



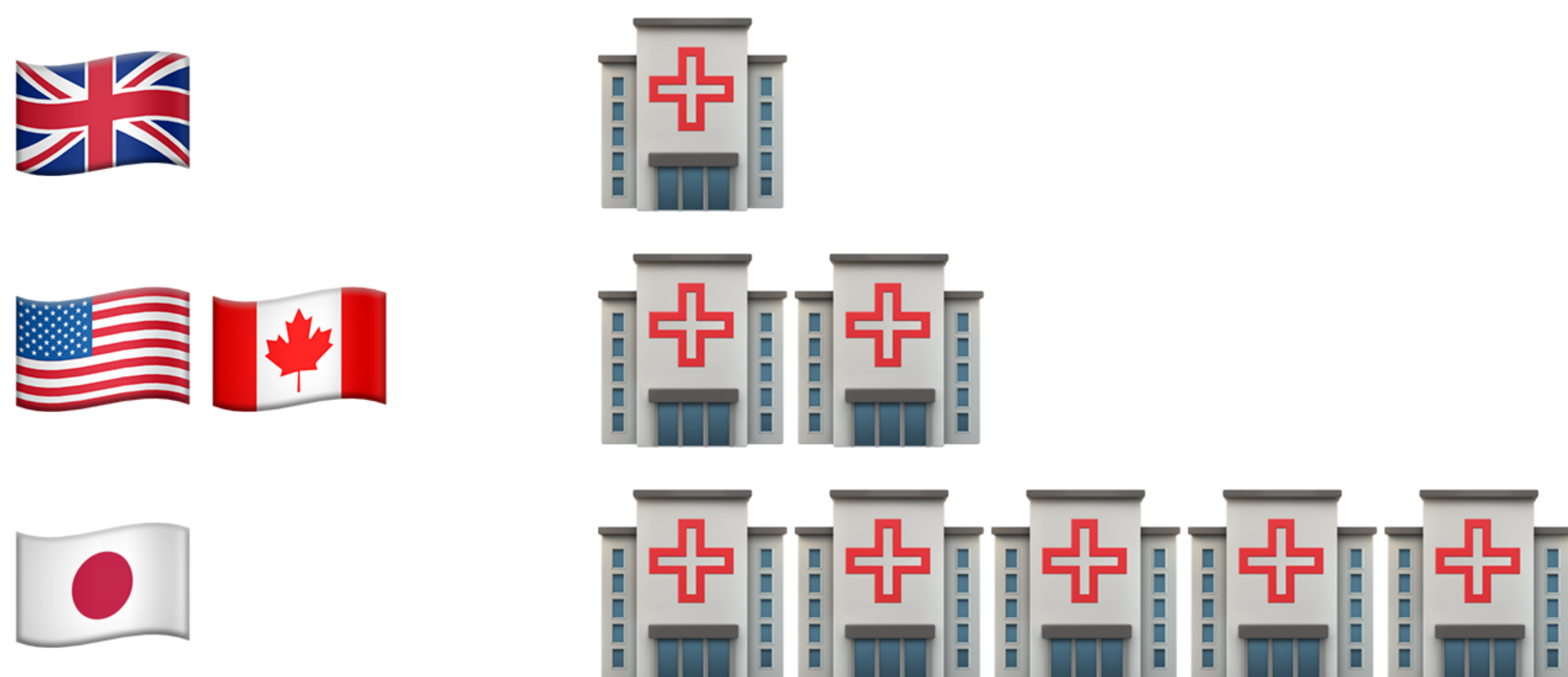
Inpatient Postpartum Recovery of Nulliparous Women following Elective Cesarean Delivery and Spontaneous Vaginal Delivery in Japanese

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Postpartum Hospital Stay



Culture?



Healthcare?



Ethnicity?

Obstetric Quality of Recovery-10

Obstetric Quality of Recovery-10 (ObsQoR-10®) Scoring Tool

Instructions: Below is a list of problems that women can experience after childbirth. Please read each problem carefully and indicate how much you have been bothered by that problem in the in the **past 24 hours**.

Questions 1 – 4
Please score the **severity** of the below symptoms in the past 24 hours: (Please choose one score (0-10) for each symptom)

	10 Worst Imaginable	9	8	7	6	5 Moderate	4	3	2	1	0 None
1 Pain											
2 Nausea or vomiting											
3 Dizziness											
4 Shivering											

Investigators: Please convert the scores for Questions 1 - 4 (so 0=10, 1=9, 2=8, 3=7, 4=6, 5=5, 6=4, 7=3, 8=2, 9=1 and 10=0)

For terms and conditions of use of ObsQoR-10®, please contact Dr. Pervez Sultan (p.sultan@cloud.com)

Questions 5-10
Please score the following aspects of your recovery in the past 24 hours: (Please circle one score for each item)

	0 No / Never	1	2	3	4	5 Sometimes / with help	6	7	8	9	10 Yes / Always
5 I have been comfortable											
6 I am able to mobilise independently											
7 I can hold a baby without assistance											
8 I can feed / nurse my baby without assistance											
9 I can look after my personal hygiene / toilet											
10 I feel in control											



ObsQoR-10JP Validation Study

Nulliparous
Japanese-speaking

Postpartum 24 h to Day 7

Elective Cesarean Delivery
(ECD)

vs.

Spontaneous Vaginal Delivery
(SVD)

ObsQoR-10JP

vs.

EuroQoL 5 Dimension 3-Levels
Global Health Score



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Table 1. Patient Characteristics & Postpartum Recovery

	Cesarean (<i>n</i> =44)	Vaginal (<i>n</i> =43)	<i>p</i> value
First fluid intake, min	405 ± 72	129 ± 120	< 0.01
First ambulation, min	598 ± 354	345 + 151	< 0.01
First solid intake, h	25.1 ± 4.4	4.8 ± 5.3	< 0.01
Foley removed, h	25.1 ± 6.9	-	N/A
Discharge, day	6.0 ± 0.5	5.0 ± 0.4	< 0.01
ObsQoR-10JP at 24 h	48.3 ± 16.7	71.5 + 19.5	< 0.01
25 h	55.1 ± 18.6	74.4 ± 20.2	< 0.01
EQ5D3L: min -0.111, max 1	0.474 ± 0.189	0.594 ± 0.235	0.01
GHS: 0=worst, 0-100	44.5 ± 17.3	56.5 ± 20.3	< 0.01

出産後回復スコア ObsQoR-10JP®

下の表は、出産後によく起こる症状の一覧です。それぞれの質問をよく読んで、直近の 24 時間以内、どのくらい悩まされたかについて、お答えください。
(各項目の点数を○で囲んでください)

症状の強さ

😞

最悪

😐

中等度

😄

全くない

1 痛み	10	9	8	7	6	5	4	3	2	1	0
2 吐き気・嘔吐	10	9	8	7	6	5	4	3	2	1	0
3 めまい	10	9	8	7	6	5	4	3	2	1	0
4 ふるえ	10	9	8	7	6	5	4	3	2	1	0

回復状況

😞

いいえ
全くなかった

😐

ときどき
手助けがあれば

😄

はい
いつも

5 快適に過ごせた	0	1	2	3	4	5	6	7	8	9	10
6 ひとりで動けた	0	1	2	3	4	5	6	7	8	9	10
7 サポートなしで 赤ちゃんを抱っこできた	0	1	2	3	4	5	6	7	8	9	10
8 サポートなしで 赤ちゃんの世話や授乳ができた	0	1	2	3	4	5	6	7	8	9	10
9 自分自身で トイレに行けた	0	1	2	3	4	5	6	7	8	9	10
10 順調だったと思う	0	1	2	3	4	5	6	7	8	9	10

お名前

回答日時

年

月

日

時

Validity

(i)Convergent

ObsQoR-10JP/EQ5D3L r=-0.716
ObsQoR-10JP/GHS r=0.638

(ii) Discriminant

Good vs. Poor **MD 23.3** [13.62, 33.07]

(iii) Cross-cultural

2 differential items

Reliability

(i) Internal consistency

Good

(ii) Split-half reliability

Very good

(iii) Test re-test reliability

Very good

(iv) Floor & ceiling effect

ASA-PS: American Society of Anesthesiologists Physical Status, BMI: body mass index, CH: chronic hypertension, ECD: elective cesarean delivery, EQ5D3L: EuroQoL 5 dimensions 3-levels, GDM: gestational diabetes mellitus, GH: gestational hypertension, GHS: global health scale, HDP: hypertensive disorders of pregnancy, ObsQoR-10JP: Obstetric Quality of Recovery 10 Japanese, PE: preeclampsia, S-PE: superimposed preeclampsia, SVD: spontaneous vaginal delivery, T1: type 1 diabetes mellitus, T2: type 2 diabetes mellitus

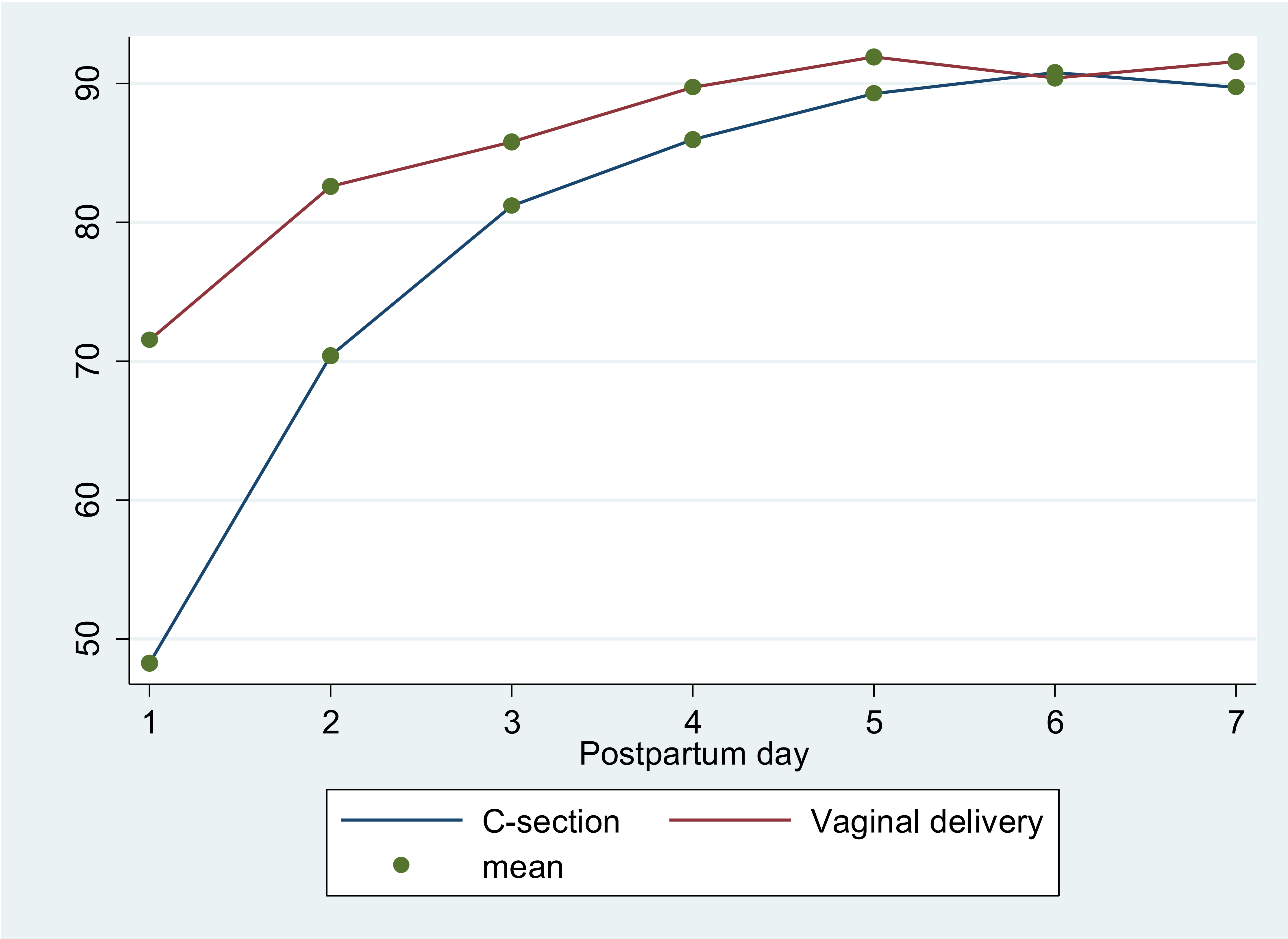


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Table 2. Hypothesis testing

	Correlation with ObsQoR-10JP at 24 h
Gestational week	0.463 [0.271, 0.630]
Blood loss	ECD: -0.306 [-0.534, -0.018]
	SVD: -0.387 [-0.632, -0.089]
Time to first analgesia	0.379 [0.170, 0.558]
Morphine consumption	-0.275 [-0.446, -0.104]
Time to fluid intake	-0.518 [-0.662, -0.350]
Time to ambulation	-0.626 [-0.731, -0.459]
Time to solid food	-0.569 [-0.685, -0.428]
Time to Foley removal	-0.395 [-0.626, -0.120]
Time to discharge	-0.554 [-0.684, -0.365]

Figure 1. Trends of postpartum recovery by mode of delivery



Conclusions: ObsQoR-10JP is valid, reliable & responsive.
Postpartum recovery ECD 4 days vs. SVD 2 days.