=17)	58.71 (4.75)		

Feasibility Questions

- Q1 A ½ hr educational session fits my schedule
- Q2 A ½ hr educational session was adequate for my educational needs
- Q3 The information given at the educational session was beneficial to my overall childbirth experience
- Q4 I would recommend the additional education session to family or friends

Mean Scores for Feasibility Questions



Strongly agree = 4, Agree = 3, Disagree = 2, Strongly disagree = 1

Lessons Learned

- Some participants were eliminated from the intervention group due to their desire to attend childbirth class when this subject was brought up (these participants were signed up for classes)

Limitations

- Small sample size
- Convenience sample
- Demographic data does not show ethnic diversity and higher education
- Potential bias to survey results due to participants completing survey in doctors office

Conclusion

- A brief, targeted educational session provided to women in their 3rd trimester of pregnancy shows promising effectiveness in enhancing childbirth satisfaction.
- The added service of providing a brief, targeted education session to a routinely scheduled office visit shows potential as being feasible.
- Continued research using a larger, more diverse sample is needed on this subject to show whether a brief, targeted educational session aids in childbirth satisfaction.