Abstract

Restricting Oral Fluid and Food Intake during Labour: A Qualitative Analysis of Women’s Views

Semiha Aydin Ozkan, PhD
Assistant professor Adiyaman University School of Health Altinsehir District, Adiyaman, Turkey

Merve Kadioglu, MSc
Research Assistant Istanbul University, Florence Nightingale Nursing Faculty, Department of Women’s Health and Diseases Nursing Abide-i Hurriyet Street Istanbul University Florence Nightingale Nursing Faculty, Sisli, Istanbul, Turkey

Gulay Rathfisch, PhD
Associate professor Istanbul University, Florence Nightingale Nursing Faculty, Department of Women’s Health and Diseases Nursing Abide-i Hurriyet Street Istanbul University Florence Nightingale Nursing Faculty, Sisli, Istanbul, Turkey

Correspondence: Semiha Aydin Ozkan, Assistant professor Adiyaman University School of Health Altinsehir District, 3005 Street, No:13, 02040 Adiyaman, Turkey E-mail: semihaaydin44@gmail.com

Abstract

Aim: This study aims to identify the effects of restricting fluid and food during labour on women. Methods: The data obtained from the qualitative study were analysed using descriptive phenomenological analysis that focused on nutrition. Analysis of the open-ended questions was performed using content analysis method. Results: Nutrition-related "experience" theme emerged from the findings in relation to the latent phase of dilatation stage. “Hunger, thirst, exhaustion and xerostomia” were the themes that emerged regarding nutrition in the active phase of dilatation stage. The theme “hot meals” was also brought up regarding diet in the early postpartum period (1 to 4 hours). Conclusion: In conclusion, it was found that the participants indicated feelings of hunger, thirst and fatigue due to oral fluid and food intake restriction during labour, which affected the natural course of labour. Key words: labour, food, fluid, restriction