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Oral Presentation – Session D: Primary Care and System Approach to Health

**A Cross-sectional Study of Postpartum Wrist Pain in Hong Kong: Its
Prevalence and Risk Factors**

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Aim: This cross-sectional survey examined the prevalence of and risk factors for wrist pain in women after childbirth, and the implications for antenatal education and postpartum care.

Method: Mothers who delivered at a tertiary institution in Hong Kong were interviewed by telephone 2 months postpartum. The prevalence of de novo wrist pain after childbirth and its severity was rated by the Numerical Rating Scale and Patient-Rated Wrist Evaluation (PREW) with pain and functional subscale scores.

Results: In total, 259 mothers aged 32.8 ± 4.0 years participated; of these, 149 (57.5%) developed wrist pain after childbirth and 125 (84%) had persistent wrist pain 2 months postpartum. The majority had moderate (43.5%) to severe (21%) wrist pain. Bilateral involvement was common (56.8%), with most of the pain (59.3%) located on the radial side of the wrist. Primiparity was associated with development of wrist pain (odds ratio 2.62, 95% confidence interval 1.33–5.16, $P = .01$), and pain intensity was negatively correlated with the baby's birth weight ($\beta = -1.059$, $P = .013$). Mean PREW pain and function scores were 22.8 ± 10.3 and 15.6 ± 10.7 , respectively. Wrist pain was also found in 19.5% of helpers involved in caring for the babies. There was an association between breastfeeding and wrist pain, but this was not statistically significant, possibly because of the small number of non-breastfeeding mothers in the study.

Conclusion: Wrist pain is prevalent in mothers after childbirth. Future studies should evaluate the long-term consequences of postpartum wrist pain and its overall effect on maternal health.