



# “EFFECTIVENESS OF ABDOMINAL EFFLEURAGE ON LABOR PAIN INTENSITY DURING 1ST STAGE OF LABOR AMONG PARTURIENTS”

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## Abstract

Today, various pharmacological and non-pharmacological interventions are used to relieve the labor pain. Parturient mothers may experience significant pain during labor but the severity of labor pain can be minimized by massage therapy. Therefore, a quasi-experimental study to assess the effectiveness of abdominal effleurage on labor pain intensity during 1st stage of labor among parturient mothers admitted in the labor room at selected hospital of Indore was undertaken. Two group pre-test post-test design was used in the study. Non-probability purposive sampling technique was used to select 60 parturient mothers. This study was being conducted at Christian Hospital, Indore. Statistical Analysis revealed that there is no significant association between the labor pain intensity & selected variables of control group as well as in experimental group at the level of  $p \leq 0.05$ . Pain scores revealed that there is significant effectiveness of abdominal effleurage on the labor pain intensity. The statistical pain difference of the intensity of pain scores of the control and experimental group was computed by Mann Whitney U value ( $p = 0.000$ ), which proved to be significant at the level of  $p = 0.001$ .

**Keywords:** Abdominal Effleurage, Labor Pain Intensity, 1<sup>st</sup> Stage of Labor, Parturient Mothers

## Background

Labor pain varies in severity and quality in different women, but it is one of the most severe pain a woman experience in her life. **Melzack, R., 1999**<sup>6</sup> All cultures, know labor as a painful process, but personal feeling toward it, reactive behaviors and cultural perception of the labor pain, is different in various cultures and societies **Lowdermilk, D.L., 2000**<sup>5</sup>. Duration of labor pain and induced anxiety would affect the function of respiratory, circulation and endocrinology system, which would adversely affect the progress of labor. This would eventually cause an increase in instrumental and manipulative delivery and even lower Apgar scores of newborn **Loeser, J.D., 2001**<sup>4</sup>.

An ideal labour pain relief method should meet the following criteria: having the least possible side-effects for mother and fetus, having long lasting effect, could be administered easily, having appropriate sedative effect without interfering with uterine contractions **Pillitteri, Adele., 1999**<sup>9</sup>.

Non-pharmacological pain relief approaches have different advantages such as lack of side-effect for mother and fetus and also being pleasant for both of them. Some of these approaches are muscle relaxation, respiratory techniques, hydrotherapy, music therapy, and massage therapy **Lowdermilk, D.L., 2000**<sup>12</sup>.

Effleurage is the most basic massage movement and is often used as a linking movement. Effleurage is a light, gliding motion over the skin that always maintains contact and directs the strokes towards the heart. An effleurage movement is usually repeated several times over the same area on the body. Effleurage is performed by the laboring woman or by her partner/husband or her labor support (doula). The sensation of pain is reduced in varying degrees, depending on the individual. **Salem, M., 2004**<sup>10</sup>

## Need of the study

Childbirth is a significant, though stressful event. As an expectant mother reaches her due date, a concern that looms large in her mind is the pain that she will experience during labour. Will she be able to cope? Is it necessary for her to experience her labour without drugs? A woman who is able to cope with the stress of labour tends to feel more satisfied with her experience; an experience that is

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