

The content of MTCEP and its conceptual relationship with Meleis Transition Theory (MTT)

Objectives and Outcomes

Session 1 (45-60 minutes) Week 28-30

Targets

1. Evaluating the readiness of the pregnant woman for the transition to motherhood and gaining awareness about the transition to motherhood.
2. To cooperate to make a healthy transition to motherhood.
3. To recognize the physiological and psychological changes experienced during pregnancy.
4. Recognise the facilitators and inhibitors of the transition to motherhood and understand that they affect the process of becoming a mother.
5. Recognise social support systems and mobilize these systems.

Outcomes

- ✓ Gains awareness of the transition to motherhood and pregnancy and begins to discover her journey.
- ✓ Recognizes the physiological and psychological changes experienced during pregnancy.
- ✓ Discusses the meaning of being a mother and prenatal expectations.
- ✓ Recognizes social support systems and asks for support.
- ✓ Expresses the topics she needs about being a mother and baby care.

Session Contents

Session 1

Events

The nurse allows the pregnant woman to share her pregnancy experience. During this sharing, she asks questions to determine her readiness for motherhood.

Some of the questions are

Example: *After you learned you were pregnant, did you prepare for motherhood and baby care?*

Afterwards, she asks questions to learn about her reactions to the pregnancy experience. She presents a card on which emotions are written and asks them to describe which emotions they have experienced. For example;

-Do you remember the first time you heard your baby's heartbeat? How did you feel?

PowerPoint and video-supported presentation on physiological-psychological changes experienced during pregnancy.

The nurse ensures that the pregnant woman lies down or sits in a comfortable place in the room for the 'I am becoming a mother' imagination exercise. The nurse turns on a piece of relaxed background music, says the steps of the daydreaming exercise in a soft and calm tone, and enables the pregnant woman to daydream about her baby. After the exercise, discuss the experience of imagination with the pregnant woman.

At the end of the session

The session's content is briefly summarised, and feedback is received in line with the expected outcomes.

Theoretical Foundations of MTCEP and Applied Nursing Therapeutics According to MTT

According to Meleis, one of the most critical components of a healthy transition to motherhood is role preparation and the individual's knowledge of the role. Before preparation, the individual's knowledge of the role and role support facilitate the transition experience (Meleis, 2010).

What the individual expects from the transition experience and what strategies they need to cope with the transition are related to readiness (Meleis, 2010).

According to Meleis, the cultural beliefs and attitudes of the expectant mother and community and community relations may prevent or facilitate the transition process and the results of the transition. Therefore, individuals' transition situations, facilitators, and inhibitors should be understood (Meleis, 2010).

In this session, within the framework of transition role readiness, the readiness and knowledge level of the pregnant woman for the transition experience will be evaluated, and her readiness for the new role will be supported by role support. The following therapeutics were applied for this purpose.

The nurse discusses the level of knowledge, training, and counseling needs of the pregnant woman by asking questions, thus assessing the readiness of the expectant mother for motherhood and infant care (Supports goals 1,2 and 4).

In this session, the facilitators and inhibitors of the pregnant woman in the transition process will be evaluated to evaluate

Material to be used Interview planning sheet Question cards Emotion cards Look differently, see activity cards differently Training Method Presentation Question and answer Discussion Sentence completion Dreaming		the transition situation. The pregnant woman will be supported in recognizing these facilitators and inhibitors and activating the facilitators for a healthy transition process. The following therapeutics were applied for this purpose. By discussing the cultural beliefs and attitudes about becoming a mother, the expectations of the community and the immediate environment from the expectant mother, and the characteristics of the individuals identified as models for the role of motherhood, the nurse can ensure that the pregnant woman is aware of the facilitators and barriers to a healthy transition to motherhood (Supports goals 3, 4, and 5).
Session 2 (45-60 minutes) Week 30-32 Targets 1. To be able to express thoughts and expectations about birth. 2. They need to be able to express their thoughts and expectations about the postnatal period. 3. Recognize the signs of approach and onset of labor. 4. To know in which cases to apply to the hospital urgently 5. To understand how to interact with her baby postpartum. 6. Recognize the physical and psychological changes of the mother in the postpartum period. 7. Recognise the problems she may encounter in the postpartum period. 8. To know what to do about the difficulties she may encounter postpartum.	Session 2 Events PowerPoint and video-supported presentation on preparation for birth and postnatal period (fear of birth, signs of onset of labor, coping with birth waves, physical and psychological changes in the mother after birth, mother-infant interaction, recognition of early and late postnatal complications...). At the end of the session The session's content is briefly summarised, and feedback is received in line with the expected outcomes: what he/she has learned in this session, whether there are any situations that he/she dislikes or feels uncomfortable with, and what he/she wants to share and ask.	<i>According to Meleis, one of the most critical components of a healthy transition to motherhood is role preparation and the individual's knowledge about the role. Prior preparation is a facilitator for the transition experience. Transition process and role-related training are critical in preparing appropriate conditions for transition (Meleis, 2010). The unique contribution of nurses to the individual in the transition process is to increase the sense of well-being. Nurses can facilitate healthy transitions by helping to ensure well-being (Meleis, 2010).</i> In this session, within the framework of transition role preparation, the pregnant woman will be trained on the transition process, and her preparation for her new role will be supported. The following therapeutics will be applied for this purpose. The nurse can guide the pregnant woman to form realistic expectations by allowing her to share her feelings and thoughts about birth and the postnatal period (Supports goals 1 and 2).

Outcomes ✓ Recognizes the signs of approaching labor. ✓ Can apply the imagination exercise to cope with birth waves. ✓ Knows how to interact with her baby in the postpartum period. ✓ Recognises the physical and psychological changes of the mother in the postpartum period. ✓ Concerns about birth and postpartum period decrease. ✓ Knows what to do about the problems she may encounter postpartum. Material to be used MTCEP training book Interview planning sheet Training Method Presentation Question and answer Discussion Dreaming		The nurse can support the pregnant woman's preparation for the transition to motherhood by providing her with training on preparation for childbirth and the postpartum period (fear of childbirth, symptoms of the onset of labor, coping with birth waves, physical and psychological changes in the mother after childbirth, mother-infant interaction, recognition of early and late postpartum complications...) (Supports goals 3, 4, 5, 6, 7 and 8). In this session, the nurse can support well-being by explaining the solution suggestions that will help the pregnant woman cope with physical and mental problems, thus raising awareness about the transition to motherhood and facilitating the transition process. (Supports goals 7 and 8)
Session 3 (45-60 minutes) Week 32.-34 Targets 1. To express her expectations about what kind of a mother they wants to be. 2. Increased adaptation to the process of transition to the role of motherhood. 3. To gain Awareness about the baby's nutrition. 4. To understand that breastfeeding is essential in mother-infant interaction. 5. To know about baby care. 6. Recognize the needs of the baby.	Session 3 Events PowerPoint and video-supported training presentations on breastfeeding and baby care for pregnant women. To reinforce what has been explained, the nurse first takes the pregnant woman to a seat or chair where she can feel comfortable, which enables her to rehearse mindful breastfeeding with a baby model. Before starting the session with the pregnant woman, the nurse gives the pregnant woman the opportunity to apply what she has learned in line with her training in the environment she has prepared for baby care	<i>One of the nursing therapeutics that supports healthy transitions is role support. Role support includes role clarification and role rehearsal. Role support in transition processes is protective and healing (Meleis, 2010).</i> <i>According to Meleis, one of the most critical components of a healthy transition to motherhood is role preparation and the individual's knowledge about the role. Prior preparation is a facilitator for the transition experience. Transition process and role-related training are critical in preparing appropriate conditions for transition (Meleis, 2010).</i> In this session, the role support of the pregnant woman regarding motherhood will be provided within the framework

7. To be able to meet the needs of the baby.
8. To be able to ask for support from her spouse, family, and health professionals in the infant care process

Outcomes

- ✓ Adapts to the transition to motherhood.
- ✓ Knows that breastfeeding can increase mother-infant interaction and is willing to breastfeed.
- ✓ Can care for her baby.
- ✓ She can ask for support from her spouse, family, and health professionals during the baby care process.
- ✓ Requests counseling when necessary.

Material to be used

MTCEP training book

Question cards

Emotion cards

Baby model

Baby care equipment

Training Method

Presentation

Question and answer

Discussion

Dreaming

Role rehearsal

Session 4 (Online/Telephone)

Week 36

Targets

1. The pregnant woman can express her feelings and thoughts before birth.
2. Decreased anxiety towards birth.
3. Obtaining information about the issues she needs before birth.

rehearsal (baby bathtub, massage equipment, diaper, baby clothes, relaxing music, etc.) and performs role rehearsal together.

Discuss the emotions she feels during the role rehearsal with the pregnant woman. She asks the pregnant woman to describe her feelings (anxiety, anger, inadequacy, competence, pleasure of success, happiness, excitement, etc.) with the help of emotion cards.

At the end of the session

The session's content is briefly summarised, and feedback is received in line with the expected outcomes.

Session 4

- Questions are asked to enable the pregnant woman to express her feelings, thoughts, fears, and anxieties before birth.

Sample question: Do you feel ready for labor?

of the concept of role support, which is one of the nursing therapeutics related to the transition role. The following therapeutics were applied for this purpose.

The nurse can help the pregnant woman express her feelings easily and support her participation in the education process by making her feel comfortable in the sessions (Supports goal 1).

Support for the mothering role by encouraging her to dream about her and her baby's future (Supports goal 2).

Informs the pregnant woman about how to use hospital and community resources (Supports goal 8)

In this session, the preparation of the pregnant woman for the transition process and her new role will be supported within the framework of transition role preparation. The following therapeutics were applied for this purpose.

The nurse can educate the pregnant woman about breastfeeding and infant care to reduce her anxiety and facilitate the transition by increasing her level of knowledge (Supports goals 3, 4, 5, 6 and 7).

The unique contribution of nurses to the individual in the transition process is to increase the sense of well-being. Nurses can facilitate healthy transitions by helping to ensure well-being (Meleis, 2010).

Outcomes ✓ Expresses feelings and thoughts before birth. ✓ Their anxiety towards birth decreases. ✓ They remember the information they need before birth. Session 5 (45-60 minutes) Postpartum day 7 Targets 1. The pregnant woman can easily express her feelings and thoughts after the birth. 2. The pregnant woman feels physically and spiritually well. 3. Participating in baby care and taking responsibility for the role of motherhood. 4. Increased adaptation to the process of transition to the role of motherhood. 5. To cope effectively with the problems she may encounter after birth. 6. To reach health services in emergencies that may be encountered after birth. 7. To be able to apply the information learned before birth. Outcomes ✓ Increases adaptation to the transition to motherhood. ✓ Can apply what they have learned about motherhood and baby care. ✓ Participates in the care of the baby. ✓ Feels physically and mentally well. ✓ She can ask for support from her spouse, family, and health professionals during the baby care process.	➤ Do you have any questions about the sessions we have held with you since the beginning of the program? ➤ Are there any other topics you would like to discuss or share? Questions such as these ensure the pregnant woman expresses her feelings, thoughts, and general information about birth and motherhood. Session 5 Events Supports the mother in conveying her feelings and thoughts as she feels. The mother is Asked to compare her prenatal and postnatal feelings and thoughts. A presentation on conscious parenting and mother-father-baby attachment is made. The mother is allowed to hold her baby. Nil Karaibrahimgil's songs 'From Me to You' and 'Meğer Ben Aziz Arifmişim' are opened, a card with the lyrics is presented, and the mother is encouraged to hum along. At the same time, the mother is asked whether she has any songs, lullabies, or words of appeal for her baby, and she is encouraged to share them. At the end of the session The content of the session is briefly summarised, and feedback is received in line with the expected outcomes.	The nurse can support the pregnant woman in expressing her feelings easily and help reduce fears and anxieties. Facilitate activating support systems (Supports goals 1, 2, and 3). <i>According to Meleis, one of the most critical components of a healthy transition to motherhood is role preparation and the individual's knowledge about the role. Prior preparation is a facilitator for the transition experience. Transition process and role-related training are critical in preparing appropriate conditions for transition (Meleis, 2010). The feeling of attachment to health personnel who answer the individual's questions and provide comfort is another indicator of a positive transition (Meleis, 2010).</i> In this session, the preparation of the pregnant woman for the transition process and her new role will be supported within the framework of transition role preparation. The following therapeutics were applied for this purpose. Provides information about the possibility of encountering psychosocial and physiological problems due to the rapidly changing emotional state and body physiology during pregnancy and reminds them of the importance of receiving support. (Supports goals 2, 4, 5 and 7) Supports the change of old attitudes and behaviors and ingrained beliefs and the acquisition of new skills to explore new ways of adapting to the role of motherhood and fulfilling the responsibilities of being a mother (Supports goals 1 and 7)
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✓ Request counseling when necessary. Material to be used MTCEP training book Emotion cards Powerpoint presentation Training Method Question and answer Discussion		Discusses what has changed by comparing pregnancy and postnatal period. For example, there may be a change in thoughts about being a mother. In this way, she supports her positioning of the role of motherhood (Supports goals 1 and 4).
Session 6 (45-60 minutes) Postpartum 1st month Targets 1. The pregnant woman feels physically and mentally well. 2. Increased adaptation of the pregnant woman to all roles in the mother's life cycle. 3. Realizing family members' duties in the family life cycle and ensuring family integrity. 4. Gaining awareness of positive parenting attitudes. 5. She is beginning to form her mothering style. 6. Perceiving herself positively as a parent. 7. They need to be able to use their knowledge and skills related to the role of motherhood. 8. Effective coping methods should be used for the problems encountered during the transition to motherhood. Outcomes ✓ Increased adaptation to the transition to motherhood.	Session 6 Firstly, feedback about the previous session was received. The mother is supported in expressing her perception of the role of fatherhood and her husband's views about being a father. The mother is presented with a list of activities and asked to choose the activities suitable for her from this list and to write on a piece of paper the activities that she enjoys doing and that are good for her. She is encouraged to perform one or more of these activities until the next session. Whether there are activities that they do as a family (mother-father-baby) or activities that they can do together are discussed. A PowerPoint presentation is made about the mother's adaptation to other roles in life. At the end of the session The session's content is briefly summarised, and feedback is received in line with the expected outcomes.	<i>According to Meleis, one of the most critical components of a healthy transition to motherhood is role preparation and the individual's knowledge about the role. Prior preparation is a facilitator for the transition experience. Transition process and role-related training are critical in preparing appropriate conditions for transition (Meleis, 2010).</i> <i>Understanding women's roles is very important for accurately determining their implicit experiences in health and illness, their multiple roles, and the level of women's health (Schumacher & Meleis, 1994).</i> <i>All roles should be integrated in harmony, and the individual should always be flexible and open to new roles (Meleis, 2010).</i> A fun activity list and positive thinking exercise created together with the mother can support mental well-being in the transition to motherhood. Enabling her to spare time for herself and think positively can support her in increasing her adaptation to motherhood. (Supports goals 1, 2, 3, 4, 5, and 6)

✓ Feels physically, mentally, and socially well. ✓ Increases adaptation to other roles in the life cycle. ✓ Actively uses her knowledge and skills related to the role of motherhood. ✓ Feels satisfaction with her motherhood role. ✓ Develops her own style of motherhood. Material to be used MTCEP training book Question cards Powerpoint presentation Training Method Question and answer Discussion		Provide a brochure for fathers on father-infant interaction and the role of fatherhood, support to the mother, and support the mother in sharing any responsibilities with her partner by providing training on this topic (Supports goals 4). It can support the development of a flexible and adaptable identity by emphasizing the other roles that the pregnant woman will carry out together with motherhood by presenting other roles in life and motherhood. (Supports goals 7 and 8)
Session 7 (Telephone/Online) Postpartum 3rd month Targets 1. Increased satisfaction of the mother with her motherhood role. 2. Increased self-confidence in motherhood. 3. Feeling competent in the role of motherhood 4. Flexible and adaptable identity development. Outcomes ✓ Increased adaptation to other roles in the life cycle. ✓ She feels satisfaction with her role as a mother. ✓ Increases self-confidence in motherhood. Material to be used MTCEP training book Training Method	Session 7 Firstly, feedback about the previous session was received. Any questions written on the question cards given at the end of the last session are answered. It is ensured that the mother repositions her motherhood role by comparing the 1st month after birth and the present. ‘After I became a mother...’ With the sentence completion activity, the pregnant woman is supported in sharing her feelings and thoughts after becoming a mother and the experiences that affect her positively or negatively after becoming a mother. At the end of the session In line with the expected outcomes, feedback is received by enabling them to express themselves about what they want to share and ask.	<i>The healthy completion of a transition is determined by the degree to which individuals demonstrate mastery of the skills and behaviors they need to manage and adapt to their new role (Meleis, 2000).</i> <i>The fact that the individual considers himself/herself sufficient in the newly acquired role shows that the transition results in success (Meleis, 2010).</i> This session applied the following nursing therapeutics to assess adaptation to the transition role. To support the transition to motherhood, the nurse can support the transition process and the positioning of the role of motherhood by providing an opportunity to share experiences related to the transition process (Supports goal 1). In family dynamics, evaluate the roles and functions of all family members, especially the father (Supports goal 4).

Question and answer Sentence completion Session 8 (45-60 minutes) Postpartum 4th month Targets 1. Increased satisfaction of the mother with her motherhood role. 2. Increased self-confidence in motherhood. 3. Feeling competent in the role of motherhood 4. Flexible and adaptable identity development. Outcomes ✓ Increased adaptation to other roles in the life cycle. ✓ She feels satisfaction with her role as a mother. ✓ Increases self-confidence in motherhood. Training Method Question and answer Case study sharing	Session 8 In this last planned meeting with the mother, feedback about the previous session was received. Any questions written on the question cards given at the end of the previous session are answered. It is ensured that the mother repositions her motherhood role by comparing the 3rd month after birth and the present time.	Encourages reflection to recognize the mother's strengths in mothering and other roles (Supports goals 1, 2, 3, and 4) <i>The healthy completion of a transition is determined by the degree to which individuals demonstrate mastery of the skills and behaviors they need to manage and adapt to their new role (Meleis, 2000).</i> <i>Each individual's transition experience is unique and may end at different times (Meleis, 2010).</i> This session applied the following nursing therapeutics to assess adaptation to the transition role. The nurse can support the transition process by providing an opportunity to share experiences related to the transition process to support the transition to motherhood (Supports goals 1 and 2). Discusses what has changed by comparing the 3rd month after birth and the present time. For example, there may be a change in thoughts about being a mother. Thus, it supports the positioning of the role of motherhood. (Supports goals 1 and 3) Ask the mother to share some of her activities related to her baby, family, and social life and inform her that this session is the last interview (Supports goals 1, 2, 3, and 4).
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