



## THE EFFECTS OF TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION ON FUNCTIONAL INDEPENDENCE, SLEEP QUALITY AND STRESS IN PATIENTS WITH CESAREAN SECTION AND VAGINAL DELIVERY

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### ABSTRACT

**Introduction:** C-sections are one of the surgical procedures that could leave patients in discomfort. Maternal stress can affect physiological and behavioural health, which can have negative effects. The postpartum period can be extremely distressing and emotionally intense. Demands for baby care and shifting social norms are two things that are known to make mothers more stressed. Postpartum sleep is substantially impacted because most women prioritise childcare. Postoperative pain management that is effective and sufficient shortens hospital stays, reduces cost of care, and hastens postoperative recovery. For these goals, non-pharmacological therapies transcutaneous electrical nerve stimulation (TENS) can be employed. TENS is a safe, non-invasive and non-pharmacological treatment modality with a wide range of clinical applicability and may be preferred as an alternative method in pain control in postpartum. **Participants:** All patients from Inpatient Department were included in the study who met the inclusion criteria. The sample size was calculated by online website (calculator.net) and was 28. **Materials And Methods:** We administered the PSFS (Patient Specific Functional Scale), HPSS (Hung postpartum stress scale), AIS (Athens Insomnia Scale.) questionnaires on first day of data collection followed by application of TENS with pre-designed protocol and repeated on second and third day.

**Results:** The score of PSFS was increased by 36.12%

The score of HPSS was increased by 5.9%

The score of AIS was increased by -6.07%

**Discussion:** TENS could be used as integral part of regular Physiotherapy management in post-partum patients which will not only reduce pain but also, improves associated factors and eventually quality of life of patients. **Conclusion:** Based on the data collected from the samples application of TENS increases functional independence, reduces the stress and anxiety and improves sleep quality in post-partum patients.

**KEYWORDS :** TENS, C-section, Physiotherapy