**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)*