

# Physical Therapy Department for Obstetrics and Gynaecology and Its Surgery

Doctoral Degree

2015

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| Author   | :  | Eman Awad Abd El-Karim  |
| Title  | :  | Efficacy Of Antenatal Exercises on Mode of Delivery in Obese Women          |
| Dept.  | :  | Physical Therapy Department for Obstetrics and Gynaecology and its Surgery. |
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| Degree   | :  | Doctoral.   |
| Year   | :  | 2015.   |
| Abstract   | :  |   |
| <p>This study was conducted to determine the efficacy of antenatal exercises on mode of delivery in obese women. Eighty obese primipara women at 12 weeks gestation (diagnosed by obstetrician and confirmed by ultrasonography) selected from the Out-Patient Clinic of the Obstetric Department at Bolak Abu-El-Ala Hospital. Their ages ranged from 25 to 30 years old and their body mass index ranged from 30 to 35 kg /m<sup>2</sup>. Participants were divided randomly into two groups equal in number, each consisted of 40 pregnant women, Group (A) which consisted of the Exercise participants, performed the exercise program from 12 to 42 weeks of pregnancy. Group (B) which consisted of Control participants, continued their ordinary life style after giving them specific advice for each trimester from 12 to 42 weeks of pregnancy. The obtained results showed that there was a statistical significant difference (<math>P \leq 0.05</math>) in the mean value of last BMI between the Control Group participants and the Study Group participants. Also, there was a statistical significant difference (<math>P \leq 0.05</math>) in number of participants who had normal delivery in the Study Group compared to those who had normal delivery in the Control Group after performing the exercise program. Results also showed a non statistical significant difference (<math>P &gt; 0.05</math>) in the duration of 1<sup>st</sup> stage of labor in participants who had normal delivery in both Groups and the same for gestational age in participants of the Study Group and those of Control Group. Accordingly, it could be concluded that the antenatal exercises are very effective in shifting mode of delivery towards normal delivery in obese women.</p> |    |   |
| Key words  | 1. | Obesity   |
|  | 2. | Body Mass Index   |
|  | 3. | Pregnancy   |
|  | 4. |   |
| Classification number  | :  | 000.000.  |
| Pagination   | :  | 95 p.   |
| Arabic Title Page  | :  | تأثير التمرينات أثناء الحمل علي طريقة الولادة للسيدات البدينات              |
| Library register number  | :  | 4279-4280.  |

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| <b>Author</b>   | :  | <b>Radwa Mohamad Yehia Saad.</b>  |
| <b>Title</b>  | :  | <b>Effect Of Modified Lamaze Technique For Controlling Pre-Eclampsia</b>            |
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| <b>Degree</b>   | :  | <b>Doctoral.</b>  |
| <b>Year</b>   | :  | <b>2015.</b>  |
| <b>Abstract</b>   | :  |   |
| <p>This study was conducted to estimate the effect of modified Lamaze technique on controlling pre-eclampsia. Forty pregnant women complained from mild and moderate pre-eclampsia; they were selected from the In-patient Department of Obstetrics &amp; Gynecology at Kasr Ayne Hospital, Faculty of Medicine, Cairo University. Their ages ranged from 25 to 35 years old, they were randomly assigned into two groups equal in number as follow: Group (A) (Control group): consisted of 20 pre-eclamptic women, 12 primigravidae and 8 multigravidae, they were treated with antihypertensive drug (methyldopa 500 mg/ day). Group (B): (Study group): consisted of 20 pre-eclamptic women, 13 primigravidae and 7 multigravidae, they were treated with antihypertensive drug as in group (A), in addition they performed "Modified Lamaze Technique" (3 sessions per week for 6 weeks). The blood pressure was evaluated by Mercury sphygmomanometer, pulse rate was evaluated by pulse Oximeter Device and proteinuria was evaluated by urine analysis. Results: The results of this study showed a statistically significant decrease in systolic &amp; diastolic blood pressure , pulse rate and proteinuria -in group (B) more than in group (A)- after the end of treatment. Conclusion: The results of this study concluded that Modified Lamaze technique had a good effect on systolic and diastolic blood pressure, pulse rate &amp; proteinuria levels in cases of Pre-eclampsia</p> |    |   |
| <b>Key words</b>  | 1. | <b>Pre-eclampsia</b>  |
|   | 2. | <b>systolic blood pressure, diastolic blood pressure</b>                            |
|   | 3. | <b>pulse rate, proteinuria, Modified Lamaze Technique</b>                           |
|   | 4. |   |
|   | 5. |   |
| <b>Classification number</b>  | :  | <b>000.000.</b>   |
| <b>Pagination</b>   | :  | <b>94 p.</b>  |
| <b>Arabic Title Page</b>  | :  | <b>تأثير برنامج علاج طبيعي مختار علي التطور الحركي في مرضى الفينيل كيتونيوريا .</b> |
| <b>Library register number</b>  | :  | <b>4503-4504.</b>   |