

Results

The results of this study are classified to:

Part I: Sample characteristics.

A- Demographic data contain table (1).

B- Obstetric history contain table (2).

C- Follow up during pregnancy contain table (3).

Part II: Minor discomforts during 1st, 2nd and 3rd trimester of pregnancy contain table (4, 5, 6, 7) (figure 1).

Part III: Assessment of knowledge about minor discomforts during 1st, 2nd and 3rd trimester of pregnancy contain table (8, 9, 10, 11, 12, 13) (figure 2, 3, 4).

Part V: Practices to relieve minor discomforts during 1st, 2nd and 3rd trimester of pregnancy contain table (14, 15, 16, 17, 18, 19, 20).

Part VI: Correlation between follow up of previous and current pregnancies, period of pregnancies, ideal period of pregnancies and women characteristics contain table (21, 22, 23, 24).

Part I : Sample characteristics

Table (1): Sample characteristics of the studied groups

	1 st trimester n = 50		2 nd trimester n = 50		3 rd trimester n = 50		Total	
	No	%	No	%	No	%	No	%
1- Age/years:								
20 -	15	30.0	6	12.0	3	6.0	24	16.0
25 -	18	36.0	26	52.0	25	50.0	69	46.0
30 -	15	30.0	9	18.0	15	30.0	39	26.0
35 -	2	4.0	6	12.0	6	12.0	14	9.4
40 +	0	-	3	6.0	1	2.0	4	2.6
$\bar{X} \pm SD$	27.9 \pm 4.4		29.6 \pm 4.8		30.2 \pm 4.3			
Test of significant	t ₁ = 1.89 ⁻		t ₂ = 2.6 *		t ₃ = 0.7 ⁻			
2- Education:								
Illiterate	3	6.0	9	18.0	9	18.0	21	14.0
Read & write	8	16.0	9	18.0	8	16.0	25	16.7
Moderate	29	58.0	24	48.0	26	52.0	79	52.6
University	10	20.0	8	16.0	7	14.0	25	16.7
Test of significant	X ² = 2.9				P > 0.05-			
3- Occupation:								
Working	22	44.0	17	34.0	15	30.0	54	36.0
Not working	28	56.0	33	66.0	35	70.0	96	64.0
Test of significant	X ² = 2.3				P > 0.05 ⁻			
4-Duration of marriage:								
2 – years	29	58.0	20	40.0	17	34.0	66	44.0
4 -	7	14.0	11	22.0	13	26.0	31	20.6
6 -	5	10.0	6	12.0	7	14.0	18	12.0
8 -	5	10.0	2	4.0	5	10.0	12	8.0
10 +	4	8.0	11	22.0	8	16.0	23	15.4
$\bar{X} \pm SD$	5.2 \pm 3.3		6.6 \pm 4.3		6.4 \pm 3.8			
Test of significant	t ₁ = 1.8 -		t ₂ = 1.7 -		T ₃ = 0.3 -			
5-Age at marriage:								
19-	29	58.0	26	52.0	22	44.0	77	51.4
24-	15	30.0	22	44.0	24	48.0	61	40.6
29-34	6	12.0	2	4.0	4	8.0	12	8.0
$\bar{X} \pm SD$	24.2 \pm 3.5		24.2 \pm 3.2		24.8 \pm 3.4			
Test of significant	t ₁ = identical		t ₂ = 0.9 -		t ₃ = 1.0 -			

t1 between (first and second trimester).

* = significant (P < 0.05).

t2 between (first and 3rd trimester).

- = insignificant (P > 0.05)

t3 between (2nd and 3rd trimester).

(table 1) shows that significant differences between 1st and 3rd trimesters mean while insignificant differences between 1st & 2nd trimesters and between & 2nd and 3rd trimesters.

Concerning the level of education this table shows that moderate level of education is higher than other levels of education with insignificant difference between three trimesters ($X^2 = 2.9$, $P > 0.05$) .

As regarding the occupation, this table shows that women who were not working slightly less than two third of sample (64%) more than working women (36%) with insignificant difference between the three trimesters ($X^2 = 2.3$, $P > 0.05$).

Concerning the duration of marriage this table shows that insignificant differences between the three trimesters.

As regarding the age of marriage this table shows that insignificant differences between the three trimesters.

Table (2): Number and percent distribution of the pregnant women among studied groups as regarding previous obstetric history

Previous obstetric history	1 st trimester n = 50		2 nd trimester n = 50		3 rd trimester n = 50		Total n = 150	
	No	%	No	%	No	%	No	%
No. of pregnancy								
Primi	26	52.0	18	36.0	12	24.0	56	37.4
Multi								
< 4 times	17	34.0	18	36.0	29	58.0	64	45.6
4 – 5 times	7	14.0	14	28.0	9	18.0	30	20.0
Test of significant		X ² = 12.03				P < 0.05 *		
Abortion								
1 – 2	9	18.0	4	8.0	12	24.0	25	16.7
3 – 4	1	2.0	3	6.0	0	-	4	2.6
None	40	80.0	43	86.0	38	76.0	121	80.7
$\overline{X} \pm SD$	0.32 ± 0.8		0.36 ± 0.9		0.30 ± 0.6			
Test of significant	t1= 0.24 -		t ₂ = 0.14 -		t ₃ = 0.4 -			
Parity								
Primi	31	62.0	19	38	16	32	66	44
Multi								
< 4 times	17	34.0	27	54.0	29	58.0	71	47.3
4 –5 times	2	8.0	4	8.0	5	10.0	13	8.7
Test of significant		X ² = 10.4				P > 0.05 -		
No. of living children (male and female):								
None	31	62.0	19	38.0	18	36.0	68	45.4
2 -	14	28.0	21	42.0	25	50.0	60	40.0
4 – 6	5	10.0	10	20.0	7	14.0	22	14.6
Test of significant	t1= 2.6 *		t ₂ = 2.3 *		2.2 ± 1.8		t ₃ = 0.8 -	

t1 between (first and second trimester).

* = significant ($P < 0.05$).

t2 between (first and 3rd trimester).

- = insignificant ($P > 0.05$)

t3 between (2nd and 3rd trimester).

Table (2) shows that the percentage of multigravida (65.6%) is more than primigravida (37.3%) with significant difference between the three trimesters (X^2 12.03, $P < 0.05$).

Concerning the number of abortion, this table clears that the percentage of women who had abortion is (19.3%) with insignificant differences between the three trimesters.

As regarding the number of parity. This table shows that women whose parity is less than 4 times higher than (47.3%) other parities with insignificant differences ($X^2 = 10.4$, $P > 0.05$) between the three trimesters.

Concerning the number of living children this table clears that the percentage of women who had children is higher than (54.6%) who had not children with significant differences between 1st & 2nd trimester and between 1st & 3rd trimesters mean while insignificant differences between 2nd & third trimesters.

Table (3): Number and percent distribution of the study sample regarding to their pregnancy follow up

Previous obstetrics history	1 st trimester n = 50		2 nd trimester n = 50		3 rd trimester n = 50		Total n = 150	
	No	%	No	%	No	%	No	%
Previous follow up during pregnancy:								
Yes	22	44.0	24	48.0	26	52.0	72	48.0
No	2	4.0	7	14.0	9	18.0	18	12.0
Not applicable	26	52.0	19	38.0	15	30.0	60	40.0
Test of significant	X ² = 7.9				P < 0.05 *			
Causes of No. follow up								
Not important	0	-	1	14.3	3	33.4	4	22.1
No complain	2	100	6	85.7	4	44.4	12	66.7
No time	0	-	0	-	1	11.1	1	5.6
No money – faraway place	0	-	0	-	1	11.1	1	5.6
Test of significant	X ² = 5.02				P > 0.05 -			
No. of current follow up visits:								
2 time	30	60.0	16	32.0	7	14.0	53	35.3
4 time	16	32.0	9	18.0	10	20.0	35	23.3
6 time	2	4.0	14	28.0	13	26.0	29	19.4
8 + time	2	4.0	11	22.0	20	40.0	33	22.0
$\bar{X} \pm SD$	1.9 ± 1.4		2.4 ± 1.2		2.9 ± 1.1			
Test of significant	t1 = 1.9 -		t2 = 4 *		t3= 0.5 -			
Period between pregnancies:								
1 year	4	8.0	4	8.0	7	14.0	15	10.0
2 years	8	16.0	17	34.0	14	28.0	39	26.0
3 years	9	18.0	8	16.0	11	22.0	28	18.6
4 + years	3	6.0	2	4.0	3	6.0	8	5.4
Not applicable	26	52.0	19	38.0	15	30.0	60	40.0
$\bar{X} \pm SD$	2.9 ± 1.1		2.3 ± 0.8		2.29 ± 0.9			
Test of significant	t1 = 3.2 *		t2 = 3.1 *		t3 = 0.05 -			
Optimal period pregnancy								
< 2 year	4	8.0	1	2.0	2	4.0	7	4.8
2 years	22	44.0	15	30.0	18	36.0	55	36.6
> 2 years	24	48.0	34	68.0	30	60.0	88	58.6
$\bar{X} \pm SD$	2.2 ± 0.3		2.33 ± 0.3		2.28 ± 0.3			
Test of significant	t1 = 2.2 *		t2 = 1.3 -		t3 = 0.8 -			

t1 between (first and second trimester).

* = significant ($P < 0.05$).

t2 between (first and 3rd trimester).

- = insignificant ($P > 0.05$)

t3 between (2nd and 3rd trimester).

Regarding previous follow up during pregnancy table (3) shows that (40%) of women are not applicable, slightly less than half (48%) of study sample had follow up during pregnancy with significant differences between the three trimesters ($X^2 = 7.9$, $P < 0.05$).

Regarding the causes of no follow up this table shows two third of study sample (66.7%) reported no complain, (22.2%) reported not important with in significant differences between the three trimesters ($X^2 = 5.02$, $P > 0.05$).

As regarding the number of current follow up visits this table shows that women who visited out patient clinic two times is higher (35.3%) than other times of visit.

As regarding the mean score of number of current follow up visits is higher at 3rd trimester (2.9 ± 1.1) than other trimesters with significant differences between 1st and 3rd trimesters mean while insignificant differences between 1st & 2nd trimesters and between 2nd & 3rd trimesters.

As regarding the period between pregnancies this table shows that (40%) not applicable, women who had 2 year between pregnancies was more (26%) than other periods with significant differences between 1st & 2nd trimesters and 1st & 3rd trimester mean while insignificant differences between 2nd and 3rd trimesters.

As regarding the optimal period between pregnancies this table shows that the women who had more than 2 year between pregnancies is higher (58.5%) than other periods with significant differences between 1st & 2nd trimesters mean while insignificant differences between 1st & 3rd trimesters and between 2nd & 3rd trimesters.

Part II : Minor discomforts during 1st, 2nd and 3rd trimester of pregnancy

Table (4): Number and percent distribution of the study sample according to their minor discomforts during first trimester

Variables	G1 n = 50	
	No	%
Minor discomforts during first trimester:		
1. Nausea and vomiting	44	88.0
2. Frequent micturation	32	64.0
3. Fatigue	46	92.0
4. Breast tenderness	24	48.0
5. ↑ white vaginal discharge	28	56.0
6. Increase of saliva	14	28.0

Table (4) reveals that majority (92%) of minor discomforts during 1st trimester is fatigue followed by (88%) of nausea and vomiting mean while less than one third (28%) of study sample had increase of saliva.

Table (5): Number and percent distribution of the study sample according to their minor discomforts during 2nd trimester

Variables	G1 n = 50	
	No	%
Minor discomforts during second trimester:		
1. Heart burn	34	68.0
2. Oedema of feet and ankle	2	8.0
3. Varicose veins	21	42.0
4. Haemorrhoids	42	84.0
5. Constipation	25	50.0
6. backache	38	76.0
7. Leg cramps	24	48.0
8. Faintness and dizziness	35	70.0
9. Dyspnea	24	48.0
10. Distension	12	24.0

Table (5) shows that (84%), (76%) of study sample complain of haemorrhoid and backache respectively mean while (8%) only of study sample complain of oedema of feet and ankle.

Table (6): Number and percent distribution of the study sample according to their minor discomforts during 3rd trimester

Variables	G1 n = 50	
	No	%
Minor discomforts during third trimester:		
1. Heart burn	38	76.0
2. Oedema of feet and ankle	12	24.0
3. Varicose vein	18	36.0
4. Hemorrhoids	38	76.0
5. Constipation	31	62.0
6. Backache	42	84.0
7. Leg cramps	37	74.0
8. Faintness and dizziness	30	60.0
9. Dyspnea	37	74.0
10. Distension	12	24.0

Table (6) shows that (84%) of study sample complain of backache mean while less than one third (24%) complain of odema of feet & ankle and distension.

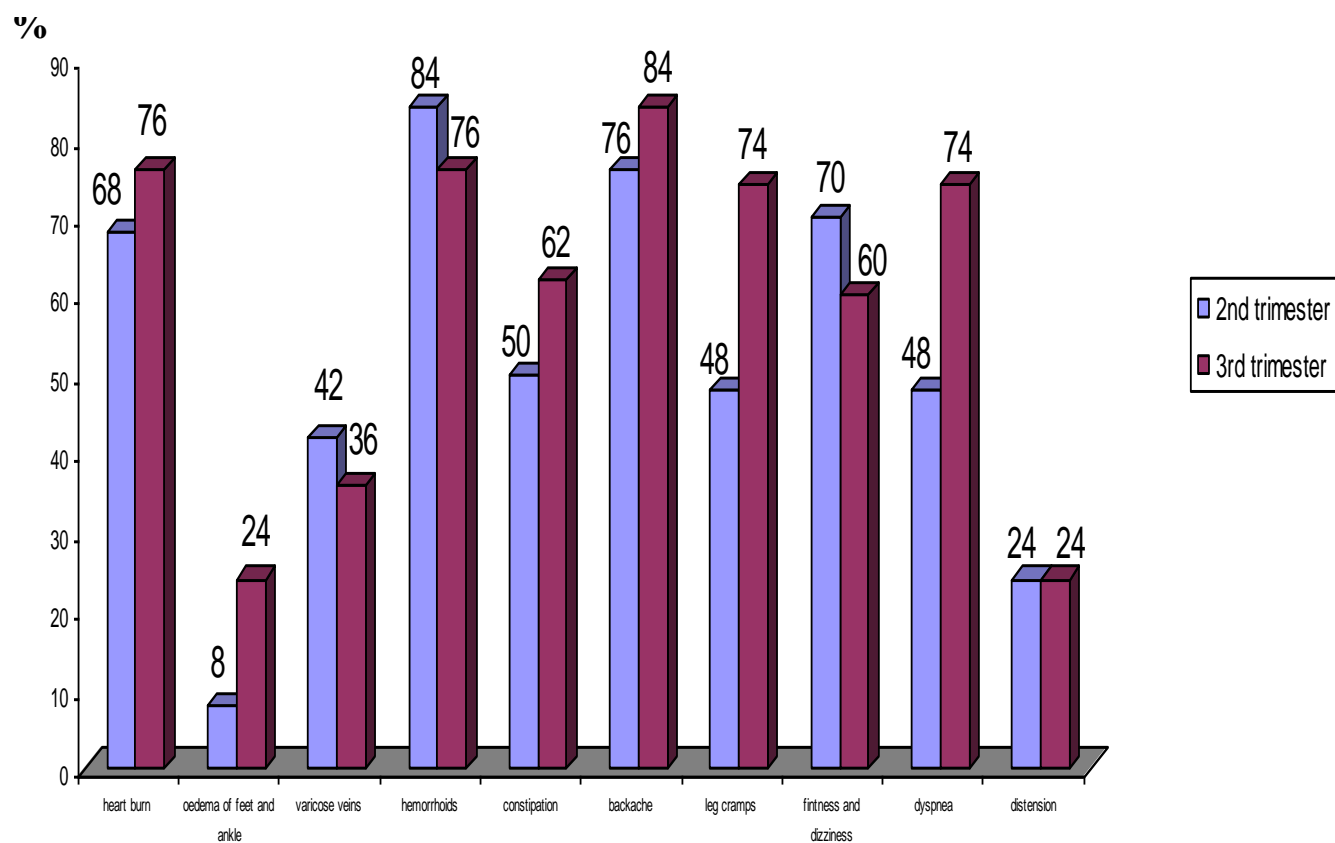


Fig. (1): Minor discomforts during 2nd and 3rd trimester of pregnancy

Table (7): Number and percent distribution of the study sample according to their level of minor discomforts during the three trimesters

Variables	1 st trimester n = 50		2 nd trimester n = 50		3 rd trimester n = 50	
	No	%	No	%	No	%
Level of discomfort:						
Mild (< 50%)	11	22.0	38	76.0	48	96.0
Moderate (50% -)	23	46.0	12	24.0	2	4.0
Severe (70% - 100%)	16	32.0	0	-	0	-
$\bar{X} \pm SD$ (mean %)	63.6 \pm 16.8		44.8 \pm 8.6		40.8 \pm 3.9	
Test of significant	t1 = 7 *		t2 = 9.1 *		t3 = 3.1 *	

t1 between (first and second trimester).

* = significant (P < 0.05).

t2 between (first and 3rd trimester).

t3 between (2nd and 3rd trimester).

Table (7) shows that the majority (96%) of study sample had low level of minor discomforts at third trimester followed by 2nd trimester (76%) then 1st trimester (22%). The mean level of discomforts at 1st trimester (63.6 \pm 16.8) is high as compared by 2nd trimester (44.8 \pm 8.6) and 3rd trimester (40.8 \pm 3.9) with significant differences in the three trimesters.

Part III: Assessment of knowledge about minor discomforts during 1st, 2nd and 3rd trimesters of pregnancy

Table (8): Number and percent distribution of pregnant women according to their knowledge about minor discomforts in the first trimester.

Knowledge about minor discomforts during 1 st trimester	n = 50			
	Yes		No	
	No	%	No	%
1- Nausea and vomiting	41	82.0	9	18.0
- Feeling tired	9	21.9		
- Smell odor of some eating	20	48.8		
- Take special drugs for example vitamins and iron	12	29.3		
2- Frequent micturation	27	54.0	23	46.0
- Pressure of uterus on the bladder	19	70.4		
- Urinary tract infection.	7	25.9		
- Other things	1	3.7		
3- Fatigue	38	76.0	12	24.0
- Enter the W.C many times at night	4	10.5		
- Many duties in house	18	50.0		
- Less time of sleeping	15	39.5		
4- Breast Tenderness	17	34.0	33	66.0
- Nipple crackle	9	52.9		
- Uncomfortable clothing	5	29.5		
- Other things	3	17.6		
5- Increasing vaginal discharge	27	54.0	23	46.0
- Vaginal inflammation	18	66.7		
- Not using warm water	9	33.3		
6- Increasing saliva	8	16.0	42	84.0
- Un using teeth brush	4	50.0		
- Mouse and teeth inflammation	2	25.0		
- Other things	2	25.0		

Table (8) reveals that (47.3%) of study sample reported many duties in housework is the main cause of fatigue and slightly less than half of sample have knowledge about nausea and vomiting as smell odors of some eating is the main cause of nausea and vomiting during the 1st trimester.

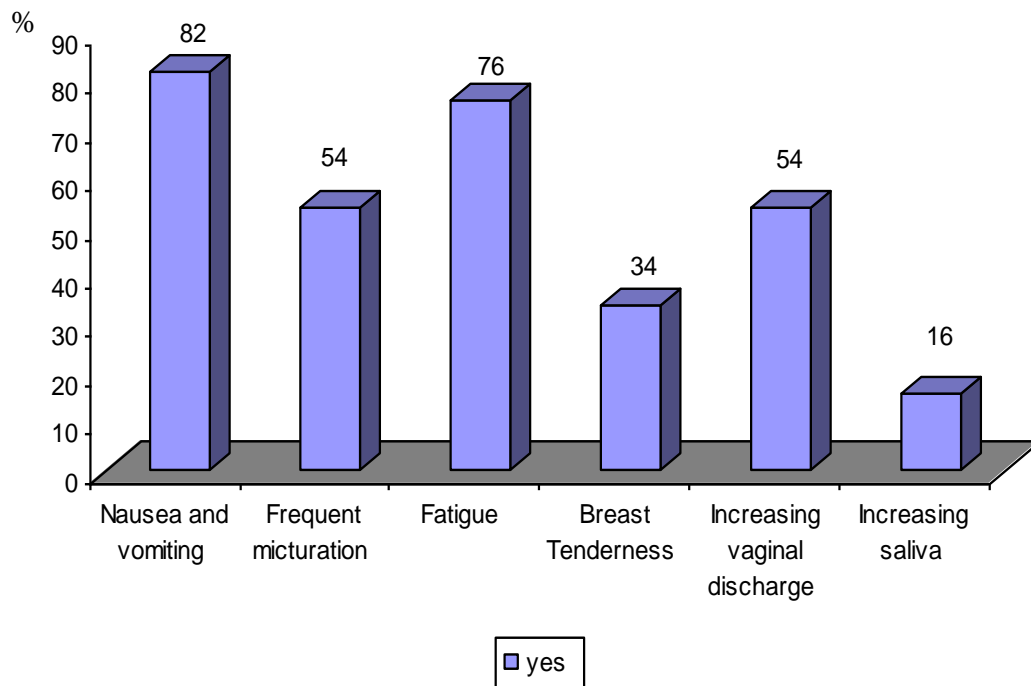


Fig. (2): Total number and percent distribution of pregnant women according to their knowledge about minor discomforts in the 1st trimester

Figure (2) reveals that, (82%) of study sample have knowledge about nausea and vomiting during 1st trimester while (16%) only of study sample have knowledge about increasing saliva.

Table (9): Number and percent distribution of pregnant women according to total level of knowledge about minor discomforts during 1st trimester of pregnancy

Total level of knowledge	N= 50	
	No	%
Poor (< 8.5)	20	40.0
Average (8.5-)	16	32.0
Good (12 – 17)	14	28.0

Table (9) reveals that poor knowledge is common during first trimester and reported by 40% of study sample.

Table (10): Number and percent distribution of pregnant women according to their knowledge about minor discomforts in the 2nd trimester.

Knowledge about causes of minor discomforts during 2 nd trimester	n = 50			
	Yes		No	
	No	%	No	%
1- Heart burn:	11	22.0	39	78.0
- Decreasing gastrointestinal motility	2	18.1		
- Displacement of stomach by enlarging uterus	7	63.6		
- Hormonal changes	2	18.1		
2- Oedema of feet and ankle:	3	6.0	47	94.0
- Prolonged standing.	2	66.7		
- Increase level of sodium	1	33.3		
3- Varicose veins:	13	26.0	37	74.0
- Weight gain	4	30.7		
- Prolonged standing	9	69.3		
4- Hemorrhoids:	38	76.0	12	24.0
- Presence of constipation	25	65.7		
- Eating of burning food	13	34.3		
5- Constipation:	20	40.0	30	60.0
- Decreasing intestinal motility.	5	25.0		
- Pressure of uterus on GIT.	3	15.0		
- Iron supplementation	7	35.0		
- Decrease fluid	5	25.0		
6- Backache:	19	38.0	31	62.0
- Uterus enlargement	7	36.8		
- Um proper body mechanics	11	57.8		
- Hormonal changes	1	5.2		

Table (10): continue

Knowledge about causes of minor discomforts during 2 nd trimester	n = 50			
	Yes		No	
	No	%	No	%
7- Leg cramps:	24	48.0	26	52.0
- Imbalance of calcium and phosphor ratio.	8	33.4		
- Increase pressure of uterus on nerve	2	8.3		
- Fatigue	12	50.0		
- poor circulation to lower extremities	2	8.3		
8- Faintness and dizziness	31	62.0	19	38.0
- Anemia	21	67.7		
- Standing for long period in warm area	10	32.3		
9- Dyspnea	12	24.0	38	76.0
- Pressure of the enlarging uterus on the diaphragm	4	33.4		
- Sleeping in supine position	7	58.3		
- Others	1	8.3		
10- Abdominal distension	3	6.0	47	94.0
- Decrease gastrointestinal motility	1	33.3		
- Drinking milk	2	66.7		

Table (10) shows that (65.7%) of sample have knowledge about haemorrhoids as the presence of constipation is the main cause of haemorrhoids and slightly more than two thirds of study sample reported anaemia playing important role in causing faintness and dizziness during 2nd trimester of pregnancy.

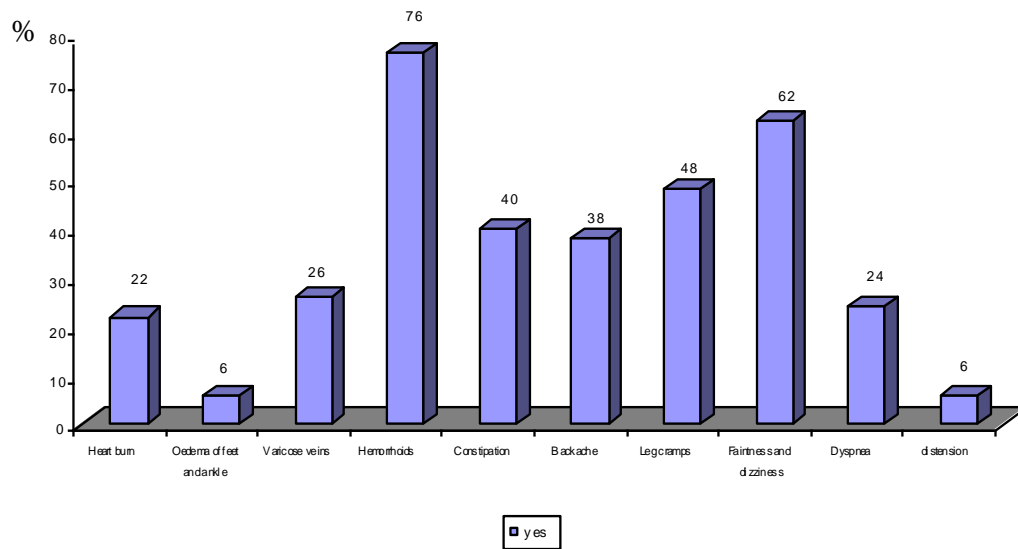


Fig. (3): Total number and percent distribution of pregnant women according to their knowledge about minor discomforts in the 2nd trimester

Fig (3): reveals that (76%) of study sample have knowledge about haemorrhoids while the minority (6%) of study sample have knowledge about edema of feet & ankle and distension.

Table (11): Number and percent distribution of pregnant women according to total level of knowledge about minor discomforts during 2nd trimester of pregnancy

Total level of knowledge	N= 50	
	No	%
Poor (< 13.5)	12	24.0
Average (13.5-)	17	34.0
Good (18 – 27)	21	42.0

Table (11) reveals that good knowledge is common during 2nd trimester and reported by 42% of study sample.

Table (12): Number and percent distribution of pregnant women according to their knowledge about minor discomforts in the 3rd trimester.

Knowledge about causes of minor discomforts during 3 rd trimester	n = 50			
	Yes		No	
	No	%	No	%
1- Heart burn:	13	26.0	37	74.0
- Decreasing gastrointestinal motility	1	7.7		
- Displacement of stomach by enlarging uterus	9	69.3		
- Relaxation of gastric infection	2	15.3		
- Hormonal changes	1	7.7		
2- Oedema of feet and ankle:	11	22.0	39	78.0
- Prolonged standing.	6	54.5		
- Increase level of sodium	1	9.1		
- Circulatory congestion of the lower extremities	3	27.3		
- Varicose veins of legs	1	9.1		
3- Varicose veins:	13	26.0	37	74.0
- Weight gain	2	15.4		
- Hereditary factors (wreaking walls of veins)	4	30.8		
- Prolonged standing	7	53.8		
4- Hemorrhoids:	36	72.0	14	28.0
- Presence of constipation	12	33.3		
- Eating of burning food	24	66.7		
5- Constipation:	31	62.0	19	38.0
- Decreasing intestinal motility.	5	6.1		
- Iron supplementation	7	22.5		
- Decreasing movement of pregnant mother	5	16.2		
- Decrease fluid	14	45.2		

Table (12): continue

Knowledge about causes of minor discomforts during 3 rd trimester	n = 50			
	Yes		No	
	No	%	No	%
6- Backache:	42	84.0	8	16.0
- Uterus enlargement	29	69.1		
- Um proper body mechanics	13	30.9		
7- Leg cramps:	37	74.0	13	26.0
- Imbalance of calcium and phosphor ratio.	8	21.6		
- Increase pressure of uterus on nerve	20	54.1		
- Fatigue	9	24.3		
8- Faintness and dizziness	29	58.0	21	42.0
- Pressure of the enlarging uterus on posterior vena cava	2	6.8		
- Anemia	24	82.8		
- Standing for long period in warm area	3	10.4		
9- Dyspnea	20	40.0	30	60.0
- Pressure of the enlarging uterus on the diaphragm	6	30.0		
- Sleeping in supine position	12	60.0		
- Others	2	10.0		
10- Abdominal distension	6	12.0	44	88.0
- Decrease gastrointestinal motility	5	83.4		
- Pressure of the growing uterus on large intestine	1	16.6		

Table (12) reveals that (69.1%) of study sample have knowledge about backache as uterus enlargement playing role in causing backache and (82.7%) of study sample have knowledge about faintness and dizziness as anaemia is the main cause of the faintness and dizziness.

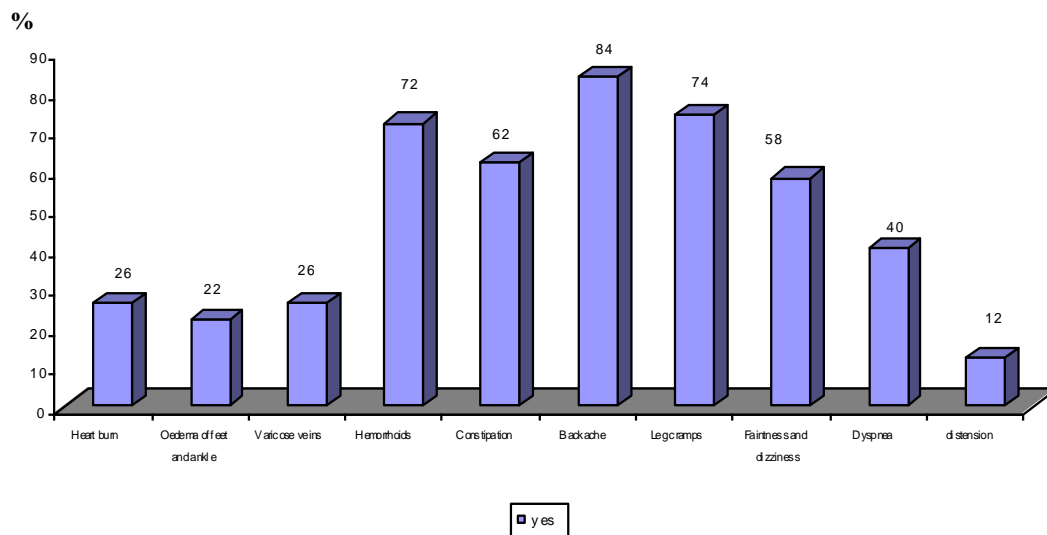


Fig. (4): total number and percent distribution of pregnant women according to their knowledge about minor discomforts in the 3rd trimester

Fig (4) reveals that (84%) of study sample have knowledge about backache mean while (12%) only of study sample have knowledge about distension.

Table (13): Number and percent distribution of pregnant women according to total level of knowledge about minor discomforts during 3rd trimester of pregnancy

Total level of knowledge	N= 50	
	No	%
Poor (< 15)	11	22.0
Average (15-)	19	38.0
Good (21 - 30)	2	40.0

Table (13) reveals that good knowledge is common during 3rd trimester and reported by 40% of study sample.

Part V: Practices to relieve minor discomforts during 1st, 2nd and 3rd trimester of pregnancy

Table (14): Mean and standard division of pregnant women according to their total practicing to relieve minor discomforts of the first trimester

practicing to relieve minor discomforts of the first trimester	$\bar{X} \pm SD$
1- Nausea and vomiting	
a- Avoid odors or causative factors	1.35 ± 0.5
b- Eat dry crackers or toast before arising in morning	2.0 ± 0.0
c- When you are sitting or sleeping standup slowly	1.14 ± 0.4
e- Eat small and frequent meals	1.13 ± 0.4
f- avoid spicy and greasy foods	1.0 ± 0.0
h- Take drugs without doctor order	1.33 ± 0.6
i- Another things	2.0 ± 0.0
2- Frequent micturation	
a- Avoid drinking beverages that contain caffeine	1.0 ± 0.0
b- Decrease water intake during night	1.23 ± 0.6
c- Using warm water	1.29 ± 0.5
d- Void when urge is felt	1.0 ± 0.0
3- Fatigue	
a- Go to bed earlier and get adequate sleep	1.5 ± 0.5
b- Treatment of frequency	1.0 ± 0.0
c- Plan for time and effort	1.25 ± 0.5
d- Assist from husband in home working	1.8 ± 0.4
e- Others	1.0 ± 0.0

Table (14): continue

practicing to relieve minor discomforts of the first trimester	$\bar{X} \pm SD$
4- Breast tenderness	
a- Wear well fitting, supportive bra	1.33 ± 0.5
b- Change position of sleeping to decrease pressure on breast	1.4 ± 0.6
c- Don't cleaning nipple with soap	1.7 ± 0.6
d- Others	1.0 ± 0.0
5- Increase vaginal discharge	
a- Daily bathing	1.5 ± 0.6
b- Using warm water in cleaning genital area	1.5 ± 0.5
c- Using cotton cloths	1.0 ± 0.0
d- Changing under parent and boiling it	2.0 ± 0.0
e- Others	1.0 ± 0.0
6- Increase of saliva	
a-Cleaning the mouth	1.33 ± 0.5
c- chew gum	1.25 ± 0.5

Total score = 2 for each item (Never = 0, sometimes = 1, always = 2)

Table (14) shows that the highest mean score (1.8 ± 0.4) of study sample performed to relieve fatigue by assistance of husband in house working and (2.0 ± 0.0) of study sample performed practices to relieve nausea and vomiting by eating dry crackers or toast before arising in morning.

Table (15): Total number and percent distribution of pregnant women according to their total practicing to relieve minor discomforts of the first trimester.

Variables	Level of practices performed to relieve minor discomforts						$\bar{X} \pm SD$
	Never		Sometimes		Always		
	No	%	No	%	No	%	
1. Nausea and vomiting	9	18.0	24	48.0	11	22.0	1.1 ± 0.7
2. Frequent micturation	10	20.0	16	36.0	6	12.0	0.9 ± 0.7
3. Fatigue	6	12.0	22	44.0	18	36.0	1.3 ± 0.7
4. Breast tenderness	6	12.0	11	22.0	7	14.0	1.04 ± 0.7
5. ↑ white vaginal discharge	6	12.0	12	24.0	10	20.0	1.14 ± 0.7
6. Increase of saliva	1	2.0	9	18.0	4	8.0	1.31 ± 0.5

Table (15) reveals that the mean score (1.3 ± 0.7) of study sample that performed practices to relieve fatigue is higher than others.

Table (16): Mean and standard division of pregnant women according to their total practicing to relive minor discomforts of the 2nd trimester

Practices to relieve minor discomforts of the 2nd trimester	$\bar{X} \pm SD$
1- Heart burn:	
a- Avoid fatty foods and gas forming food	2.0 \pm 0.0
e- Drink cold milk after boiling it	1.63 \pm 0.5
f- Drinking 6-8 cups of water	1.0 \pm 0.0
h- Take package with doctor order	1.60 \pm 0.7
i- Others	2.0 \pm 0.0
2- Oedema of feet and ankle	
a- Avoid long standing or sitting	1.5 \pm 0.7
b- Elevate legs with pillow when sitting	2.7 \pm 0.0
3- Varicose veins	
a- Avoid long standing or sitting	2.0 \pm 0.0
d- wear supportive hose	1.0 \pm 0.0
4- Hemorrhoids	
a- Apply ice packs on rectum	1.0 \pm 0.0
c- Increase vegetables and fruits rich with fibers	1.3 \pm 1.2
5- Constipation :	
a- Increase Variables and fruits rich with fibers	1.4 \pm 0.6
b- Avoid drinking coffee and tea	1.0 \pm 0.0
c- Increase fluid intake	1.3 \pm 0.5
d- Drinking milk	2.0 \pm 0.0
g- Take laxatives with doctor order	2.0 \pm 0.0

Table (16): continue

Practices to relieve minor discomforts of the 2 nd trimester	$\bar{X} \pm SD$
6- Back pain	
a- Avoid uncomfortable working	1.33 ± 0.5
d- Practice the pelvic exercise	2.0 ± 0.0
e- Sleeping on left side	1.5 ± 0.5
f- Other things	1.8 ± 0.5
7- Difficult breathing	
a- Sitting in fowler position	1.3 ± 0.9
b- Put pillow behind back	1.6 ± 0.6
c- Take small frequent meals	1.3 ± 0.6
e- Other things	2.0 ± 0.0
8- Leg cramps	
a- Practice dorsoflexion of feet to stretch affected muscle	1.5 ± 0.7
b- make massage on leg muscle	1.9 ± 0.4
c- Increase diet rich with calcium	1.0 ± 0.0
d- Put legs in warm water	2.0 ± 0.0
e- Elevate the legs periodically throughout the day	1.0 ± 0.0
9- Faintness and dizziness	
a- Sleeping in trendelenburg position	1.5 ± 0.7
b- Avoid changing position suddenly	2.0 ± 0.0
c- Avoid standing in warm environment	1.5 ± 0.7
d- Decrease of efforts	1.4 ± 0.5
e- Take food rich with iron and vitamins	1.3 ± 0.5
g- Sleeping on left side	1.5 ± 0.7
10- Distention	
a- Avoid gas forming foods	2.0 ± 0.0
c- Get regular daily walking	2.0 ± 0.0
d- Take drugs with doctor order	1.3 ± 0.6

Total score = 2 for each item (Never = 0, sometimes = 1, always = 2)

Table (16) shows that high mean score (1.3 ± 1.2) of sample performed practices to relieve haemorrhoids by increasing vegetables and fruits rich with fibers. (2.0 ± 0.0) of sample performed practices to relieve backache by practicing the pelvic exercise and (2.0 ± 0.0) of study sample performed practices to relieve faintness and dizziness by avoiding changing position suddenly during second trimester.

Table (17): Total number and percent distribution of pregnant women according to their total practicing to relieve minor discomforts of the second trimester.

Variables	Level of practicing to relieve minor discomfort						Number of women that performed practices to relieve minor discomforts n = 50	
	Never		Sometimes		Always			
	No	%	No	%	No	%		
	No	%	No	%	No	%		
Coping with minor discomforts during second trimester								
1- Heart burn	6	12.0	10	20.0	18	36.0	28	56.0
2- Oedema of feet and ankle	0	-	1	2.0	3	6.0	4	8.0
3- Varicose veins	3	6.0	11	22.0	7	14.0	18	36.0
4- Hemorrhoids	7	14.0	18	36.0	17	34.0	35	70.0
5- Constipation	2	4.0	5	10.0	18	36.0	23	46.0
6- Backache	26	52.0	6	12.0	6	12.0	12	24.0
7- Leg cramps	8	16.0	8	16.0	8	16.0	16	32.0
8- Faintness and dizziness	6	12.0	17	34.0	12	24.0	29	58.0
9- Dyspnea	11	22.0	4	8.0	9	18.0	13	26.0
10- Dystension	4	8.0	2	4.0	6	12.0	8	16.0

Table (17) reveals that (70%) of women ranged between sometimes and always perform practices to relieve haemorrhoids. Mean while the minority (8%) of study sample ranged between sometimes and always perform practices to relieve edema of feet and ankle during 2nd trimester of pregnancy.

Table (18): Mean and standard division of pregnant women according to their total practicing to relieve minor discomforts of the 3rd trimester

Practices to relieve minor discomforts of the 3rd trimester	$\bar{X} \pm SD$
1- Heart burn:	
a- Avoid fatty foods and gas forming food	2.0 ± 0.0
d- Avoid lying down after eating	1.0 ± 0.0
e- Drink cold milk after boiling it	1.56 ± 0.5
f- Drinking 6-8 caps of water	1.13 ± 0.4
g- Take hot drink	1.0 ± 0.0
h- Take package with doctor order	1.75 ± 0.5
i- Others	2.0 ± 0.0
2- Oedema of feet and ankle	
a- Avoid long standing or sitting	1.67 ± 0.6
b- Elevate legs with pillow when sitting	1.17 ± 0.8
3- Varicose veins	
a- Avoid long standing or sitting	1.5 ± 0.7
b- Elevate legs with pillow	1.3 ± 0.6
4- Hemorrhoids	
c- Increase vegetables and fruits rich with fibers	1.0 ± 0.0
5- Constipation :	
a- Increase Variables and fruits rich with fibers	1.2 ± 0.5
b- Avoid drinking coffee and tea	1.0 ± 0.0
c- Increase fluid intake	1.4 ± 0.6
d- Drinking milk	1.0 ± 0.0
f- Make exercise	2.0 ± 0.0

Table (18): Continue

Practices to relieve minor discomforts of the 3 rd trimester	$\bar{X} \pm SD$
6- Back pain	
a- Avoid uncomfortable working	1.30 ± 0.5
e- Sleeping on left side	1.2 ± 0.4
f- Other things	1.83 ± 0.4
7- Difficult breathing	
a- Sitting in fowler position	1.8 ± 0.4
b- Put pillow behind back	1.7 ± 0.5
e- Other things	2.0 ± 0.0
8- Leg cramps	
a- Practice dorsoflexion of feet to stretch affected muscle	1.0 ± 1.4
b- make massage on leg muscle	1.8 ± 0.4
d- Put legs in warm water	1.5 ± 0.7
e- Elevate the legs periodically throughout the day	1.0 ± 0.0
f- Other things	1.5 ± 0.7
9- Faintness and dizziness	
a- Sleeping in trendleberg position	2.0 ± 0.0
b- Avoid changing position suddenly	2.0 ± 0.0
c- Avoid standing in warm environment	1.0 ± 0.0
d- Decrease of efforts	1.2 ± 0.4
e- Take food rich with iron and vitamins	1.1 ± 0.4
g- Sleeping on left side	2.0 ± 0.0
10- Distention	
a- Avoid gas forming foods	1.0 ± 0.0
c- Get regular daily walking	1.5 ± 0.6
d- Take drugs with doctor order	1.0 ± 1.0

Total score = 2 for each item (Never = 0, sometimes = 1, always = 2)

Table (18) reveals that (1.3 ± 0.5) of sample perform practices to relieve backache by avoiding uncomfortable working and (2 ± 0.0) of sample perform practices to relieve heart burn by voiding fatty foods and gas forming foods.

Table (19): Total number and percent distribution of pregnant women according to their total practicing to relieve minor discomforts of the third trimester.

Variables	Level of practicing to relieve minor discomfort						Number of women that performed practices to relieve minor discomforts n = 50	
	Never		Sometimes		Always			
	No	%	No	%	No	%	No	%
1- Heart burn	3	6.0	23	46.0	12	12.0	35	70.0
2- Oedema of feet and ankle	4	8.0	4	8.0	4	8.0	8	16.0
3- Varicose veins	5	10.0	9	18.0	4	8.0	13	26.0
4- Hemorrhoids	7	14.0	20	40.0	11	22.0	31	62.0
5- Constipation	3	6.0	7	14.0	21	42.0	28	56.0
6- Backache	7	14.0	21	42.0	14	28.0	35	70.0
7- Leg cramps	25	50.0	12	24.0	0	-	12	24.0
8- Faintness and dizziness	5	10.0	17	34.0	8	16.0	25	50.0
9- Dyspnea	14	28.0	7	14.0	16	32.0	23	46.0
10- Distension	3	6.0	6	12.0	3	6.0	9	18.0

Table (19) reveals that (70%), of women perform practices to relieve backache and heart burn. Mean while (16%) only of study sample perform practices to relieve oedema of feet and ankle.

Table (20): Number and percent distribution of pregnant women according to their total practicing to relieve minor discomforts during the three trimesters.

Total level of practices during three trimesters	1 st trimester n = 50		2 nd trimester n = 50		3 rd trimester n = 50		Number n = 150		Test of significant
	No	%	No	%	No	%	No	%	
Never (0)	10	20.0	12	24.0	11	22.0	33	22.0	t1 = 0.49
Sometimes (26)	25	50.0	17	34.0	21	42.0	63	42.0	P > 0 .05
Always (52)	15	30.0	21	42.0	18	36.0	54	36.0	t2 = 0.24
$\bar{X} \pm SD$ (score = 52)	28.6 \pm 18.4		30.7 \pm 20.8		29.6 \pm 19.7				P > 0 .05
Mean %	55%		59%		56.9%				t3 = 0.22 P > 0 .05

t1 between (first and second trimester).

t2 between (first and 3rd trimester).

t3 between (2nd and 3rd trimester).

Table (20) reveals that the mean percentage of women who perform practices to relieve minor discomforts during 2nd trimester (59%) is high followed by 3rd trimester (56.9%) then 1st trimester (55%) with insignificant differences between the three trimesters.

Part VI: Relation between follow up of previous, current pregnancy, periods between pregnancies, ideal period between pregnancies and women characteristics

Table (21): Correlation between women who had follow up of previous pregnancy and their characteristics

<div>Follow up during past pregnancy</div> <div>Characteristics</div>	Follow up during past pregnancy						Total		Test of significant r
	1 st trimester		2 nd trimester		3 rd trimester				
	N=22		N=24		N=26		N = 72		
	No	%	No	%	No	%	No.	%	
Age/year									
< 30 years	12	54.5	15	63.5	11	42.4	38	52.7	- 0.87
> 30 years	10	45.5	9	37.5	15	57.6	24	33.3	
Education									
- Illiterate	0	-	6	25.0	3	11.5	9	12.5	+ 0.76
- Read, write	4	18.2	3	12.5	3	11.5	10	13.8	
- Moderated	16	72.8	13	54.2	16	61.5	4.5	62.5	
- University	2	9	2	8.3	4	15.5	8	11.2	
Occupation									
Working	10	45.5	9	37.5	11	42.4	30	41.6	- 0.63
Not working	12	54.5	15	62.5	15	57.6	42	58.4	
Parity									
Primi	7	31.8	0	0	1	3.8	8	11.2	+ 0.86
< 4 times	14	63.6	23	95.8	23	88.5	60	83.3	
4 – 5 times	1	4.6	1	4.2	2	7.7	4	5.5	
No. of living children									
None	5	22.7	0	0	3	11.6	8	11.2	+ 0.87
2 -	13	59.3	19	79.2	20	76.9	52	72.2	
4 – 6	4	18	5	20.8	3	11.5	12	16.6	

Table (21) clears that negative correlation is observed regarding follow up of previous pregnancy of the mothers and their age ($r = - 0.87$) and occupation ($r = - 0.63$) among the three trimesters mean while there is positive correlation between previous follow up of mothers and their educational level ($r = 0.76$), parity ($r = 0.86$) and number of living children ($r = 0.87$) among the three trimesters.

Table (22): Correlation between mean and standard deviation of current follow up visits of pregnant women and their characteristics

No. of antenatal visits Characteristics	1 st trimester	2 nd trimester	3 rd trimester	Test of significant r
	$\bar{X} \pm SD$	$\bar{X} \pm SD$	$\bar{X} \pm SD$	
Age / year				
< 30	3.5 ± 1.8	5.0 ± 2.5	6.9 ± 1.2	- 0.67
≥ 30	2.8 ± 1.0	4.8 ± 2.4	4.4 ± 1.3	
Education				
Illiterate	2.7 ± 1.2	4.4 ± 2.6	5.3 ± 2.8	+ 0.53
Read and write	2.3 ± 0.7	4.0 ± 2.1	5.8 ± 2.3	
Moderate	3.3 ± 1.8	4.5 ± 2.1	5.9 ± 2.1	
University	3.0 ± 1.1	4.0 ± 2.0	6.0 ± 2.0	
Occupation				
Work	3.4 ± 1.8	5.4 ± 2.2	5.9 ± 2.2	- 0.59
Not work	2.8 ± 1.3	4.4 ± 2.3	6.5 ± 1.6	
Parity				
Primi	3.0 ± 1.5	5.7 ± 2.4	7.1 ± 1.5	- 0.72
< 4	5.0 ± 2.4	4.3 ± 2.0	5.2 ± 2.2	
4 – 5	3.0 ± 1.4	3.5 ± 3.0	4.0 ± 2.5	
No. of living children				
None	3.0 ± 1.5	5.7 ± 2.4	7.0 ± 1.4	- 0.74
2 -	2.9 ± 1.3	4.4 ± 2.0	5.4 ± 2.1	
4 - 6	3.2 ± 1.8	3.8 ± 2.4	4.9 ± 2.5	

Table (22) clears that negative correlation is observed regarding follow up of current pregnancy of the mothers and their age ($r = - 0.67$), occupation ($r = - 0.59$), parity ($r = - 0.72$) and number of living children ($r = - 0.74$) mean while there is positive correlation between follow up of current pregnancy of the mother and their educational level ($r = +0.53$).

Table (23): Correlation between periods between pregnancies and women characteristics

<div>Period between pregnancies</div> <div>Characteristics</div>	Periods between each pregnancy										
	< 2 year n=15		2 year n=39		> 2 years n=36		Not app. n=60		Total n=90		Test of significant r
	No.	%	No.	%	No.	%	No.	%	No.	%	
Age/ year											
< 30 years	7	46.6	21	53.8	15	44.5	50	88.4	43	47.7	+ 0.51
≥ 30 years	8	53.4	18	46.2	21	58.5	10	16.6	47	52.3	
Education											
- Illiterate and read, write	3	20.0	8	20.5	5	13.9	28	46.6	16	17.7	+ 0.83
- Moderate	8	53.4	23	59.0	14	13.9	20	33.4	45	50.0	
- University	4	26.6	8	20.5	17	47.2	12	20.0	29	32.3	
Occupation											
- Working	8	53.3	12	30.7	14	38.8	19	31.6	34	37.7	- 0.71
- Not working	7	46.6	27	69.3	22	61.2	41	68.4	56	62.3	

Table (23) clears that positive correlation is observed regarding periods between pregnancies and women age ($r = + 0.51$) and level of education ($r = + 0.83$) mean while there is negative correlation regarding periods between pregnancies and occupation of the mothers ($r = - 0.71$).

Table (24): Correlation between ideal period between pregnancies and women characteristics as reported by women

<div>Optimal period between pregnancies</div> <div>Characteristics</div>	Optimal period between pregnancies						Total n = 150		Test of significant r
	< 2 y. n = 7		2 ys. n= 55		> 2 ys. n = 88				
	No.	%	No.	%	No.	%	No.	%	
Age/ year									
< 30 year	1	14.5	40	72.7	52	59.1	93	62.0	- 0.82
> 30 year	6	85.5	15	27.3	36	40.9	57	36.0	
Education									
- Illiterate & read, write	4	57.3	18	32.7	24	27.3	46	30.7	+ 0.76
- Moderate	2	28.5	30	54.6	47	53.4	79	52.7	
University	1	14.2	7	12.7	17	19.3	25	15.6	
Occupation									
Working	0	-	17	30.1	37	42.1	54	36.0	- 0.87
Not working	7	100	38	69.9	51	57.9	96	64.0	

Table (24) clears that negative correlation is observed between optimal period between pregnancies and the age of mothers ($r = - 0.82$) and occupation ($r = - 0.87$) mean while positive correlation is observed between ideal period between pregnancies and level of education ($r = + 0.76$).