



Introduction

Pregnancy in the women's life is a period that poses many new challenges and many problems. These changes that occur in the pregnant woman's body are caused by several factors. Many of these changes are the result of hormonal influence, some caused by the growth of the fetus inside the uterus, and are the result of the pregnant physical adaptation to these changes. These changes in the cardiovascular system and respiratory system, including increased heart rate, decreased lung capacity, renal disorders may also increase the woman's risk factor to infection (*WHO, 2010*).

During pregnancy, the immune system is naturally suppressed. This means that pregnant women are more susceptible to infection and may enhance the severity of the illness, increasing mortality rates in vulnerable groups. Pregnant women as a high risk group (*Schuchat, 2009*).

Swine influenza is a highly contagious acute respiratory disease of pigs, caused by one of several swine influenza A viruses. Swine influenza viruses are most commonly of the H1N1 subtype (*Admin, 2009*). The symptoms of swine flu are: fever or high temperature (over 38°C) headache, runny nose, sore throat, shortness of breath or cough. Loss of appetite, aching muscles, diarrhoea or vomiting. Swine flu is transmitted by inhaling air contaminated by an infected person coughing or sneezing, or by touching nose or mouth with hands. The complications as pneumonia, infection of the lungs, difficulty breathing, dehydration, premature labour or miscarriage (*Denise & Jamieson, 2009*).



Factors that increase risk of developing complications from influenza A(H1N1) : Age children younger than two years old and people aged 65 years old, People younger than 19 years old on long-term aspirin, pregnant women, Diabetes, Weakened immune systems, such as : People infected with HIV, People taking immunosuppressive drugs Disorders that may affect breathing :Chronic lung, heart, kidney, liver, blood conditions and Obesity (*Rebecca et al,2009*).

Pregnant women's who infect with swine flu disease more likely to develop severe illness that requires hospitalization .Take antiviral drugs to protect themselves and their fetuses. The Center for Disease Control and Prevention Committee on Immunization Practices recommended that H1N1 vaccination efforts focus on five groups. One of those groups is pregnant women (*CDC,2009*).

The nurse play an important role for pregnant women in early detection and prevention of influenza A(H1N1). Educate the pregnant women about the protective measures that protect the mothers and her fetuses from infection during pregnancy as: frequent hand-washing, a balanced diet with fresh fruits and vegetables, whole grains, and lean protein, sufficient sleep, regular exercise, and avoiding crowds, frequent follow up for pregnancy progress (*WHO, 2011*).

Significance of the study:

The pregnant women have an increased risk of sever disease and hospitalized with swine flu. That susceptible pregnant women increased morbidity and mortality. The general incidence of swine flu in Egypt According the Egyptian Ministry of Health report until January 2010 the total estimated cases infected with A(H1N1) reached to (204.26) cases per million and (3.47) deaths per million (*www.Flucount,org*). (57) cases of them was pregnant women



(*WHO,2010*). World wide the 2009 A(H1N1) hospitalization rate was significantly higher among pregnant than non pregnant women (55.3 compared with 7.7 per 100.000 population) this still holding up as the epidemic grow (*WHO,2011*). So this study was conducted To assess pregnant women knowledge regarding A(H1N1) swine influenza.