

婦女產後骨盆健康關注

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摘要

本研究目的為了解婦女在生產後骨盆底變化所產生之健康問題，及其生活經驗。了解到生產後對骨盆底功能的改變，不單僅是身體的部位，其所關聯之生活經驗，對婦女影響的幅員涵蓋到親密關係。本研究採質性研究方法，依立意取樣方式選取產後兩個月至兩年之婦女進行研究，透過半結構式深度訪談，共訪談 12 位受訪者，資料以主題分析進行。

研究結果呈現四個主題：一、生產後骨盆底功能改變；包括漏尿、性交疼痛、以及陰道鬆弛；二、負面身體心像的觀感；三、性親密關係的轉折；四、性生活變負擔，僅是配合以滿足先生需求。期望藉此研究能在未來面對婦女的骨盆底健康問題時，護理人員能理解婦女在生產後所處的生活經驗與歷程。以開放的態度，主動詢問婦女在生產後面對生理、心理和親密關係等來協助個體。不僅促進婦女骨盆健康，維護夫妻和家庭的和諧，增進婦女生、心、靈整體健康與安適，達成自我實現、與自我滿足。研究結果可作為本土化婦女骨盆底健康照護之參考方向。

關鍵詞：婦女、產後、骨盆底功能、關注

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Women's Pelvic Health Concerns after Child Birth

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Abstract

The study aims to build understanding of women's experience of pelvic floor health after childbirth. The impact of childbirth on pelvic floor was not only physically, but also affects intimate relationship. A qualitative research design was used. Women from two months to two years after childbirth are selected by purposive sampling, and semi-structure in-depths interviews are conducted for collecting data. Data was analyzed using thematic analysis.

Four themes were identified: 1.the changing of pelvic function after childbirth including urine loss, pain during intercourse, and vaginal loose; 2.negative perception of body image; 3. Transition of intimate relationship; 4.The sexual life become a burden and only satisfy husband's needs. The result from the study may have implications for nursing professionals to provide individually health education strategies and supportive care for women after childbirth.

Keywords: woman, after childbirth, pelvic floor function, concern