

Title: Pregnancy in woman with spinal cord injury from perspective of occupational therapist

Abstract:

This bachelor thesis is dedicated to identifying the area of occupational therapist support and the use of occupational therapy during pregnancy in women with spinal cord injury to achieve self-sufficiency and influence quality of life during this period. It also looks at defining areas where increased assistance is needed compared to the pre-pregnancy and trimester conditions.

The theoretical part focuses on the areas of counselling as one of the occupational therapist's job responsibilities, which includes items of planning, preparation, education and training in the areas of preparation for childcare, preparation for the delivery room, preparation of compensatory aids, focus on quality of life and psyche of the pregnant woman with spinal cord injury and ADL training.

In the practical part, the thesis uses a questionnaire as a method of data collection. The questionnaire focuses on general information about the pregnant woman, and mainly on personal activities of daily life, assistance and occupational therapy intervention.

It showed that in pregnant women with spinal cord lesions, self-sufficiency in ADL decreases as pregnancy progresses, being lowest in the third trimester. This is highest for transfers, mobility and activities requiring bending. This brings with it the need for assistance, which most often becomes a person close to the woman. The type of assistance varies. It is most commonly used by women in the first and third trimesters. Women have to switch to a different method of voiding urine during the trimesters, especially in the first and third trimesters. They use a different method of defecation independently of the trimesters.

The main idea to determine the objectives of the work is to support the woman from an occupational therapy point of view, with the highest possible efficiency and specific targeting to each trimester, which would improve the quality of the intervention, better targeting, and above all meet the needs of the pregnant woman with spinal cord lesion. It is necessary for the woman to have the most appropriate and supportive care during pregnancy to ensure a smooth preparation for the baby's arrival.

Key words: pregnancy, spinal cord injury, self-sufficiency, trimesters, occupational therapy