



EFFECTIVENESS OF ACUPRESSURE THERAPY (SP6 POINT) ON LABOR PAIN AND CERVICAL DILATATION DURING FIRST STAGE OF LABOR AMONG PARTURIENTS

* Kaveri Ben Pandaya, M.Sc.(N) **Soney Neeraj Toppo, M.Sc.(N) ***Varsha Hariharan, M.Sc.(N)

Abstract

Even though delivery is a natural phenomenon, it has been observed that the accompanying pain is considered severe or extreme in more than half of cases and relief from such pain is sought after by health care team and the parturient. Therefore, a study to assess the effectiveness of acupressure therapy (SP6 point) in reducing labor pain and enhancing cervical dilatation during first stage of labor among parturients admitted in the labor room of selected hospitals of Indore was undertaken. Quasi-experimental approach was used with two group nonequivalent control group design. 60 parturients in first stage of labor as per the predetermined inclusion criteria were selected by purposive sampling technique. Acupressure therapy was given to experimental group on SP6 point during each contraction for 30 minutes and routine care was given to control group. Findings of the study revealed that there was a significant difference in pain intensity of experimental group and control group at $t_{58} = 25.3$ at the level of $p \leq 0.001$ and there was a significant difference in pain intensity assessed by Modified Pain Behavior Scale of experimental group and control group i.e. $t_{58} = 16.43$ at the level of $p \leq 0.001$. Hence, it was inferred that acupressure therapy (SP 6 point) was effective in reducing labor pain. Findings also revealed that mean cervical dilatation of experimental group was 1.43 which was significantly higher than the mean cervical dilatation of control group i.e. 0.95 and there was significant difference in cervical dilatation of experimental group and control group i.e. $t_{58} = 6.68$ at the level of $p \leq 0.001$. Hence, it was proved that acupressure therapy (SP 6 point) was effective in enhancing cervical dilatation.

Keywords: Parturients, labor pain intensity, cervical dilatation, acupressure therapy, SP6 (San-Yin-Jiao) point, first stage of labor.

Background

A woman's experience regarding labor pain is influenced by many elements including her experiences of pain, her coping abilities, the birth environment, and psychosocial factors. Labor pain differs from other forms of pain in that no actual trauma or tissue damage occurs. Chapman describes labor pain as stimuli of receptive neurons arising from contractions of the uterine muscles, which is referred to the visceral, pelvic, and lumbar-sacral areas.

Tournaire, Michel. Theau-Yonneau, Anne. 2007¹²

Even though there has been enormous growth in complementary alternative medicine (CAM) in the past decade, few well-designed studies on the use of CAM in pregnancy or childbirth have been conducted. Some of the most interesting of the studies are those based in traditional Chinese medicine, which is a complex ancient system of healing that includes the use of acupuncture, acupressure (acupuncture without needles), moxibustion (stimulation of acupuncture points with heat from a

burning herb), massage, diet, herbs and exercise to promote health and treat disease. Within the framework of traditional Chinese medicine, the stimulation of acupuncture points by these treatments is a way of initiating, controlling, or accelerating body functions by stimulating energy channels (meridians) beneath the skin's surface and rebalancing the body's energy, (Qi) to restore health. Shiatsu, a Japanese healing modality based on acupuncture uses massage to stimulate the energy pathways. **Chez, R.A. and Jonas, W.B. 1997³**

World Health Organization recognizes Acupressure science under Alternative Medicines or Traditional Medicines. It considers acupressure as one of the alternative medicinal treatment, which is important in solving the health problems of the world. For developing countries, therapies like acupressure are a boon. It is not only affordable for the common people but also it can be useful in taking medical care to the villages where conventional medicinal treatment is hard to find. **Suei, Feng. 2005¹¹**

Need of the Study

The natural and holistic approach of acupressure in reducing the labor pain has absolutely no adverse effect

*Kaveri Ben Pandaya, Lecturer, Sandra Shroff ROFEL College of Nursing, Vapi **Mob.** 9427687095, Email: .kaveri486@gmail.com

** Mrs. Soney Neeraj Toppo, Asso.Professor, Choithram College of Nursing, Indore

*** Mrs. Varsha Hari, Lecturer, Choithram College of Nursing, Indore