

Prevalence of Postpartum Morbidity in Hong Kong: A Pilot Study

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Objective: To gather data on morbidity in Hong Kong women following childbirth. **Method:** A prospective repeated measures design was performed at weeks two and eight on a convenience sample of 20 women after childbirth. **Results:** The pilot study showed that at 8 weeks after childbirth many women were experiencing disorders they perceived to have a considerable adverse effect upon their daily life. Few women sought professional help for these disorders. **Conclusion:** The results of the pilot study indicate an undercurrent of ill-health in Hong Kong women during at least the first few months following childbirth and possibly a lot longer than this. Further research is required to follow-up women over a longer time to determine the prevalence and extent of postpartum problems so that appropriate health promotion, prevention and interventions may be planned and provided to these women. (HKJGOM 2000 ; 1 : 96 - 100)

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