

Evaluation Outcomes of early discharge of mothers after cesarean delivery in Alavi hospital in 2019-2020

Abstract

Background: In many gynecological hospitals in country including Ardabil province mothers who have undergone cesarean section will be discharged if they have stable vital signs and good general condition during the first day after cesarean section. So far, this method is used to discharge patients one day after cesarean section if the symptoms are stable; No study has been done.

Aim: The aim of this study was to evaluate the consequences of early discharge in patients who have undergone cesarean section.

Methods and material: The study was a case series study. The study population included all women between 18 and 40 years old with a gestational age of 37 weeks or more who were admitted to Alavi Hospital in Ardabil due to cesarean section. Four hundred patients were included in the study. These pregnant mothers are without any preference to the two groups that group 1 is visited one day and group 2 is visited two days after cesarean section and they were discharged if the vital signs were stable and there is no bleeding and life-threatening symptoms and according to the taste of the treating physician and the individuals in both groups were followed up by telephone one and six weeks later and a checklist was filled out for them. Group 1 included 157 people and group 2 included 243 people.

Results: In the present study 400 people were included in the study with a mean age of 29.77 years. 243 patients were discharged 2 days after cesarean section with a mean age of 29.61. The first group which was discharged one day after cesarean section also included 157 people with a mean age of 30.05. There were no significant differences in age group. There was no significant difference between the two groups in terms of body mass index. At one and 6 weeks after discharge; There was no significant difference between the two groups in terms of fever after discharge, readmission, symptoms of infection after discharge (pain, redness, purulent discharge) and use of antibiotics since discharge.

Conclusion: After cesarean section, if the patient's vital signs are stable the patient can be discharged after 24 hours.

Keywords: Early discharge, Childbirth, Cesarean