

Effect of Parturient Positions on Labour Pain Among Mothers.

Mrs. Vinitha. S

Lecturer, Jabalpur Institute Of Nursing Science and Research, Jabalpur.

Guide: Dr. Usha Ukande, Principal/ Professor, Choithram College of Nursing

Abstract:

A quasi-experimental study to find out the effect of parturient positions on labor pain, among mothers during 1st stage of labor was conducted at two private hospitals of Indore (M P). The study had 1 control group and 2 experimental groups. In experimental group I, intervention was left lateral position and in experimental group II, the intervention was sitting position. The sample comprised of 30 primipara mothers, divided 10 in each groups, during 1st stage of labor, with cervical dilatation between 4cm-7cm. A purposive sampling technique was used to select the samples. A structured questionnaire, observation schedule and modified 'Fordyce Pain Behaviour Scale' for pain assessment were used for data collection. The findings of the study revealed that in control group 8 (80%), 1 (10%), 1 (10%) subjects had very severe pain, severe and unbearable pain respectively, whereas in experimental group I (left lateral position), 9 (90%) & 1 (10%) of subjects had severe pain and very severe pain respectively. In experimental group II (sitting position), 5 (50%) and rest 5 (50%) subjects had only moderate pain and severe pain respectively. The computed 't' value was $t_{18} = 2.21$, $p \leq 0.05$, which proved that the left lateral position reduces the labor pain significantly. The computed 't' value was $t_{18} = 13.78$, $p \leq 0.001$ which proved that the sitting position was highly beneficial in reducing labor pain during 1st stage of labor. The pain scores of the sitting position (6.1) was lower as compared to that of left lateral position (8.55) and the computed 't' value ($t_{18} = 6.44$, $p \leq 0.001$). This significantly proved that sitting position is a better position as compared to left lateral position in the reduction of labor pain intensity among primipara mothers, during 1st stage of labor. There was also a significant association between labor pain intensity and the presence of family members with mothers, during 1st stage of labor ($\chi^2 = 9.49$; $p \leq 0.05$).

Key words: Effect, parturient positions, 1st stage of labour, primi mothers, labour pain.

Introduction

Natural childbirth is a sublime experience, with many safe options and benefits women dream of a perfect birth. The physiological transition from pregnancy to motherhood heralds an enormous change in each woman physically and psychologically. Labor is one of the major events in a woman's life. It is accompanied by pain. Labor pain is nature's own way of alerting the pregnant mother about impending childbirth. Pregnant women commonly worry about the pain, they will experience during labor and childbirth and how they will react and deal with that pain.

Need of the study

The investigator, during her clinical experience noticed that a considerable number of women in labor room were struggling with severe labor pain, and were not receiving any help measures for their comfort and pain relief. This would increase the pain and anxiety and thus decrease the progress of labor. Sometimes, resisting the labour pains would lead to maternal and fetal distress. Positioning during labor as a pain relieving measure is a simple, low cost and effective method as compared to administration of medication that could adversely affect the fetus and the mother. Hence, there is a need for assessing the relationship between the different parturient positions and the pain intensity felt