

A Randomized Controlled Trial to Evaluate the Effectiveness of Multicomponent Nursing Interventions on Quality of Life and Birth Outcomes of Pregnant Women

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Abstract

Background: Pregnancy is a vital phase that significantly impacts both maternal health and birth outcomes. Quality of life (QoL) during pregnancy is a critical aspect of maternal health, influencing health outcomes of mothers and infants. It can be affected by multiple factors such as physical, emotional and psychological health, and social and financial aspects. All these factors must be considered while providing comprehensive care. **Objectives:** The objectives of this study were to assess and compare the QoL scores of pregnant women in experimental and control groups after a 10-week follow-up period and investigate the correlation between posttest QoL scores and birth outcomes in pregnant women. **Materials and Methods:** A randomized controlled trial was carried out involving 184 pregnant women (92 experimental and 92 control) attending antenatal Outpatient Department, assessed for their QoL. Experimental group received multicomponent nursing interventions with routine care whereas control group received routine care. **Results:** Data were analyzed using the SPSS software version 26. Result revealed that experimental group's PCS and Mental Component Summary scores improved significantly after 10 weeks, from 62.75–77.40 to 80.85–90.56, respectively while the control group's scores declined. In addition, experimental group experienced better birth outcomes, with fewer preterm deliveries (1 vs. 11), lower cesarean sections (16 vs. 30), higher birth weights, and improved APGAR scores. QoL tends to decline as pregnancy progresses; however, the interventions helped to improve it resulting in better birth outcomes. **Conclusion:** The QoL can be enhanced by continuous monitoring, motivation, and extra support along with routine care which will reduce maternal as well as neonatal morbidity and mortality.

Key words: Birth outcomes, pregnancy, prenatal care, quality of life, randomized controlled trial