

Experiences of mothers with multiple sclerosis.

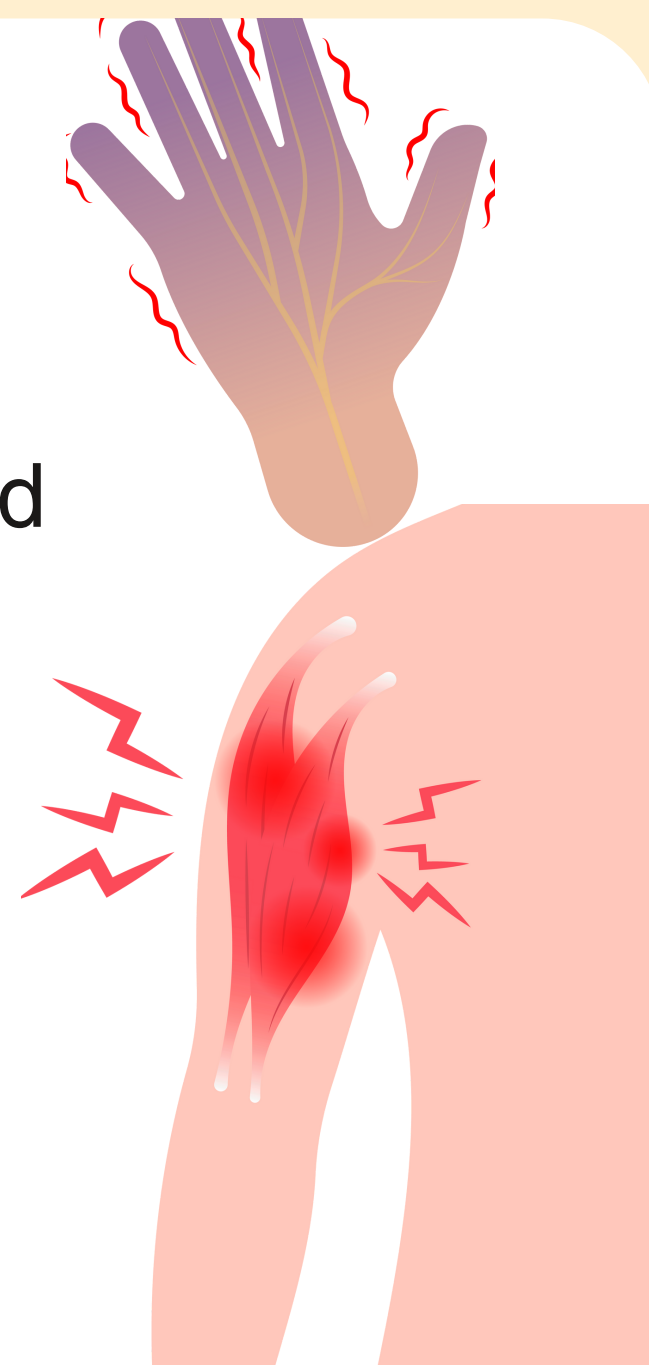
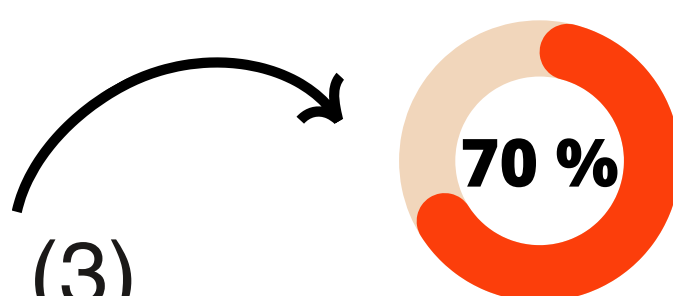
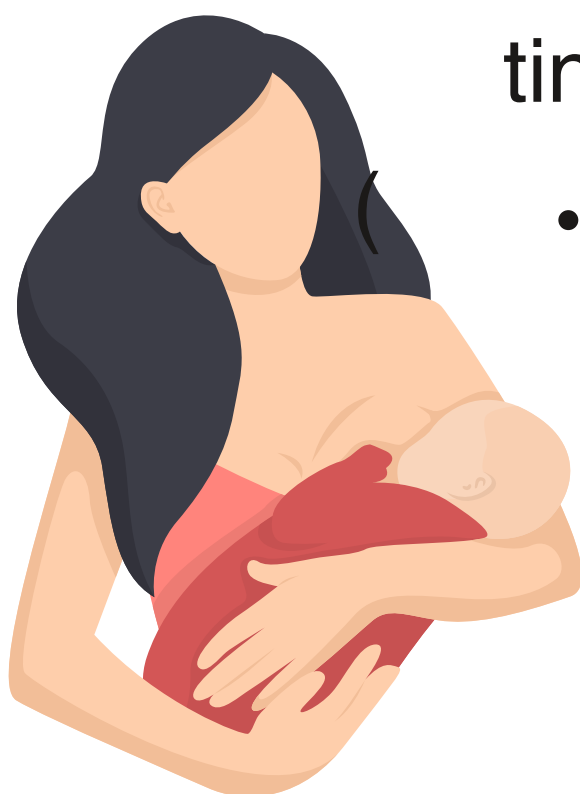
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01. INTRODUCTION:

- Multiple Sclerosis (MS) is a neurological autoimmune disease that targets the Central Nervous System. (1)
- Most common symptoms are hand shakiness, pain in the arms and fingers, fatigue, weakness, spasms, and numbness and tingling of the hands. (2)
- Symptoms vary in each individual. (1)
- Predominantly affects women of childbearing age. (3)
- Motherhood has an important symbolic meaning in women's subjective identity, and chronic illnesses like MS can alter the subjective experience of motherhood. (4)



02. OBJECTIVE

This study aims to explore the subjective experience of motherhood in women with MS.

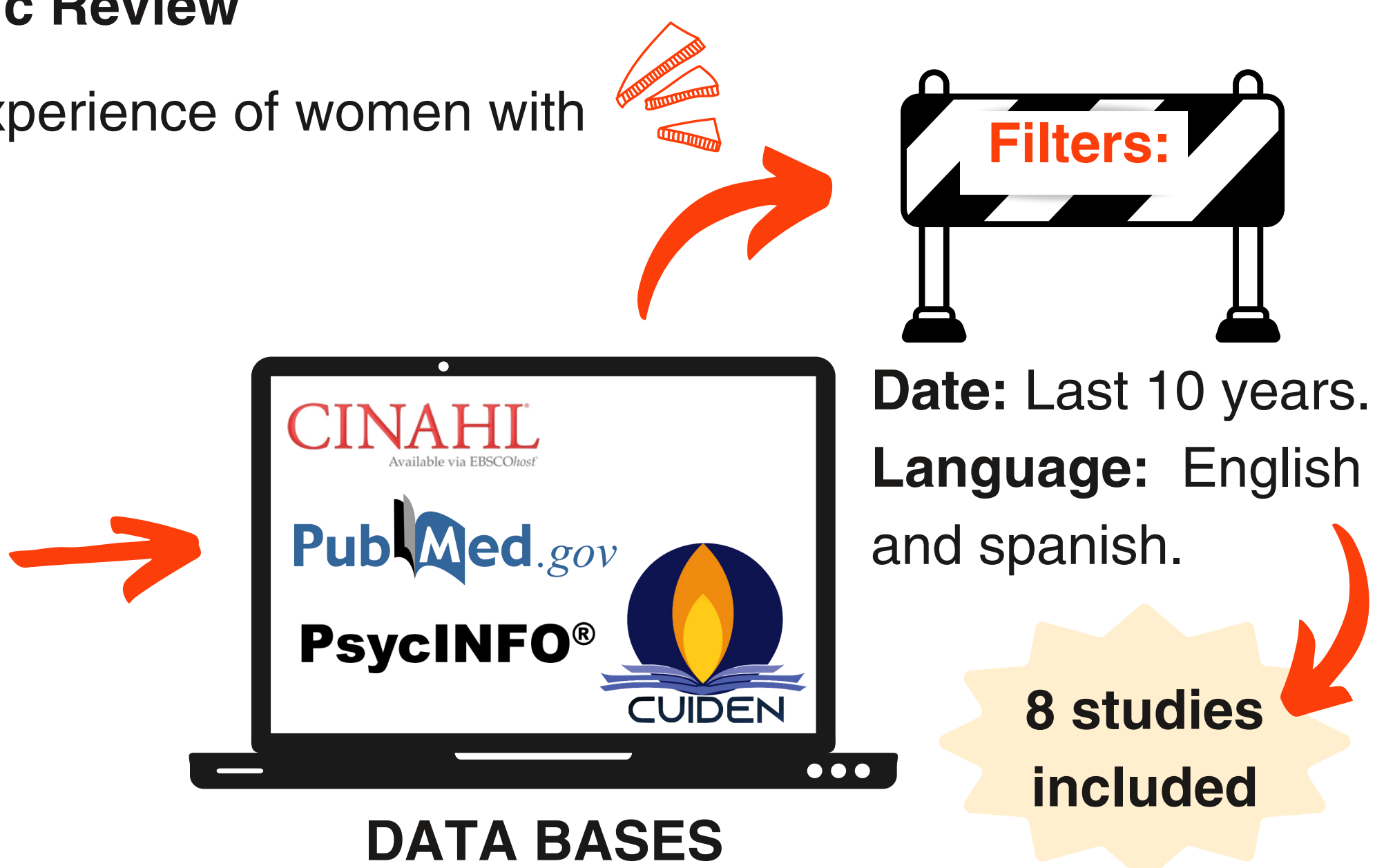


03. METHODOLOGY Systematic Review

(PS) Research question: ¿What is the experience of women with MS when becoming a mother?

- Search strategy (MeSH terms + Booleans).

Multiple sclerosis	Life change events	(Mothers	Pregnancy)
AND	AND	OR	



04. RESULTS

A) The decision of having a child:

+ Fertility issues

Fears because of the alteration in the menstrual cycle due to the MS medication (5)

Afraid of using hormone therapies to treat infertility.(5)

Lack of information and attention about fertility and pregnancy, by health professionals to patients. (6)

+ The importance of social support when considering having a child:

Parents of the woman → A crucial aspect in adapting to live with MS. (7)

The significant other → Primary source of support and stability during setbacks. (7)

A need to integrate multi-professional care (7)

The need for support was perceived as a threat to women's independence. (8, 9)



B) The bringing up process:

Mothers tends to prioritize their children's needs over their own. Sense of solitude and abandonment. (8, 9)

+ Imperfection as a part of maternity:

They perceive themselves as failing mothers (8) → Disrupts their "normal" mothering subjectivity (8, 9)

Not having a reliable body (8) → Need to adjust their daily tasks. (8)
Not being able to guarantee safety and fun. (8)

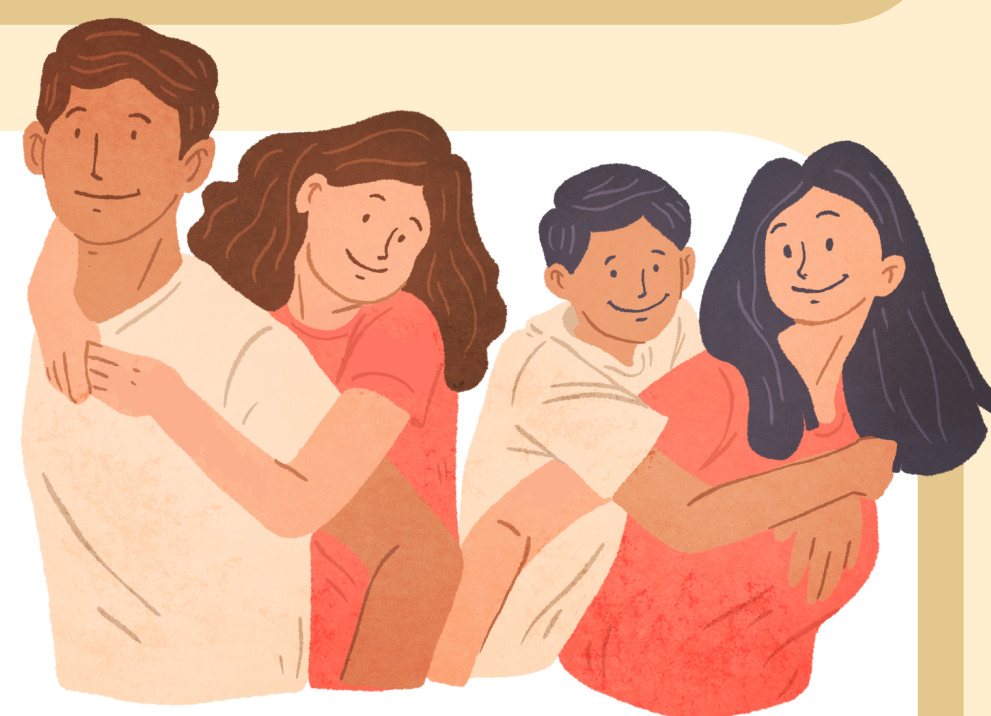
Distress and guilt (8)

+ Fear about the possibility of harming themselves and their future child:

- Not being able to care for their children or breastfeed (11, 5, 1)
- Coming off MS medications and the high likelihood of relapse post-partum. (6, 5, 12)
- The possibility of their baby inheriting MS (5, 8, 6)

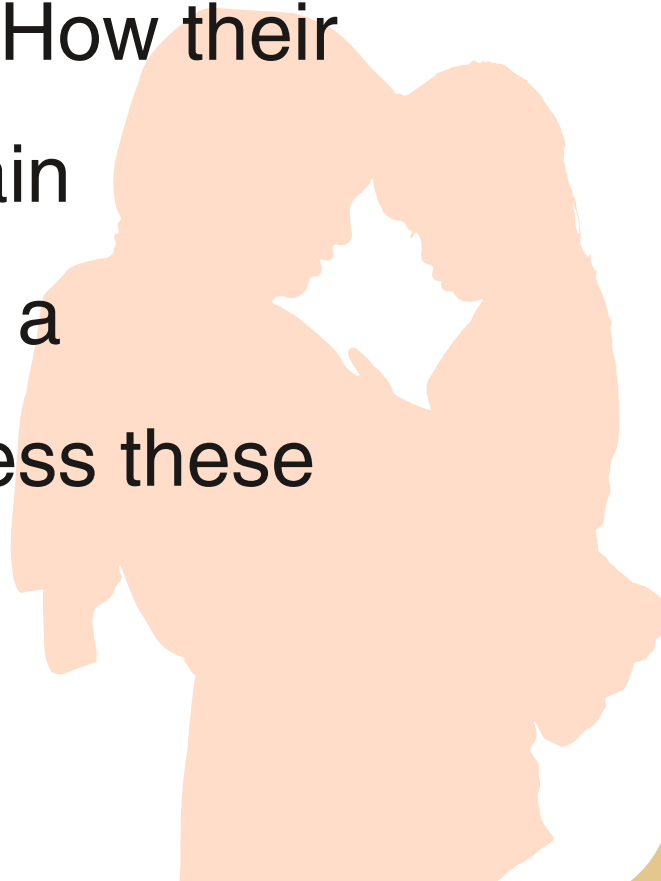
+ The struggle to maintain the control over the disease

- To be more efficient and work smarter.(8) Being aware of their body. (8)
- Taking part in a selfcare practices (8, 9)
- The illness has a positive effect on the education of the children (8)



05. CONCLUSION

Women with MS experience fears during the whole process of forming a family. How their fertility and the likelihood of experiencing a relapse during pregnancy are the main concerns. There is also a lack of information from healthcare professionals. And a multidisciplinary approach, including psychological support, is proposed to address these issues.



06. BIBLIOGRAPHY

It is necessary to scan the QR code to see the bibliography

