Prenatal diagnosis

Nursing care applied in accordance with humanistic nursing theory in pregnancy termination: a case report

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Context and objective
Pregnancy termination is the process of terminating the current pregnancy in some necessary situations such as fetal anomaly, regardless of the gestational week. Pregnancy termination process is generally performed by using drugs in accordance with international guidelines to ensure the expulsion of the fetus vaginally. In pregnancies older than the twentieth week, it may be necessary to perform a feticide (stopping the heart of the fetus) before the procedure. In this process, the woman goes through painful and uncomfortable processes while trying to cope with her loss. It is thought that this difficult process can be facilitated by nursing care for women. In this study, it was aimed to determine the nursing care needs of a woman who had pregnancy termination.

Methods
Nursing care was planned and applied by accompany and supporting a woman who had pregnancy termination due to fetal anomaly in Akdeniz University Hospital. In this process, observation findings and interviews with the woman were used while planning the care. Observation data together with the nursing diagnoses handled in the care process were reported as the results and conclusions of the study.

Main outcome measures
In the study, the care needs of a woman who had pregnancy termination due to fetal anomaly were determined based on her experiences in this process.

Findings
Ş.Ş. is 27 years old and in her 26 weeks and 3 days old pregnancy, "Cerebellar Vermian Hypoplasia" was detected in the fetus and she was hospitalized for termination. Feticide was made before the termination process. Mrs. Ş. stated that she felt like "educational material" during the procedure while giving feedback on the feticide procedure. For this reason, it has been determined that it is important to adopt a humanistic attitude in approaching individuals. It has been determined that the most prominent care needs during the termination process are related to the lack of information about the medical condition and treatment plan, fear, pain, nausea and the risk for complicated grieving.

Conclusions
A respectful and humanistic approach should be determined, adequate information should be given, and care should be planned to ensure physical-psychological well-being while giving health care to the woman whose pregnancy was terminated due to fetal anomaly.