

**Postpartum Quality of Life: Quality Improvement**

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N434: Evidence-Based Practice

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June 22, 2024

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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, 2020). Also being able to have the knowledge to integrate patients' needs, values, and preferences can help with positive patient care experiences (QSEN, 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**

This article is an exploratory sequential mixed-method study on the development of maternal postpartum quality of life (Mokhtaryn-Gilani et al., 2022). The study used two main phases to collect its data. The first phase uses the MPQOL-1 tool that the researchers developed with and the second phase being the psychometric assessment of the results from the tool (Mokhtaryn-Gilani et al., 2022). For the qualitative data (from MPQOL-1), researchers were able to find how postpartum mothers felt about their care regarding to support, sexual relationship, bonding with baby, baby's care and breastfeeding, and transition satisfaction (Mokhtaryn-Gilani et al., 2022). This study is related to quality improvement because it shows reliable results that the MPQOL-1 tool is an accurate tool to find how postpartum mothers felt about their quality of life and how it affects their care for their newborn (Mokhtaryn-Gilani et al., 2022).

## **Overview**

The article about postpartum mothers and their quality of life after their newborn is born is a study that is a worldwide issue. It focuses on how woman feel their satisfaction is regarding to her position in life, culture status, expectations, values, attitudes, goals, and living standards (Mokhtaryn-Gilani et al., 2022). Finding an article showing that all mothers experience different difficulties because of their quality of life can help draw attention to healthcare professionals and

come up with ways to support these families as they adjust to their new life with a newborn (Mokhtaryn-Gilani et al., 2022). This article describes that the qualitative research that was collected was from postpartum women who were recruited purposely with variations on their age, education level, financial status, type of childbirth, type of infant feeding, number of children, and infant's gender and age (Mokhtaryn-Gilani et al., 2022). The items of MPQOL-1 were developed using the findings of QSEN skill within postpartum screenings along with postpartum quality of life (Mokhtaryn-Gilani et al., 2022). If a patient scored less than 12 on their postpartum screening, then they were included within the study (Mokhtaryn-Gilani et al., 2022). Semi-structured interviews were conducted to these patients using QSEN knowledge in finding patients culture, family support, and community values (Mokhtaryn-Gilani et al., 2022).

### **Quality Improvement**

This article talks about how important it is to understand how an individual's perception of life after a newborn can be different (Mokhtaryn-Gilani et al., 2022). These different perceptions can be because of the existing culture conditions, values, attitudes, goals, and standards they set for themselves (Mokhtaryn-Gilani et al., 2022). This study gives reliable data for healthcare professionals to see that quality of life after birth of a newborn can be affected by certain criteria (Mokhtaryn-Gilani et al., 2022). Being able to have reliable data collected by patients' experience will allow an insight on resources that might help families that are in need. If healthcare workers have a better understanding of resources for these families, they can give contact information to allow them to reach out for help. The nurse could also consult the social worker for assistance regarding these needs. Education should also be given for further government resources that could be available (Mokhtaryn-Gilani et al., 2022). Being proactive in

situations that cause family stress could raise higher satisfaction rates because the patient is leaving with education on all options that are available.

### **Application to Nursing**

The MPQOL-1 interviewing tool showed that women with lower levels of prenatal and postnatal anxiety can care for their newborns and have a better quality of life. Because of this, education on the importance of receiving all prenatal care is essential within the first trimester (Mokhtaryn-Gilani et al., 2022). Another factor that was found was breastfeeding and newborn care (Mokhtaryn-Gilani et al., 2022). Education on effectiveness of breastfeeding should be done to allow patients to understand the nutrients and cost that they could save. A more sustainable study should be done regarding patients that get the education and resources that are needed within the prenatal phase and how it affects the outcome on their quality of life within the postpartum phase.

### **Practice**

One of the main topics that is discussed throughout this study is the transition period to becoming parents. This period focused on three items regarding maternal satisfaction (Mokhtaryn-Gilani et al., 2022). They were the time spent with their spouse, the level of recreational activities with the newborn, and the support from family and friends (Mokhtaryn-Gilani et al., 2022). The best nursing practice for this would be to educate the patient that childbirth changes family dynamics tremendously. Let them know that stress levels and marital relationships could become difficult. But, if the nurse can be proactive and allow that open conversation with the patient and their spouse then it will allow the women to establish a

stronger relationship within their husband, families, friends, and achieve higher levels of personal development and maturity (Mokhtaryn-Gilani et al., 2022).

### **Education**

Postpartum quality of life is due to the lack of understanding that not every patient is able to have the needs for a newborn. As of right now, there is little education given to healthcare professionals about families that have a lower quality of life. There are no guidelines that must be known for education regarding these factors. The best way to acknowledge that these patients are going to need more help than the average person is to educate healthcare professionals on the importance of the quality of life for postpartum mothers. Nurses want the best outcome for new families, and being educated on this factor can make these patients feel more satisfied with their care and their life after the birth of their newborn.

### **Research**

The maternal postpartum quality of life study highlights all possible areas on reasons why the quality of care could be poor. Whether it be because of the support from their spouse/family, maternal and neonatal psych emotional conditions, maternal health status, breastfeeding/newborn care status, and/or socioeconomic status, it needs to be addressed (Mokhtaryn-Gilani et al., 2022). One of the biggest priorities moving forward is to determine what the main cause is, and how to be proactive to get the resources for our mothers before giving birth to their newborn. Every postpartum mother should fill out the MPQOL-1 tool along with a postpartum depression screen to allow for the best outcome. Further research should be done with results regarding mothers that get the prenatal care/education that is needed, along with talking to resources to help with everyday living.

## Conclusion

Quality improvement is essential in the healthcare field. Healthcare professionals want the best outcome for every patient that is being taken care of. Quality improvement will allow opportunities for healthcare facilities to improve in aspects that they might be lacking. Being able to recognize the patient as if they have control in their care is beneficial. Because of the QSEN institute, patients can show their view on compassion and coordinate care based on respect of their preferences, values, and needs (QSEN, 2020). Being able to have the knowledge that not every patient has the same beliefs is an example of appropriate care given in healthcare settings (QSEN, 2020). This study uses skills in interviews to show how quality improvement is important (Mokhtaryn-Gilani et al., 2022; QSEN,2020). Attitudes within healthcare practices are, and always will be changing (QSEN, 2020). Care given to mothers that do not have the essential needs for a newborn is affecting their postpartum life. If healthcare professionals are more aware of resources for these mothers, then quality improvement will be effective. Statistics on postpartum depression could even decline if the right actions are taken.

## References

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