

P34 Trajectories of symptoms and functions among women from late pregnancy to puerperium

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Objective: The aim is to explore the development trajectories of symptoms and functions of women from late pregnancy to puerperium and identify factors differentiating these trajectories.

Methods: By longitudinally tracking the seven key time points at which the symptoms and functions of women change from late pregnancy to puerperium, a total of 207 pregnant and postpartum women were recruited in Obstetrics and Gynecology Hospital of Fudan University from March to October 2024. The seven key time points are: the late pregnancy (28 weeks, 34 weeks, and 37 weeks of pregnancy) and the puerperium (1-3 days, 1 week, 2 weeks, and 4 weeks after delivery). PROMIS® Profile-29 is the measurement tool for symptoms and functions in this study. Growth mixture modeling identified trajectories within each of seven dimensions of pregnant and postpartum women. Logistic regression identified factors predicting trajectory patterns.

Results: Three anxiety trajectories, two depressive trajectories, four fatigue trajectories, two sleep disturbance trajectories, two pain interference trajectory, three physical function trajectories and three social function trajectories were identified. The class membership was significantly associated with the educational level of pregnant and lying-in women, complications during childbirth, and postpartum carers ($P < 0.05$).

Conclusions: There are different trajectories of women's symptoms and functions from late pregnancy to puerperium. Healthcare professionals should provide predictive and targeted interventions according to their development trajectories to promote their physical and psychological health from late pregnancy to puerperium.