

**Quality Improvement: The Maternal Postpartum Quality of Life Instrument (MPQOL-  
I): development and psychometric evaluation in an exploratory sequential mixed-method**

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## **Quality Improvement: The Maternal Postpartum Quality of Life Instrument (MPQOL-I): development and psychometric evaluation in an exploratory sequential mixed-method**

When working as a healthcare professional, an understanding of quality improvement is a must. Quality improvement is a tool that is used to help satisfy needs and care while being in a healthcare facility. It allows continuous improvement within facilities and can help dictate areas that need to be addressed (Houser, 2023). Nurses should also be able to understand that each patient is different. Having the attitude to be able to respect patients' wishes and values of active engagement when giving care is essential with quality improvement (QSEN Institute, 2020). Also being able to have the knowledge to integrate patients' needs, values, and preferences can help with positive patient care experiences (QSEN Institute, 2020). This article is a sequential mixed-method study that focuses on postpartum woman and their quality of life based off their culture status, expectations, values, attitudes, goals, and living situation (Mokhtaryn-Gilani et al., 2022). Each postpartum mother experiences a different lifestyle after giving birth. This study will allow readers to understand what factors can come into play that can affect postpartum quality of life.

### **Article Summary**

This article has broken down what everyday life factors that postpartum mothers experience and how they affect their postpartum quality of life (Mokhtaryn-Gilani et al., 2022). Researchers gathered this information in a two-phase process. The first phase was filling out the maternal postpartum quality of life instrument (MPQOL-I) (Mokhtaryn-Gilani et al., 2022). The second phase was a psychometric evaluation of the MPQOL (Mokhtaryn-Gilani et al., 2022). Results from this study highlighted 5 factors that were explored (Mokhtaryn-Gilani et al., 2022).

Because of using a tool that covered different aspects of postpartum, this study found that the MPQOL is a valid and reliable source of data (Mokhtaryn-Gilani et al., 2022). Being able to use this tool will allow healthcare providers to detect early signs of impaired quality of life. Quality improvement will allow researchers to see factual evidence that the maternal postpartum quality of life instrument is a tool that has allowed providers to be proactive rather than reactive for postpartum quality of life.

### **Introduction (note that the key points is flush to the far left \*delete this comment)**

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### **Overview**

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### **Quality Improvement**

Paragraph goes here discussing the Quality Improvement of the article summary. See rubric for full details. Follow the MEAL paragraph formatting and use Grammarly.com. → **THIS IS**

**WHERE PART 1 ENDS! THE NEXT SECTION (APPLICATION TO NURSING) IS**

**WHERE PART 2 BEGINS!**

### **Application to Nursing**

Here add in a summary of the information learned to the application to practice. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

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### **Conclusion**

Write a conclusion here in your overall paper. Review the rubric for full requirements. Follow the MEAL paragraph formatting and use Grammarly.com.

### **References**

Albright, C., & Whelan, P. (2019). Learning reflection: A nursing student recounts her experience with a medical emergency team. *Alberta RN*, 67(6), 27. [www.nurses.ab.ca](http://www.nurses.ab.ca).

\*As you can see the reference is centered and is bolded. The first line is NOT tabbed over, all other lines are, this is called hanging indentation. All references are double spaced. All sources should be listed in alphabetical order. Be sure to use the APA 7<sup>th</sup> edition and guide for your reference page.