



Effectiveness of Hydrotherapy on Painperception During First Stage of Labour in Primi Parturient Mothers at Selected Hospital, Chennai

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ABSTRACT

The old wives tale that hot water can relieve pain deep in the body –and now scientists have discovered hydrotherapy can physically shut down the normal pain response involved in abdominal pain lower pain. “The heat doesn’t just provide comfort and have a placebo effort –it actually deactivates the pain at a molecular level in much the same way as pharmaceutical pain killer¹. The present study aimed to assess the effectiveness of hydrotherapy on pain perception during first stage of labor. 30 primi parturient mothers who fulfilled the inclusive criteria were included in the study numerical pain scale was used to assess the pain before and after the intervention. Hourly 15 minutes from 4cm to 8cm cervical dilatation the warm shower at 37°C was showered. The overall mean level of pain perception in pretest was 6.9 with SD 2.179, in the post test overall mean of level of pain was 3.36 with SD 1.646, the paired “t” test value of level pain (10.33) is highly significant at p<0.05 level.

KEYWORDS : Painperception, Hydrotherapy, primi parturient mothers

Introduction

The pregnant women are having more pain and stress during labor especially in primi parturient women. The researcher has observed that most of the pregnant women have more pain and stress during labor process. The Investigator from her experience had found the most of the pregnant women's are having severe pain and stress during the labor process and they are don't know how to reduce the physical pain and stress⁴. So the investigators have decided to give hydrotherapy during labour process among primi parturient women.

NEED FOR THE STUDY

Positive attitudes can give the women something works towards negative attitudes have the potential to undermine her mind, body and soul during labour. In their randomized controlled trail, they compared the effect of immersion in water as an alternative to amniotomy and intravenous oxytocin in 96 women experiencing dystocia in first stage of labour², their results showed that 30% of women in the water immersion group did not end up receiving augmentation and 20% received no intervention at all, women in the water immersion group reported less pain and increased satisfaction and had a labour rate of epidural analgesia.

Women who entered the water earlier in the first stage of labour rather than later had longer labours and were more likely to need oxytocin administration (57% compared with 30% respectively) the use of epidurals was also much higher among the early bathers (27%) than the late bathers (9%) they recommend the use of bath after 4cm of cervical dilatation in order to avoid the increased use of oxytocin and epidural analgesia³.

PROBLEM STATEMENT

A Study to assess the effectiveness of hydrotherapy on pain perception during first stage of labor among prim parturient mothers at selected hospital

OBJECTIVES

1. To assess the level of pain perception during first stage of labor before providing hydrotherapy.
2. To assess the level of pain perception during first stage of labor after providing hydrotherapy.
3. To associate the level of pain perception after hydrotherapy with their demographic variables.
4. To determine the level of pain perception between before and after providing hydrotherapy.

Research Methodology

A Pre -experimental one group pre-test and post-test design was adopted. The study was conducted with 30 primi parturient mother and the mothers were selected by convenient sampling and written consent from the mothers was obtained .First the researcher assessed the pre test level of pain before procedure with the help of numeric pain scale. After that the researcher provided hydrotherapy to the mother lower abdomen

(showering warm water 37°C for about fifteen minutes during first stage of labor from 3cm to 8cm cervical dilatation) the researcher assessed the post test level of pain with the help of numeric pain scale.

Results and discussion

In the pre test most of the primipartuient mother had severe pain in the post test 1 primi parturient mother had severe pain.7 primiparturient mother had moderate pain,19 primiparturient mother had mild pain, which indicate that the post test level of pain had decreased to significant level . Respect of level of pain in pretest overall mean of level of pain was 6.9 with SD 2.179, in the post test overall mean of level of pain was 3.36 with SD 1.646 ,the paired “t” test value of level pain (10.33) is highly significant at p<0.05 level.

FREQUENCY AND PERCENT DISTRIBUTION OF PRETEST AND POSTTEST LEVEL OF PAIN.

N=30

LEVEL OF PAIN	PRETEST NO	%	POST TEST NO	%
No pain	0	0%	3	10%
Mild pain	3	10%	19	63.3%
Moderate pain	10	33.3%	7	23.3%
Severe pain	16	53.3%	1	3.3%
Worst pain	1	3.3%	0	0

Shows that in the pretest level of pain maximum 16 (53.3%)Have severe pain .In the post test the maximum 19(63.3%) have experienced only in mild pain which indicates hydrotherapy had decreased the pain level to significant level of pain.

FREQUENCY AND PERCENTAGE DISTRIBUTION OF OVERALL PAIN OF PRIMIPARTURIENTMOTHERS

CONCLUSION:

There was decreased level of pain during first stage labor among primi parturient mothers. There is a significant difference in the level

of pain among primi parturient mother before and after hydrotherapy. There is a significant relationship between post test levels of pain among primi parturient mother with their demographic variables. Hence the hydrotherapy was found to be effective in reducing the pain perception during first stage of labor among primi parturient mothers

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