

ORIGINAL PAPER

Comparison of Fatigue Levels of Postpartum Women According to the Birth Method

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Abstract

Background: The purpose of this descriptive and comparative study conducted at the Nene Hatun Maternity Hospital was to determine the fatigue levels of postpartum women who had vaginal birth and caesarean section, after 24 hours of childbirth.

Methods: Visual Analogue Scale for Fatigue “VAS-F” was used to determine the fatigue levels of postpartum women.

Results: It was determined that half of the postpartum women in both groups had a moderate-level fatigue. Mean score of the postpartum women with vaginal birth for fatigue was 59.5 ± 25.2 and mean score of those, who gave caesarean section, for the fatigue was 71.2 ± 22.8 .

Conclusion: According to the birth methods, the fatigue levels of the postpartum women who had vaginal birth were lower compared to those giving caesarean section, their energies were higher than the postpartum women who gave caesarean section.

Keywords: Fatigue, Vaginal birth, Cesarean, VAS-F.