



# Supporting Postpartum Mothers: Enhancing Wellness and Physical Health



Hayley Foo, OTD/S \* Site Mentor: Rina Yardeny, CLC, Doula \* Faculty Mentor: Kendra King, OTR/L, CBIS

## Description of DCE site

- **Founded** in 2011 in Conejo Valley, California.
- **Services:** support groups and classes ranging from newborn to 12-month-old.
- **Mission:** “To provide quality services for pregnancy, breastfeeding, and newborn education, which encourage and support the development of healthy, happy families through nurturing and community” (Butterfly Center, 2024).

## Needs Assessment

- Comprehensive Maternal Training Program Handbook.
- Wellness program - Increasing social connection.
- Educational workshops for maternal wellness.

## Literature Review

### Importance of Informational Support:

- Mothers need postpartum health guidance with accurate, accessible information (Brodribb et al., 2020).
- Healthcare professionals provide crucial support, boosting confidence and well-being (Schobinger et al., 2022).

### Benefits of Physical Exercise:

- Physical activity during pregnancy & postpartum reduces complications, improves mental health, and enhances recovery (DiPietro et al., 2019).
- Graded spinal exercises help reduce postnatal back pain, improve posture, and support recovery (Shende & Salunkhe, 2020).

### Emerging Practice:

- Limited research and strategies exist in occupational therapy (OT) for maternal health despite its potential to support postpartum recovery (Sepulveda. 2019).

## Learning Objectives

- By the end of 9 weeks, the capstone student will have an ergonomic workshop for postpartum mothers aimed at promoting maternal health and mental well-being.
- By the end of 12 weeks, the capstone student will implement an ergonomic workshop in at least two classes that includes informational and social support for postpartum mothers.
- By the end of 14 weeks, the capstone student will complete a thorough evaluation of the ergonomic workshop, identifying improvements in participants' mental well-being and gathering feedback on their experience.
- By the end of 14 weeks, the capstone student will create 11 short educational videos that are related to maternal health to improve mothers' knowledge and wellness.

## Project Description and Implementation

**Capstone Focus Areas:** Program or Policy Development & Advocacy

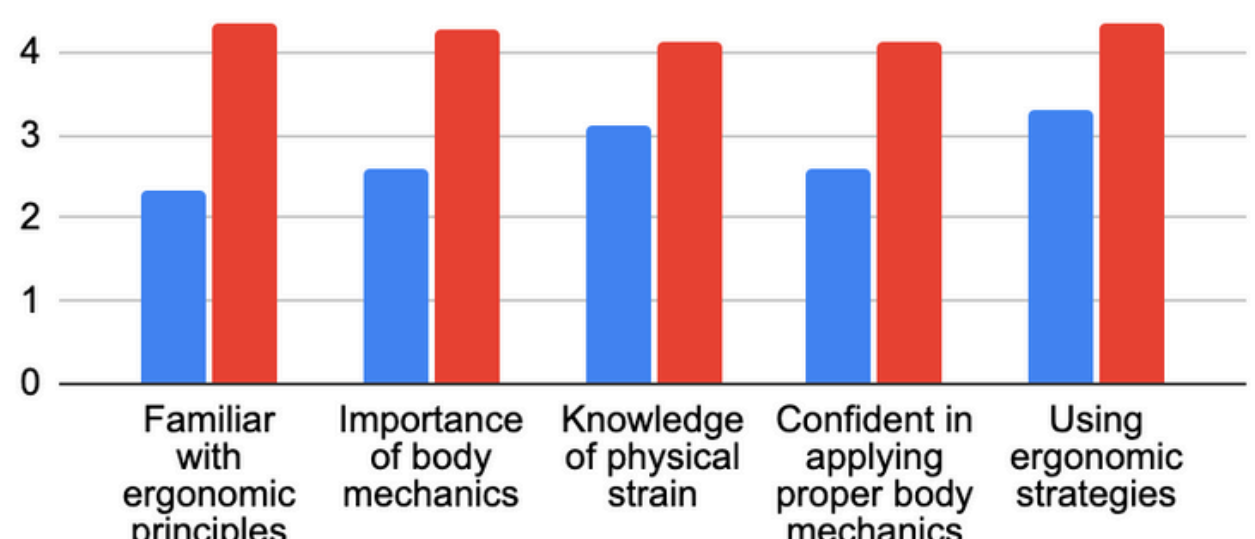
### Parenting Without Pain: Ergonomics & Physical Health Workshop (Week 12)

- **Purpose:** Enhance physical well-being & social connections.
- **Objectives:**
  - Increase awareness of ergonomic practices for caregiving tasks.
  - Learn & practice safe body mechanics for parenting activities.
  - Engage in exercises to support postpartum recovery.
- **Implementation:** Three workshops for three-six & six-12 month groups (19 mothers).
- **Structure:** One-hour session covering ergonomics, body mechanics, and stretching, followed by pre/post-test surveys & feedback.



## Project Outcomes

Figure 1. Pre/ Post- Test Ergonomic

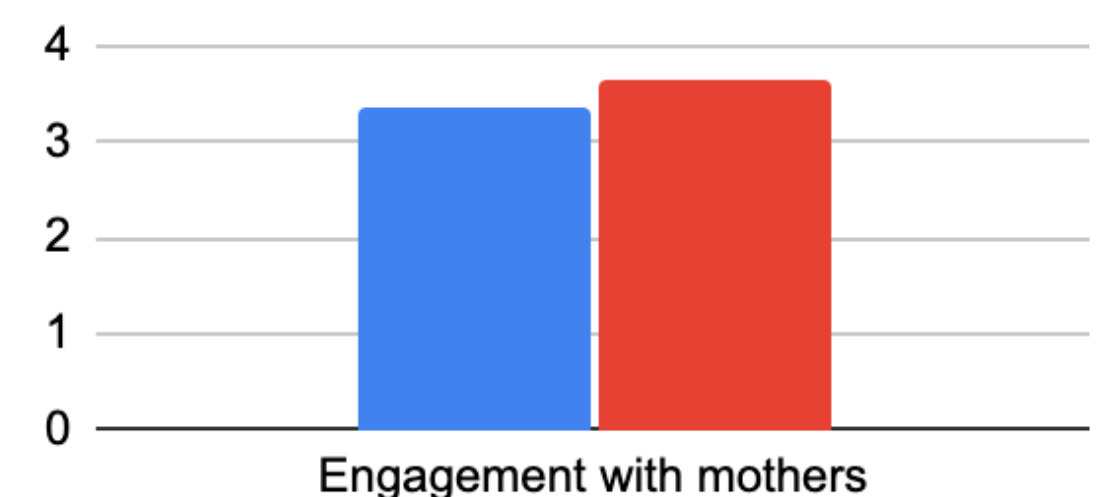


Indicated a statistically significant improvement in mothers':

- Ergonomic awareness
- Body mechanics knowledge
- Confidence in application
- Use of ergonomic strategies

Quantitative Findings

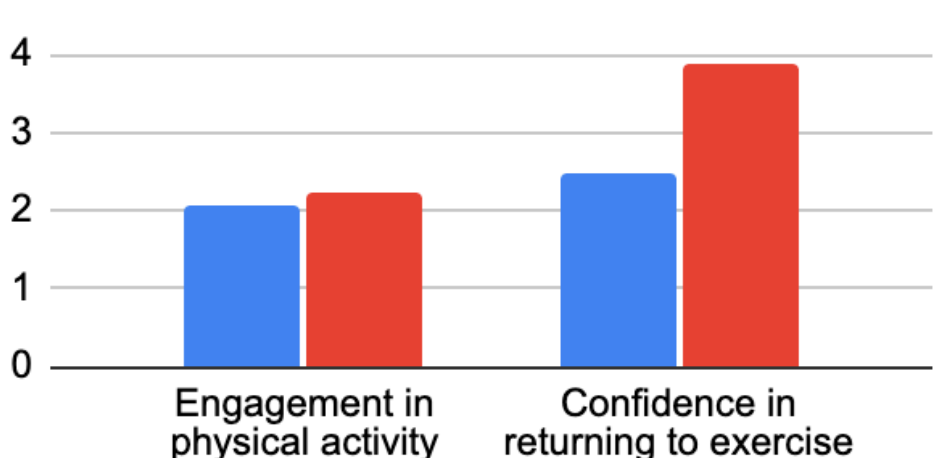
Figure 2. Pre/ Post- Test Social Support



Indicated slight improvement but not statistically significant

- Mothers reported feeling more engaged with other mothers after the workshop.

Figure 3. Pre/ Post- Test Physical Health



Indicated no statistically significant improvement in mothers'

- Engagement in performing exercises

However, a noticeable increase in confidence in exercise suggests a positive trend in mothers' readiness to return to physical activity.

## Implications

- Highlights the demand for continuous support and resources for mothers.
- Improvements in areas of physical health and social connection from the workshops indicated.

## Conclusion

- Informal feedback reported the workshop being helpful and expressed intentions to apply learned strategies.
- Significant improvement in knowledge, confidence, and engagement with ergonomic practices.
- Limited significant difference with physical health and social support.

## Scholarly Deliverables

### Workshop Presentation



### Handouts



### Educational Videos



## Acknowledgements

I sincerely thank The Butterfly Center-Mindful Beginnings and Rina Yardeny for the support, and commitment to maternal health. I have deep gratitude to Kendra King and Dr. Leizerovich for their guidance and to the mothers who participated in their engagement and feedback.

## References

Available upon request