**Sibulela kakhulu ngokuthabatha kwakho inxaxheba kolu phando**

***(The Maternal Satisfaction Scale for Caesarean Section:)***

Umlinganiselo ngokunika amanqaku ukubonisa ulwaneliseko ngokubeleka ngotyando:

Sicela unike amanqaku ngokwale nkcazo olandelayo aphakathi ko-1 ukuya ku-7.

1= Andivumi konke konke, 7 = Ndivuma ngokupheleleyo

*(Many thanks for your participation in the study.*

*Please can you rate the following statements on a scale of 1 to 7.*

*1 = strongly disagree, 7 = Strongly agree.)*

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | Andivumi konke konke*(Strongly disagree)* |   |   | Andivumi kwaye andali*(Neither agree nor disagree)* |   |   | Ndivuma ngokupheleleyo*(Strongly agree)* |
|   | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| Ndaxelelwa ngokwaneleyo ngenaliti endiza kuyihlatywa esisilalisi-zivo*(I received enough information about my anaesthetic)* |   |   |   |   |   |   |   |
| Ndalinikwa ithuba lokubuza imibuzo xa kukho into endingaqinisekanga ngayo malunga notyando *(I was able to ask questions if I was unsure about my operation)* |   |   |   |   |   |   |   |
| Kwakungavakali zintlungu xa ndandisenziwa utyando lokubeleka*(I was pain free during my caesarean section)* |   |   |   |   |   |   |   |
| Ndaliqonda ukuba lisebenza ngokukhuselekileyo ichiza elisisilalisi-zivo *(I felt the anaesthetics I received was safe for me)* |   |   |   |   |   |   |   |
| Ndaziva ndikhuselekile mna nosana lwam kwichiza elisisilalisi-zivo*(I felt the anaesthetic I received was safe for my baby)* |   |   |   |   |   |   |   |
| Andizange ndive zintlungu xa ndandihlatywa inaliti emqolo*(I had no pain when the needle was put in my back)* |   |   |   |   |   |   |   |
| Inaliti yahlatywa ngokulula emqolo *(The needle was put easily into my back)* |   |   |   |   |   |   |   |
| Ndandihleli kakuhle xa ndandihlatywa ngenaliti emqolo*(I was in a comfortable position when the needle was put in my back)* |   |   |   |   |   |   |   |
| **Ngexesha lokutyandelwa ukubeleka:*****(During the caesarean section:)*** |   |   |   |   |   |   |   |
| Andizange ndingcangcazele*(I did not experience shivering)* |   |   |   |   |   |   |   |
| Andizange ndomelwe ngumlomo*(I did not experience dry lips/mouth)* |   |   |   |   |   |   |   |
| Andizange ndome umqala*(I did not experience a dry throat)* |   |   |   |   |   |   |   |
| Andizange ndizive nditshintshile ngokweemvakalelo*(I did not experience a change in mood)* |   |   |   |   |   |   |   |
|  | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **Emva kokutyandelwa ukubeleka:*****(After the caesarean section:)*** |   |   |   |   |   |   |   |
| Andikhange ndibe nazingxaki zomqolo*(I did not experience back problems)* |   |   |   |   |   |   |   |
| Andikhange ndive kurhawuzelelwa*(I did not experience itchiness)* |   |   |   |   |   |   |   |
| **Kwigumbi lotyando ndakwazi ukwenza oku:*****(In the operating room I was able to:)*** |   |   |   |   |   |   |   |
| Ukuthetha neqabane/umlingane wam*(Interact with my partner)* |   |   |   |   |   |   |   |
| Ndaziva ndikwazi ukuzilawula *(Have a sense of control)* |   |   |   |   |   |   |   |
| Ukuthetha nabasebenzi*(Communicate with the staff)* |   |   |   |   |   |   |   |
| Ukubona usana lwam emva kokubeleka*(See my baby after the delivery)* |   |   |   |   |   |   |   |
| Ndandikwazi okwenziwa ngabasebenzi ngexesha lotyando*(I knew what the staff were doing during the operation)* |   |   |   |   |   |   |   |
| Imeko yegumbi lotyando yayifanelekile*(I found the atmosphere in the operating room comfortable)* |   |   |   |   |   |   |   |
| **Kwigumbi lokuchachela ndakwazi ukwenza oku:*****(In the recovery room I was able to:)*** |   |   |   |   |   |   |   |
| Ukuluphatha usana lwam*(Hold my baby)* |   |   |   |   |   |   |   |
| Ukusondelelana nosana wam*(Bond with my baby)* |   |   |   |   |   |   |   |
| Ukunena usana lwam*(Nurse my baby)* |   |   |   |   |   |   |   |
| Ndachacha msinyane emva kokuhlatywa inaliti esisilalisi-zivo*(I recovered quickly after my anaesthetic)* |   |   |   |   |   |   |   |

1. Yenza uphawu lomnqamlezo kwindawo emiselweyo apha ngasezantsi ubonise indlela oziva ngayo ngoku:

*(Please make a cross on the scale below to indicate how anxious you feel right now:)*



Unayo indawana enexhala ndiyakucingela

*(Most anxious I can imagine)*

Akunaxhala konke konke

*(Not anxious at all)*

1. Ungabakhuthaza abanye oomama ukuba bayibukele ividiyo equlathe inkqubo yokubeleka ngotyando emva kokufakwa inaliti esisilalisi-zivo ehlatywa emqolo?

*(Would you recommend the video to other people undergoing spinal anaesthetic for caesarian section?)*

EWE *(Yes)* HAYI *(No)*