



## A COMPARATIVE STUDY TO ASSESS EFFECT OF SITZ BATH VERSUS SITZ STEAM ON HAEMORRHOIDS AMONG THIRD TRIMESTER ANTENATAL WOMEN ADMITTED IN SELECTED HOSPITALS.

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### ABSTRACT

Purpose of the study to assess the effect of sitz bath versus sitz steam among third trimester antenatal women admitted in selected hospitals. The Quasi Experimental pre-test post-test tow group research design was used for the study. The group consisted of 30 samples for sitz bath group and 30 samples for sitz steam group. The Non – Probability Purposive Sampling Technique was used to select the samples. Content validity of the tool was ensured by verifying it with 17 experts from the nursing and medical field. Reliability Tool was done by using Cohaeen's Kappa Technique. The reliability coefficient was 0.84 which suggested the tool is highly reliable. Conclusion: Sitz steam is more effective to reduce pain up to 2nd day than the sitz bath. Average effect on haemorrhoids symptoms scores in SITZ steam group were 0.2, 1.1, 1.7, 2.7, 3.1, 4.1, 4.0, 4.8, 5.1, 5.6 and 5.9 from day 1 second observation before delivery till second observation on day 3 after delivery. Average effect on haemorrhoids symptoms scores in sitz bath group were 0.0, 0.4, 0.8, 1.7, 2.3, 3.3, 3.3, 4.4, 4.5, 5.5 and 5.5. T-values were 1.5, 3.0, 3.2, 2.6, 3.0, 2.4, 1.8, 1.1, 1.6, 0.3 and 1.0 with 58 degrees of freedom. P-values were small for day 2 first observation before delivery till day 1 second observation after delivery. It is evident that the Average effect of sitz steam on haemorrhoids symptoms is always higher as compared to that of SITZ bath application.

### KEYWORDS :

#### BACKGROUND:

#### AN OUNCE OF PREVENTION IN WORTH A POUND OF CURE

The human body is the structure of a human being . Digestive system is a series of hollow organs joined in a long, twisting tube from the mouth to the anus. Haemorrhoids, also called piles, are vascular structures in the anal canal. In their normal state, they are cushions that help with stool control. They become a disease when swollen or inflamed; the unqualified term "haemorrhoid" is often used to refer to the disease. Pregnant women are advised to consider changing the type of iron supplement ( if used ) to increase their intake of bran or wheat fibre and fluids and to take gentle exercise to alleviate this problem. A sitz bath is a bath in which a person sits in water. It is used to relieve discomfort and pain in the lower part of the body, *Steam Treatment* is a very effective *treatment, steam treatment* includes a 20 minute *steam treatment* that comfortably warms and relaxes muscles of the body, it reduces Stress, Cellulite Reduction, Joint Pain Relief, Eases Sore Muscles, Relieves Allergies/Asthma, Improves Circulation/Reduces inflammation and most important *steam has effect on pain*. Constipation occurs in 11-38% of pregnant women. Although the exact prevalence of haemorrhoids during pregnancy is unknown, the condition is common, and the prevalence of symptomatic haemorrhoids in pregnant women is higher than in non-pregnant women<sup>(1)</sup>

#### NEED OF THE STUDY

According to Dr. Pamela Berens, MD, professor of Obstetrics and Gynaecology at the University of Texas Medical School at Houston 2015, these changes include "increased venous pressure caused by the enlarging pelvic mass—otherwise known as the pregnant uterus and baby." Pregnancy and vaginal delivery predisposes women to develop hemorrhoids because of hormonal changes and increased intra-abdominal pressure. It has been estimated that 25% to 35% of pregnant women are affected by this condition. In certain populations, up to 85% of pregnancies are affected by hemorrhoids in the third trimester. The veins below your uterus (womb) are more likely to become swollen and stretched as the weight of your growing baby puts pressure on them. This is why patients are more prone to piles and varicose veins, when they are pregnant. Constipation, another pregnancy bugbear, can also cause piles. One reason pregnant women tend to get problem haemorrhoids is frequent constipation due to hormonal changes. Above studies shows that in third trimester pregnant women develops haemorrhoids due to pressure on

pelvis floor. sitz bath is the effective treatment of haemorrhoids and steam also having effect of relaxation of muscles .so investigator felt need to evaluate effect of sitz bath and sitz steam on haemorrhoids among antenatal mothers in third trimester.<sup>(3)</sup>

#### STATEMENT OF STUDY:

"A comparative study to assess effect of sitz bath versus sitz steam on haemorrhoids among third trimester antenatal women admitted in selected hospitals".

#### OBJECTIVES:

- 1) To identify haemorrhoids among third trimester antenatal women
- 2) To evaluate effect of sitz bath and sitz steam on haemorrhoids before and after intervention among third trimester antenatal women.
- 3) To compare the effect of sitz bath and sitz steam on haemorrhoids among third trimester antenatal women.
- 4) To find association between haemorrhoids and selected demographic variables (weight, gravida, occupation, diet)

#### HYPOTHESIS:

H<sub>0</sub>: There will be no significant effect of sitz bath and sitz steam on haemorrhoids.

H<sub>0</sub>: There will be no similar effect of sitz bath and sitz steam on haemorrhoids

#### RESEARCH METHODOLOGY

The research approach adopted for the present study was quantitative research approach In the present study the Investigator selected Quasi Experimental pre-test post-test two group design.

#### SETTING OF THE STUDY

The pilot study was conducted in sahyadri hospital and main study was conducted in D.Y. Patil hospital and research centre sample size 10 samples for pilot study and 60 samples for main study. which were participant as sample in study.

#### POPULATION

Antenatal mothers from third trimester admitted in hospital for delivery.

#### SAMPLE SIZE

60 Antenatal mothers from third trimester and post natal mothers in immediate post-partum period

30 Samples has been taken in sitz bath group.  
 30 Samples has been taken in sitz steam group.

**SAMPLING TECHNIQUE**

non-probability, purposive sampling technique

**SAMPLING CRITERIA**

**INCLUSION CRITERIA**

- 1) Antenatal mothers from third trimester ( admitted for delivery and followed immediate in post natal period).
- 2) Women who are willing to participate in study.

**EXCLUSION CRITERIA**

- 1) Women who are giving birth with high risk pregnancy.
- 2) Women who are giving birth by caesarean delivery
- 3) Women who are developed complications during labour.
- 4) Women having bleeding at haemorrhoids site.

**DATA COLLECTION TECHNIQUE AND TOOL**

**TOOL AND TECHNIQUES:**

**Technique:**

Technique of data collection is observation.

**Tool:**

Structured observation checklist is the tool for present research study.

**Section A:**

demographic data of the study participants.

**Section B:**

- I) observation checklist.
- II) Pain scale to assess pain level.

**Section C:**

- I) Procedure of sitz bath
- II) Procedure of sitz steam

A observational checklist and Wong's bakers pain scale was used for data collection.

**PILOT STUDY**

The pilot study was conducted from 5<sup>th</sup> February 2018 to 10<sup>th</sup> February 2018, on 10 samples which include third trimester antenatal women admitted for delivery at sahyadri hospital.to assess feasibility of the study and to decide the plan for data analysis.

**ANALYSIS AND INTERPRETATION OF DATA**

**Section I**

Description of samples based on their personal characteristics in terms of frequency and percentages

N=30, 30

Demographic variable	SITZ Steam		SITZ Bath	
	Freq	%	Freq	%
<b>Age</b>				
20-25 years	10	33.3%	15	50.0%
26-30 years	14	46.7%	12	40.0%
31-35 years	3	10.0%	3	10.0%
36-40 years	3	10.0%	0	0.0%
<b>Gravida</b>				
Primigravida	22	73.3%	27	90.0%
Multigravida	8	26.7%	3	10.0%
<b>Weight</b>				
50-60 kg	10	33.3%	17	56.7%
60 kg and more	20	66.7%	13	43.3%
<b>Area of residence</b>				
Urban	16	53.3%	12	40.0%
Rural	14	46.7%	18	60.0%
<b>Type of diet</b>				

Veg diet	8	26.7%	8	26.7%
Mixed Diet	22	73.3%	22	73.3%
<b>Education</b>				
Illiterate	1	3.3%	0	0.0%
Primary	11	36.7%	17	56.7%
Secondary and Higher secondary	16	53.3%	11	36.7%
Graduate and Post graduate	2	6.7%	2	6.7%
<b>Occupation</b>				
Sedentary	9	30.0%	7	23.3%
Labor work	21	70.0%	23	76.7%
<b>Family Income</b>				
Up to Rs. 10,000	11	36.7%	4	13.3%
Rs. 10,001-20,000	16	53.3%	14	46.7%
Rs. 20,001-30,000	1	3.3%	10	33.3%
Above Rs. 30,000	2	6.7%	2	6.7%

**Section II**

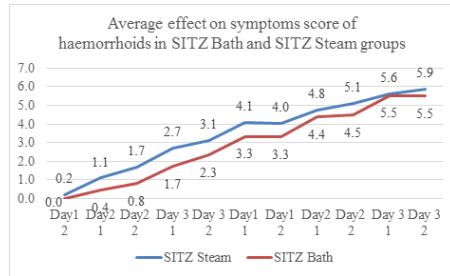
**Table 2: Haemorrhoids among third trimester antenatal women**

N=30, 30

Day	Haemorrhoids	SITZ Steam		SITZ Bath	
		Free	%	Free	%
Before Delivery Day1 1	No Symptoms	0	0.0%	0	0.0%
	Mild	0	0.0%	0	0.0%
	Moderate	2	6.7%	1	3.3%
	Severe	28	93.3%	29	96.7%

**Section III**

**Effect of SITZ bath on haemorrhoids before and after intervention among third trimester antenatal women**



**Section IV**

**Comparison of the effect of SITZ bath and SITZ steam on symptoms score of haemorrhoids among third trimester antenatal women**

N=30, 30

Before/After	Day	Haemorrhoids	SITZ Steam		SITZ Bath	
			Freq	%	Freq	%
Before Delivery	Day1 1	No Symptoms	0	0.0%	0	0.0%
		Mild	0	0.0%	0	0.0%
		Moderate	2	6.7%	1	3.3%
		Severe	28	93.3%	29	96.7%
	Day1 2	No Symptoms	0	0.0%	0	0.0%
		Mild	1	3.3%	0	0.0%
		Moderate	3	10.0%	0	0.0%
		Severe	26	86.7%	30	100.0%
	Day2 1	No Symptoms	0	0.0%	0	0.0%
		Mild	2	6.7%	0	0.0%
		Moderate	11	36.7%	1	3.3%
		Severe	17	56.7%	29	96.7%
Day2 2	No Symptoms	0	0.0%	0	0.0%	
	Mild	4	13.3%	0	0.0%	
	Moderate	14	46.7%	5	16.7%	
	Severe	12	40.0%	25	83.3%	
Day3 1	No Symptoms	0	0.0%	0	0.0%	
	Mild	10	33.3%	5	16.7%	
	Moderate	15	50.0%	12	40.0%	
	Severe	5	16.7%	13	43.3%	

	Day3 2	No Symptoms	0	0.0%	0	0.0%
		Mild	16	53.3%	1	3.3%
		Moderate	14	46.7%	24	80.0%
		Severe	0	0.0%	5	16.7%

Table 11 contd...

Before/After	Day	Haemorrhoids	SITZ Steam		SITZ Bath	
			Freq	%	Freq	%
After Delivery	Day1 1	No Symptoms	2	6.7%	0	0.0%
		Mild	24	80.0%	16	53.3%
		Moderate	4	13.3%	12	40.0%
		Severe	0	0.0%	2	6.7%
	Day1 2	No Symptoms	4	13.3%	2	6.7%
		Mild	18	60.0%	8	26.7%
		Moderate	8	26.7%	19	63.3%
		Severe	0	0.0%	1	3.3%
	Day2 1	No Symptoms	5	16.7%	2	6.7%
		Mild	24	80.0%	26	86.7%
		Moderate	1	3.3%	1	3.3%
		Severe	0	0.0%	1	3.3%
	Day2 2	No Symptoms	7	23.3%	4	13.3%
		Mild	22	73.3%	22	73.3%
		Moderate	1	3.3%	4	13.3%
		Severe	0	0.0%	0	0.0%
	Day3 1	No Symptoms	10	33.3%	7	23.3%
		Mild	19	63.3%	21	70.0%
		Moderate	1	3.3%	2	6.7%
		Severe	0	0.0%	0	0.0%
	Day3 2	No Symptoms	15	50.0%	10	33.3%
		Mild	15	50.0%	17	56.7%
		Moderate	0	0.0%	3	10.0%
		Severe	0	0.0%	0	0.0%

**Section V**

**association between haemorrhoids and selected demographic variables (weight, gravida, occupation, diet)**

Since all the p-values are large (greater than 0.05), none of the demographic variable was found to have significant association with the haemorrhoids.

**DISCUSSION:**

The findings of the study have been discussed with the reference to the objectives and hypothesis in chapter first and findings of the study.

Maestre y and pares d conducted study on cold or hot sitz bath in the emergency treatment of acute anal pain due to anorectal diseases 2010 august. The objectives of the study was to examine the effect of the two temperatures sitz bath in patients with anal pain. It was a randomised clinical trial on patients with acute anal pain due to haemorrhoids. Researcher divided 24 samples in group 1: sitz bath with water at a temperature of less than 15 degrees C, and Group 2: sitz bath with a water temperature above 30 degree C. The analysis was made of the pain at 7 days (visual analogue scale), in the result there were no statistical differences being in the pain scores on the first day compared to the seventh in group 2 p value 0.244. the rest variables were similar. There were on statistically significant differences in pain control from day 1 to day 7 in the group sitz bath with hot water.<sup>(63)</sup>

In the present study researcher compared effect of sitz bath on haemorrhoids with sitz steam. The objectives was to assess the effect of sitz bath and sitz steam on haemorrhoids, to compare the effect sitz bath and sitz steam on haemorrhoids. In the present study quasi- experimental pre-test post-test deign is used. Researcher took 60 third trimester antenatal women as a samples and divided them in two groups, Group 1 sitz bath and Group 2 sitz steam. The analysis was made of

the symptoms and pain on observational checklist and wong's bakers pain scale, in the result all the corresponding p-values were small than 0.5 , null hypothesis and and two rejected, the sitz steam was effective in improving the haemorrhoids symptoms from day 1 second observation onwards.<sup>(5)</sup>

**CONCLUSION**

This study presents conclusion , implication, limitations, delimitations and recommendations of the present study. The focus on this study was to assess the effect of sitz bath verses sitz steam on haemorrhoids among third trimester antenatal women.

The study involved two group pre-test and post-test design , convenient sampling technique was used. The size of samples was 60 antenatal women having haemorrhoids and selection was done according to inclusion and exclusion criteria. Observation of haemorrhoids was done on first day after observation Intervention of sitz bath and sitz steam was given twice a day for 20 minutes. After intervention pain was assessed on pain scale and symptoms of haemorrhoids assessed with observational checklist. Above same procedure was repeated by giving sitz bath to 30 patients and sitz steam to 30 patients for 6 days continuously that is 3 day before delivery and 3 days after delivery. The result were analysed by using descriptive and inferential statistics. all the corresponding p-values were small than 0.5 , null hypothesis one and two rejected, the sitz steam was effective in improving the haemorrhoids symptoms from day 1 second observation onwards. sitz bath has faster effect on haemorrhoids symptoms as compared to sitz bath application.

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