



Analysing the Functional Impairments Among Postpartum Women After Childbirth by Using the Barkin Index Maternal Functioning Assessment Scale

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Abstract

Postpartum physical issues are frequently written off as temporary or relatively minor, but it affects one's emotional and functional health and have a detrimental impact on women's quality of life by causing health problems that are prevalent, obvious, and get worse over time.

Methods: A total of 114 participants in NR COLONY government maternity hospital and MOTHERHOOD were selected based on inclusion and exclusion criteria. The participants had been briefed about the Research before participating in the study and The Barkin Index of Maternal Functioning Scale were used and assessed among the participants.

Results: A statistical analysis of 114 participants revealed that mothers who delivered their babies through caesarean section had greater functional impairments than mothers who gave birth through vaginally.

Conclusion: This study shows that in vaginal delivery, 14.5% of functional impairment is affected, and for C-sections, 65.4% of functional impairment is affected.

Keywords: Barkin Index of Maternal Functioning; Postpartum Depression; Post-Operative Day

Introduction

The process of bringing forth a child from the uterus or womb is called childbirth. After the delivery, the female's body changes following delivery to revert to its pre-pregnancy state. During this period, they need emotional support because severe conditions can occur that may cause interference with day-to-day activity during the postpartum, and thus, with their standard of life. The way a woman gives birth is associated with how long it takes her to recover, which could lead to functional limitations [1].

After delivery, the woman's body changes to return to its non pregnant stage called the post-partum period [2]. Postpartum depression mostly lasts longer and has a significant effect on a woman's ability to return to her daily activities but baby blues typically pass quickly [3]. Additionally, about one in seven women may experience PPD (postpartum depression). Among 51% of women's

had suffered from headaches, nausea, or fatigue since giving birth; more than half said the severity of these conditions was moderate (20.2%) or major (7.7%), as opposed to minor (23.1%) [4]. In 2021, the average birth rate worldwide was 18.1 births per 1,000 people. Vaginal deliveries account for about 80% of births worldwide. According to recent data collected from 43 countries it was discovered that the risk of PPD was 31.4% for all women and that it was 27.6%, 31.8%, and 34.9% for vaginal, elective, and emergency c - sections, individually [5]. Fewer, more recent studies have covered a far wider range of health-related subjects that mothers who are expecting or have recently given birth to their children face, making it challenging for them to go about their daily lives [5]. It clearly indicates that postpartum physical health issues have a detrimental effect on women's quality of life after giving birth [6].

The Barkin Index of Maternal Functioning (BIMF) was made to assess difficulty in daily life in the year after giving birth. It was