

Summary

Urinary tract infections (UTIs) during pregnancy are among the commonest health problems world wide, specially in developing countries, including Egypt. It has several adverse outcomes not only on the mother but also on the fetus. The physiological changes associated with pregnancy effect the urinary system include hormonal and mechanical changes predispose a woman to upper urinary traction infections. Common symptom of urinary tract infection (UTI) are (hematuria), cramps or pain in the lower abdomen, pain during sexual intercourse, (incontinence) pressure or tenderness in the area of the bladder, Pain or burning (discomfort) when urinating, the need to urinate more often than usual, a feeling of urgency. Women at increased risk for bacteriuria such as history of urinary tract infection, low socioeconomic status, sexual activity, multiparty, diabetes, sickle-cell anemia and significant hypertension.

Self care an important impact on women ,such as improved feeling of well being symptom management such as reduction in pain, fatigue and an increase in life expectancy .On other hand ,it has impact on services ,like out-patient clinic can be reduced and hospital length. Nurses can help pregnant women to reduce urinary tract infection by counseling about the physiological change during pregnancy and providing pregnant women teaching about the self care measures that can be taken during this period and reduces the symptom.

The present study aimed to assess self care measure uses by pregnant women for urinary tract infection.

Setting: The study was conducted at the Anete natal clinic of Benha University Hospital.

Sample: The sample was selected during 3 day /weeks for 6 months in the period between January 2010 to June 2010 and reached 102 pregnant women.

Criteria: the criteria of the sample were pregnant diagnostic urinary tract infection, duration of pregnant 2nd&3rd trimester with different level of education, occupation, different social classes and with or without medical diseases.

Tool of data collection;

Structured Interviewing Questionnaire for assessing demographic data and obstetrics and gynecological history daily habits, women's knowledge regarding urinary tract infection and symptom ,self care measure regarding symptoms of urinary tract infection and the effect of self care regarding women health and symptoms.

The pilot study was conducted for 3 day /week for 3weeks and reached to 10 pregnant women. They are excluded from the sample size.

The present study revealed that:

- More than half of the sample had (54.9%) age between 20-30 years ,(32,4%),(48%)were illiterate and Secondary education ,(75,5%)in Rural and (71,5%) lowsocioecmomic.
- The present study found highly significant between economic and knowledge data and
- The present study found highly significant between self care and education and economic.
- Than three fourth of sample (77,5%) complain with medical problems.
- More than one third of sample (**42.4%**) sours of knowledge about experience miss conception about the meaning of Urinary tract

infection more than half of sample (56, 8%) the UTI normal in female.

- In this study the commonest urinary symptoms in pregnancy was abnormal voiding pattern.
- Tradition self care to relieve dysuria (75.5%) Increase fluid (58.8%) Use anti septic. For in countenance (57.8%) change the clothes,(33.3%) make Perennial care. for_dyspareunia(26.5%) Use gel,(29.4%) empty bladder .for_burning sensation of urination(64.7%)uses under wear most be cotton .
- Some women had harmful effect from traditional self care such as (6,2)have itching,(5,4)have Vaginal pain .
- The present study found highly significant between Relation ship between Frequency of urinary tract infection occurrence and self care

Accordingly, the study results in a number of important recommendations:

Raising awareness of nurses toward instructing and counseling the how to prevent urinary tract infection during pregnancy through mother teaching class to enhance health and treatment.