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HEALTH LITERACY OF MOTHERS WITH PREMATURE INFANT

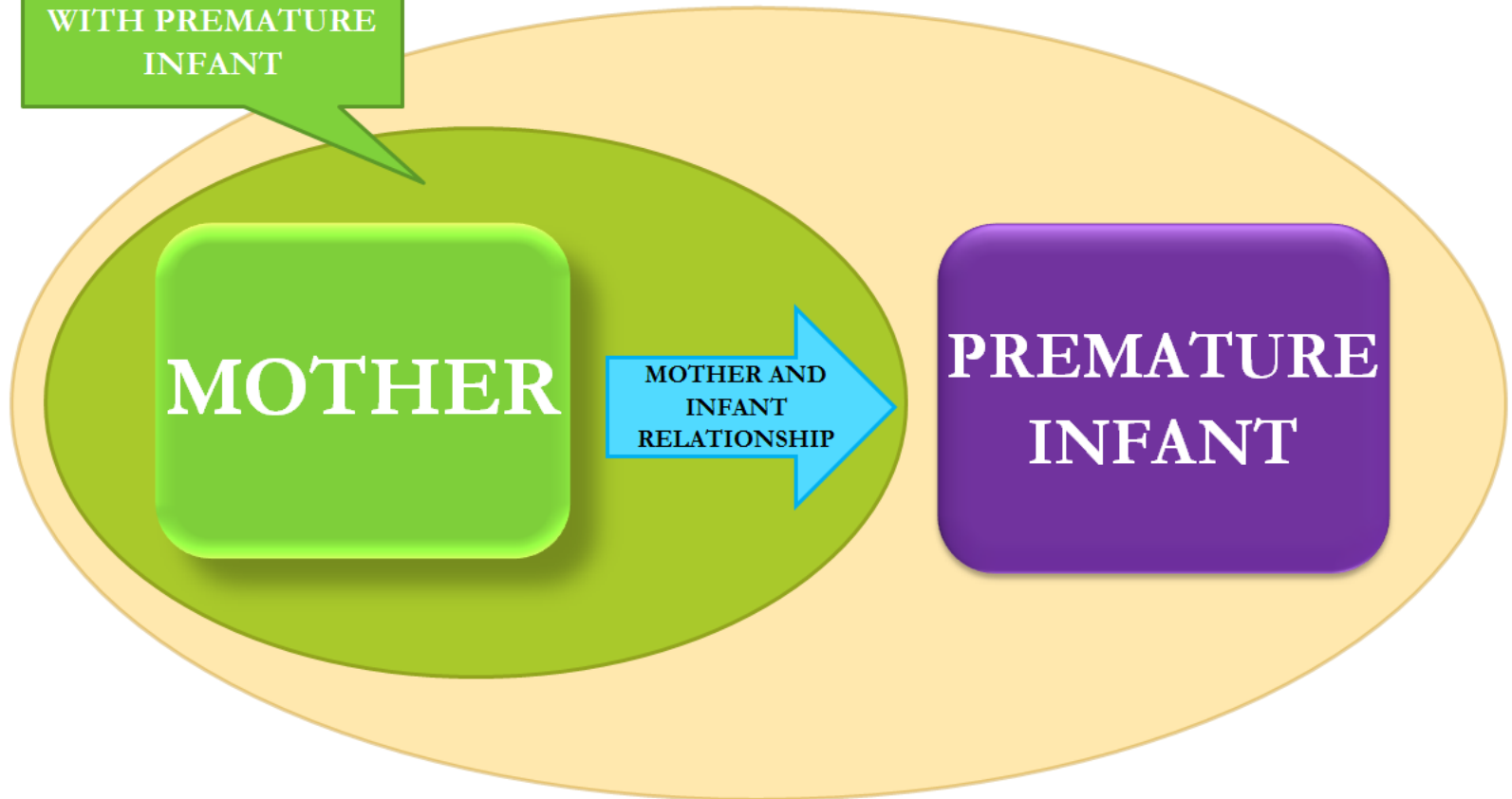
DEFINING Issues

MOTHER & HER
DIFFICULTIES
WITH PREMATURE
INFANT

MOTHER

MOTHER AND
INFANT
RELATIONSHIP

PREMATURE
INFANT



MAIN Objectives

Basic Research:

- ❖ To determine the **optimal** health literacy level of mothers with premature infant
- ❖ To find out the **real** health literacy level of mothers with premature infant
- ❖ to describe mothers' expectation about **the role of father** with premature infant.

Application Part:

- ❖ To design **interactive and creative proceeding** that would lead to increasing health literacy level of mothers with premature infant
- ❖ To create **education programs** for mothers with premature infant
- ❖ To verify and correct the education program for mothers

MAIN Activities

What should MOTHER know about premature maternity?

- ❖ Interview with 5 professional **perinatologists**
- ❖ Determination of the optimal health literacy level of mothers with p.i.
- ❖ Preliminary research:
 - ❖ Interview with **mothers** with premature infant

What do you expect from your husband?

What difficulties has the premature maternity brought to YOU?

What HEALTH PROBLEMS has your premature infant had?

How this event affected YOUR LIFESTYLE?

Have you known WHAT TO DO and have you also had ENOUGH INFORMATION about premature maternity?

❖ Research:

- ❖ **Focus group** of mothers with premature infant to discuss their daily difficulties
- ❖ Determination of the main health literacy lack categories **using grounded theory**

❖ Education programs for mothers with premature infant

❖ Evaluation of the program

SUPPOSAL:

TO EDUCATE mothers what to do for the next 'safe' pregnancy

- ❖ First aid basics
- ❖ Relaxation techniques
- ❖ Compensatory physical exercises
- ❖ Healthy lifestyle
- ❖ How to manage stress
- ❖ How to communicate with a partner
- ❖ Leisure time activities (dancing)

PLANNING Outputs/Results

- ❖ Actual level description of health literacy of mothers with premature infant
- ❖ Finding the role of father in family with premature infant
- ❖ Guidance of mothers and fathers with premature infant
- ❖ Education program for mothers and fathers with premature infant
- ❖ Involvement of Ph.D. Student
- ❖ Involvement of female researchers

SUPERVISORS

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The neonatal unit in Rotunda.
www.rotunda.ie