

**ELECTRONIC GUIDE TO THESES APPROVED BY
PHYSICAL THERAPY DEPARTMENT FOR OBSTETRICS AND
GYNAECOLOGY AND ITS SURGERY
PREPARED BY NERVEEN ABD EL SALAM ABD EL KADER AHMED**

**Physical Therapy Department for Obstetrics and
Gynaecology and Its Surgery**

**Doctoral Degree
2003**

Author	:	Hala Mohamed Hanfy Emara.
Title	:	Transcutaneous electrical nerve stimulation versus acupressure in alleviating emesis and hyper emesis gravidarum during pregnancy.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Fahima Metwally Okeel.
	2.	Ibrahim Mahrous Kandil.
	3.	Salwa Mostafa EI-Badry.
Degree	:	Doctoral.
Year	:	2003.
Abstract	:	

This study was conducted to compare the effect of transcutaneous electrical nerve stimulation versus acupressure in alleviating emesis and hyperemesis gravidarum. Ninety volunteers primigravid women participated in this study . they were divided randomly into two groups (A and B) equal in numbers , each group was subdivided into three subgroups equal in numbers (A1, A2, A3)and (B1, B2, B3). subgroup (A1)treated with TENS , subgroup (A2) treated by acupressure and subgroup (A3)treated by antiemetics, while subgroup (B1)treated by antiemetics and TENS, subgroup (B2)treated by antiemetics and acupressure and subgroup (B3)treated by antiemetics only . the outcome measures included : heart rate , blood pressure, nausea and vomiting scores, haemoglobin and haematocrite . Assessment of bilirubin, alkaline phosphates, glutamic pyretic transaminase and glutamic oxaloacetic transaminase were done to the patients of group (B)only. the results of both groups showed decrease of heart rate in all subgroups , increase of systolic and diastolic blood pressures in both subgroups (B1 and B2)and increase of diastolic blood pressure in subgroup (A2), decrease of nausea and vomiting scores in all subgroups except both subgroups (A3)and (A2)respectively , increase of haemoglobin in subgroup (A1, B1 and B2)while it decreased in subgroup (A3), decrease of haematocrite in both subgroups (A1 and B1)and increase in both subgroup (A3 and B2), increase of bilirubin in subgroup (B1), increase of alkaline phosphates in subgroup (B1), increase of glutamic pyretic transaminase in subgroup (B2), increase of glutamic oxaloacetic transaminase in both subgroups (B1 and B2). accordingly, it could be concluded that TENS was found to be more effective and subgroup as an adjunct to acupressure in alleviating emesis and hyperemesis gravidarum .

Key words	1.	Transcutaneous Electrical Nerve Stimulation.
	2.	TENS.
	3.	Acupressure.
	4.	emesis gravidarum.
	5.	hyperemesis gravidarum.
Arabic Title Page	:	التنبيه الكهربائي للعصب الحسي عبر الجلد مقابل الضغط الوخزى في تخفيف القى والقوى الشديد المتكرر اثناء الحمل.

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Library register number	:	974-975.
Author	:	Soheir Mahmoud Ali El-Kosery.
Title	:	Efficacy of relaxation technique as a prophylactic method in controlling preeclampsia.
Dept.	:	Physical Therapy Department for Obstetrics and Gynaecology and its Surgery.
Supervisors	1.	Fahima Metwly Okeel.
	2.	Salwa Mostafa El-Badry.
	3.	Mohamed Mostafa Radwan.
Degree	:	Doctoral.
Year	:	2003.
Abstract	:	This study was conducted to determine and compare the effectiveness of Mitchell's simple physiological relaxation technique and oral calcium supplementation versus oral calcium supplementation only in reducing the incidence of preeclampsia in highly risk pregnant women. Forty highly risk pregnant women at 16 weeks' gestation participated in this study. They were divided randomly into two groups (A and B) equal in numbers. Group "A" performed Mitchell's simple physiological relaxation technique and received oral calcium supplementation while, group "B" received oral calcium supplementation only. both groups were assessed by systolic , diastolic and MAP pressures , pulse , respiratory rate and proteinuria before and every 4 weeks after receiving the prophylactic treatment till the end of 32 weeks' gestation. it was found that Mitchell's simple physiological relaxation technique and oral calcium supplementation were more effective as a prophylactic method gestational hypertension and preeclampsia in group "A" were (15%)compared to (35%)in group "B" .
Key words	1.	highly risk pregnant women.
	2.	Mitchell's relaxation technique.
	3.	Proteinuria.
	4.	gestational hypertension.
	5.	preeclampsia.
Arabic Title Page	:	فاعلية الاسترخاء كوسيلة وقائية للتحكم في احتمالات حدوث تسمم الحمل.
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