

Study on application of "heat therapy" on intensity of labour pains and duration of first stage labour among primigravida mothers admitted in labour room of PGIMER, Chandigarh, India

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Childbirth, while primarily a joyful event, also exposes the mother to one of the most severe forms of pain reported. Continuous labour pain affects respiratory system, blood circulation and other activities of the body. Pain management cannot totally remove labour pains, but it can alleviate pain, increase tolerance and promote coping behavior. Effective management or control of labour pain like other acute pains is very important for health and the society. Many simple, economical and easily available non-pharmacological methods are available for managing labour pains. Hence, the current study was undertaken with an objective to study the effect of heat therapy on intensity of labour pains and duration of first stage of labour. Method and material: A total of 60 subjects were enrolled in the study and were distributed into two groups experimental and control. Purposive sampling technique was used and each group consisted of same size of 30 primigravida mothers. In experimental group, mothers were given heat therapy over the lower back three times after a gap of one hour during the active phase of labour. In the control group routine care was provided to the labouring mothers. Pre-intervention assessment of labour pain was done with numeric rating scale. Intervention in the form of silica heating pads was provided to labouring mothers in active phase after taking consent. Post-intervention pain assessment was done. Duration of first stage of labour was monitored with the help of duration checklist. Result of the study revealed that the subjects in experimental group had statistically significant lower labour pain level than those in control group as p value <0.001. Heat therapy acted as a distraction as well as has a therapeutic effect on pain and provided comfort and relaxation to the mother, whereas the duration of first stage and second stage of labour did not show any improvement with or without the heat therapy.

Conclusion: Heat therapy can be incorporated as a nursing practice in labour room to decrease labour pains

Biography

Sukhwinder Kaur has completed her Ph.D. at Post Graduate Institute of Medical Education and Research, Chandigarh, India. She is working as a Lecturer in National Institute of Nursing Education, Post Graduate Institute of Medical Education and Research, Chandigarh, INDIA. She has been honored with Glory of India Award and Global Achievers Award at Bangkok, Thailand in 2012 and 2013 and also awarded Rashtiya Gaurav award at New Delhi, India in 2012. She has published more than 10 papers in reputed journals and written chapters in books. She has completed two institute projects. She has presented 4 papers at London, Japan and Madrid Spain and more than 15 in India.

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