

FUNDING PROGRAM FOR NEXT GENERATION WORLD-LEADING RESEARCHERS

Project Title: Developing nursing guidelines for childrearing support in Japanese older primipara

Name: Emi MORI

Institution: Chiba University

1. Background of research

As a result of the tendency to marry later and the advancement of fertility treatment, over 10% of women giving birth for the first time (primipara) now are 35 years old or older. Due to the effects of age, primipara aged 35 years or older are more likely to have complications as well as delayed postpartum recovery, and also tend to have confusion and concerns about providing childcare for the first time. While these primipara are thought to be more susceptible to accumulation of fatigue and childcare burden than other age groups and to be at a higher risk for postpartum depression and to have a stronger need for childcare support, these characteristics have not been verified, and no nursing guidelines have been established.

2. Research objectives

To assess such conditions as the postpartum health of first-time mothers aged 35 years or older from a nursing standpoint, and to thereby develop nursing guidelines that enable these mothers to receive the necessary support from immediately after delivery and to enjoy and stay healthy during their first experience of childcare.

3. Research characteristics (incl. originality and creativity)

This research will enable the first survey to investigate the actual conditions of the postpartum health of mothers and childcare support for over 10,000 subjects, and the follow-up survey will reveal the recovery process of older primipara from fatigue as well as their childcare support needs and measures for assessing these needs. Nursing guidelines for the first postpartum month, the period during which childcare support is most necessary, will be developed for the first time.

4. Anticipated effects and future applications of research

Use of these nursing guidelines will enhance the childcare experience of older primipara, and serve as a countermeasure to the declining birthrate by promoting the desire of mothers to have another child. Research on development of nursing guidelines for childcare support for other subjects can be expected. Evidence-based recommendations can be made regarding the duration of postpartum hospitalization and the number of holidays during the postpartum period.