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Research Paper...

## EFFECTIVENESS OF BREAST CRAWL AS A DIVERSIONAL THERAPY FOR REDUCTION OF PAIN IN PRIMIPARA WOMEN, DURING EPISIOTOMY SUTURING

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### Abstract

Childbirth is a transformative event in a woman's life. The intranatal as well as post-partum phase can become more challenging when the new mother experiences perineal or genital tract trauma as a result of childbirth. Pain is subjective and multi-factorial experience, hence multi-dimension pain assessment is essential. Therefore, a research study was carried out to assess the effectiveness of breast crawl as a diversional therapy for reduction of pain in primipara women, during episiotomy suturing in selected maternity hospitals of a metropolitan city. The research design selected for this study was quasi experimental non equivalent control group design. The study was conducted in selected maternity hospitals of Metropolitan city, where the patients admitted were from the lower socio-economic group. The subjects selected in this study included 50 primipara women undergoing episiotomy suturing, 25 in the experimental and 25 in the control group, by Purposive sampling technique. Data was collected using Demographic data, Clinical data, Numerical pain scale, Behavioural pain scale and opinionnaire. Majority subjects 88% belonged to the age group between 20-30 years, in both the groups. The mean score obtained in the experimental group before episiotomy suturing (6.2) and during suturing with Breast crawl intervention (2.72) with mean difference of 3.48 showed significant difference in reduction of pain. Also the comparison between the mean scores of experimental group during episiotomy suturing which was 2.72 and control group which was 6.80 with mean difference of -4.08 showed that the data was significant at  $p \leq 0.001$  level of significance. Thus, the Hypothesis 1 was accepted. The opinionnaire obtained from the subjects in the experimental group also stated that the Breast crawl intervention during the episiotomy suturing was 100% favorable. The findings of the study proved that breast crawl was effective as diversional therapy for reduction of pain in primipara women, during episiotomy suturing.

**Keywords:** Effectiveness, Breast Crawl, Diversional Therapy, Reduction of Pain, Primipara Women, Episiotomy Suturing

### Background

Birth experience in each woman's life is uniquely shaped by myriad of factors. Throughout this journey the woman passes through various episodes of pain and sufferings. The woman's perception of her overall birth experience is greatly influenced by her ability to cope with the pain in whatever way acceptable to her. One of such pain episode is the period of episiotomy suturing. (Ward, Susan et.al., 2009).<sup>1</sup>

Researcher hypothesized that a cascade of interactions

between the mother and baby occurs during this early period, locking the two together and ensuring further development of bonding. Many important factors contribute to the attachment of the parent to the infant. These include the remarkable change in maternal behavior with just the touch of the infant's lips on the mother's nipple, the reduction in abandonment with early contact, suckling, rooming-in, and the raised maternal oxytocin levels shortly after birth in conjunction with known sensory, physiologic, immunologic, and