

NAVIGATING PSYCHOSOCIAL CHALLENGES IN THE POSTPARTUM PERIOD: A CASE REPORT OF A MULTIPAROUS WOMAN UNDERGOING AN EMERGENCY CAESAREAN SECTION

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INTRODUCTION

Childbirth can be especially complex for multiparous women, whose past experiences shape expectations and coping mechanisms. Unexpected events like emergency caesarean sections (ECS) pose unique challenges postpartum. This case report examines the psychosocial complexities faced by a 30-year-old multiparous woman undergoing an ECS for her fourth child.



RESEARCH AIMS

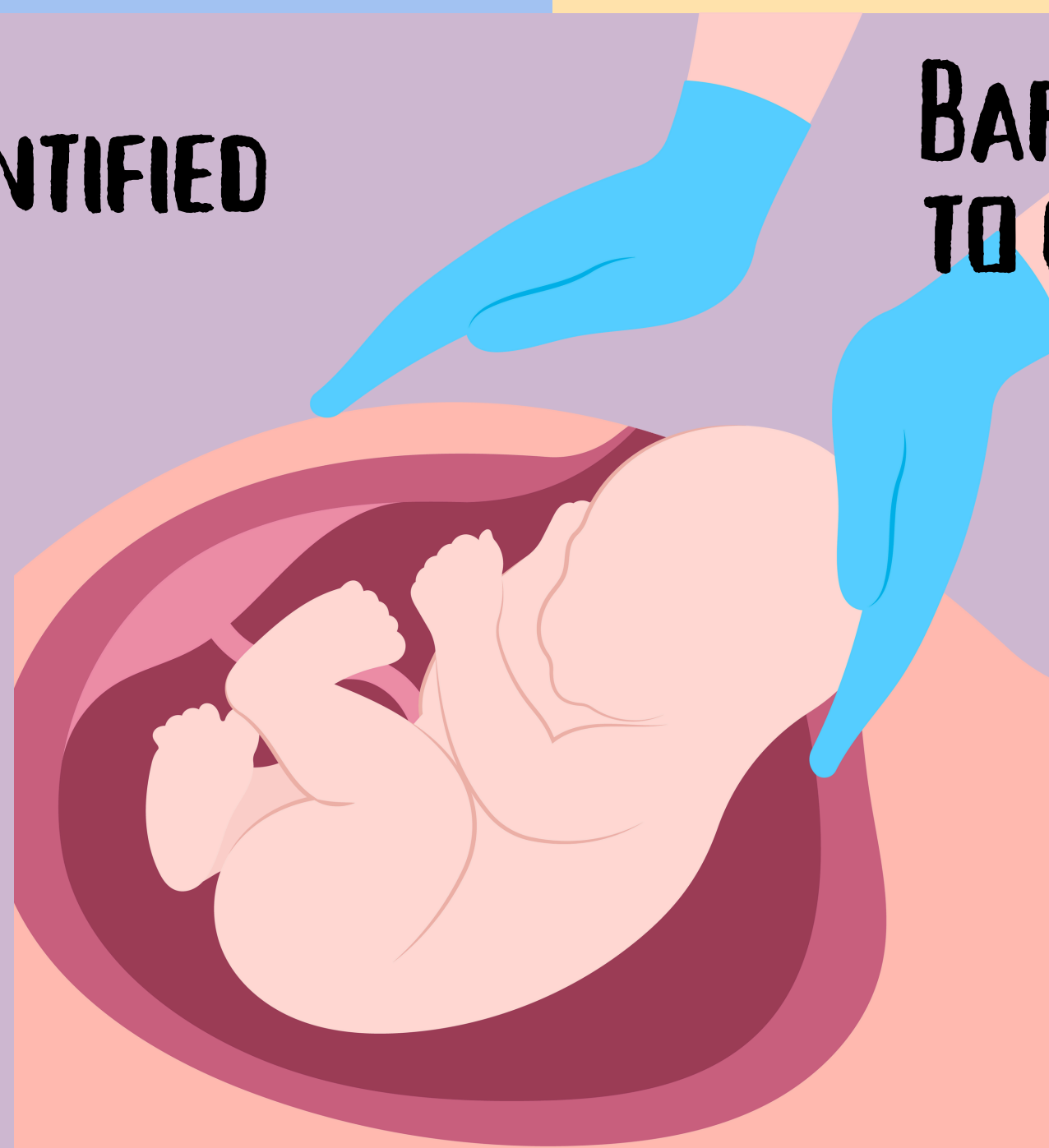
To explore psychosocial dynamics in multiparous women undergoing emergency surgery, to understand childbirth experiences and impact of surgical interventions on maternal well-being, and evaluating barriers and enablers to tailored support interventions in addressing psychosocial needs.

CASE SUMMARY

A 30-year-old multiparous woman with three previous vaginal deliveries, underwent an ECS for her fourth child. Despite her familiarity with childbirth, the unexpected surgery posed significant physical and emotional challenges. Coping with conflicting emotions and recovery concerns while caring for three children, she received tailored support interventions involving psychoeducation, counseling, and peer support groups.

KEY THEMES IDENTIFIED

1. Feelings of emotional turmoil and disappointment
2. Struggle with physical recovery and childcare demands
3. Importance of collaborative support strategies: psychoeducation, counselling, peer support groups
4. Holistic approach to wellbeing



BARRIERS & ENABLERS TO GOOD POSTPARTUM MENTAL HEALTH IDENTIFIED IN THIS CASE

Most significant enabler: social support

Barriers to seeking help: stigma, lack of time, negative healthcare experiences, concerns about being judged