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THE LEVEL OF PAIN DURING THE ACTIVE PHASE OF LABOUR AMONG PRIMIGRAVIDA PARTURIENT WOMEN IN THE LUMBOSACRAL MASSAGE AND HOT APPLICATION GROUP

Ayushi Sharma*, Dr. James Jacob

***Research Scholar, Ph.D. in Obstetrics and Gynaecology - Nursing, CMJ University, Jorabat, Meghalaya, India.**

Research Guide, Dept. Of. Nursing, CMJ University, Jorabat, Meghalaya, India.

Email: ayushisharmaoffcial@gmail.com

A B S T R A C T

One of the most amazing and memorable times in a woman's life is giving birth. Whether the child is the first, second, or third doesn't really matter. When a viable foetus reaches 28 weeks or more, it naturally exits the uterus during labour. Most women are usually unable to enjoy childbirth because of their dread and worry around it. Women experience labour pain differently from one another and even from pregnancy. One of the most amazing and memorable times in a woman's life is giving birth. Pharmaceutical methods aim to eradicate the physical experience of labour pain, while non-pharmacological methods, like aromatherapy, hot application, massage therapy, breathing exercises, massage, acupressure, positioning, hot and cold therapy, and music guided imagery, are easy to use and safe ways to improve women's comfort and help them reach a good coping level for their labour experience without causing any problems for the mother or the foetus.

Key Words: ***Level Of Pain, The Lumbosacral Massage, Hot Application Group.***

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INTRODUCTION

Pharmaceutical methods aim to eradicate the physical experience of labour pain, while non-pharmacological methods, like aromatherapy, hot application, massage therapy, breathing exercises, massage, acupressure, positioning, hot and cold therapy, and music guided imagery, are easy to use and safe ways to improve women's comfort and help them reach a good coping level for their labour experience without causing any problems for the mother or the foetus.

Delimitations

- Only limited to selected hospitals of Udaipur.
- Study is delimited to the application of lumbosacral massage/Hot application to relieve pain during the active phase of labour.
- Who was available and willing to participate in the study

Prescriptions

A prescription is an order to do something. Nursing behaviour can be either involuntary (unintentional response) or voluntary (chosen response). It outlines the thought process as well as the kind of activity that will achieve the primary goal of the nurse. In the current study, heat applications and lumbosacral massages are recommended for pain management throughout the active stage of labour.

The Five Realities That Wiedenbach Distinguished Are:

1. **The Nurse or Agent:** The agent is the practicing nurse, who is distinguished by personal qualities, aptitude and above all commitment and nursing components.
2. **The Recipient or Patient:** The nurse's action is received by the recipient. Women who are primigravida’s and have been admitted to the labour room are the study's recipients.
3. **The Objective:** The intended result that the nurse hopes to accomplish or reach is the objective. This study aims to investigate the effects of heat application and lumbosacral massage on pain during the active phase of labour.

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4. **The Methods or Procedures:** The practitioners' use of activities and gadgets to help them achieve their objectives is one of the means. The methods consist of nursing practice, procedures, strategies, and abilities. Phases like identification, administration, and validation are employed in the current study to accomplish the objective.
5. **The Structure:** Humans, the environment, professionals, and an organisational facility within the nursing practice make up the framework. Nursing staff, primigravida parturient women, and the hospital labour room make up the context for the current study.

REVIEW OF LITERATURE

Lester E. Jones, Laura Y. Whitburn, Mary-Ann Davey and Rhonda Small Carried out a qualitative investigation to investigate, within the context of ultramodern pain knowledge, women's gesticulations of pain during labour. At large motherhood services, information was gathered from 21 nulliparous women through written questionnaires and in-person interviews. The results showed that whereas women's interpretations of pain as hanging were linked to negative emotions and the desire for outside pain management, their interpretations of pain as productive and meaningful were linked to good sentiments and passions of controlling. Women's pain gests were shaped in large part by the social terrain since it affected how they perceived their pain.

Emily Davis, Rebecca Wilson, Supplementary antidotes in clinical practice, "perceptions and exploits of Massage Therapy Among Women in Labour: A Qualitative Study", The purpose of this qualitative study was to investigate how labouring women see and use massage therapy. Fifteen actors who had attended massage therapy during labour were interviewed in-depth. A thematic analysis of the data showed that massage therapy was prized for its potential to ease pain, encourage relaxation, and improve the delivery process. Actors praised massage therapy's evidence-based and all-encompassing approach, emphasising its role in empowering women and promoting a sense of control during childbirth. The study underlined how important it is to incorporate massage therapy into maternity care procedures in order to provide women with new choices for pain management and labour support.

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Anne Theau-Yonneau, Marie Tournaire, "Effect of Heat Application on Pain Relief During Labour: A Prospective Cohort Study". The purpose of this prospective cohort study was to look into how applying heat during labour affected pain management. The research was carried out at the Saint Vincent de Paul Hospital in Paris, using hot packs and sacral massage as forms of heat administration during uterine contractions. Visual analogue scales were used to quantify the intensity of the pain. The administration of heat during the latent, active, and transitional periods of labour was found to significantly reduce pain intensity; these findings imply that heat treatment could be a useful non-pharmacological approach to treating labour pain.

RESEARCH METHODOLOGY

In this study, which is being conducted in a few Udaipur hospitals on a pre-experimental basis, the effects of lumbar massage and lumbar heat application on pain during the active period of labour are being compared.

Research Approach

The general process used in a certain research institute to gather data is known as the research methodology. To achieve the study's goal, an experimental research technique was adopted for this investigation. The method greatly aids in the evaluation of policies, practices and methods.

Primigravida parturient ladies in the labour room at R.N.T. Hospital Udaipur made up the study's sample. 500 primigravida parturient in the active stage of labour who are in a labour room make up the sample size for this study.

Lumbosacral Massage Group - 250 parturient women, group receiving lumbosacral massage group.

Lumbosacral Hot Application - 250 parturient women, group receiving lumbosacral hot application group.

Twenty-five primigravida parturient women in the massage group and twenty-five in the hot application group will participate in a pilot study.

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Criteria For the Sample's Selection

The subjects in the sample had to meet the following requirements in order to be included.

1. Who is open to taking part in the research?
2. Who is accessible when gathering data?
3. Who is going through the active stage of childbirth?
4. Who hasn't used any painkillers during the active stage of labour?
5. Who has moderate to mild contractions?
6. Who knows Hindi or English?

Development Of the Tools

The Tools Were Selected and Prepared Based On

1. A study of the research and non-research literature was conducted in areas pertaining to the impact of hot application and lumbosacral massage on pain in primigravida parturient women.
2. Consultation with mentors, advisers, and subject matter experts.
3. Conversation among peers.
4. Expert opinions were consulted in order to assess the items' suitability and intelligibility.
5. The tool's development was aided by the investigator's professional background in maternity units and labour rooms.

Hot Application's Effectiveness

The mean pain level dropped to 12.3 after the hot application, which is a significant decrease in reported pain intensity when compared to the pre-test level. A consistent reaction across the individuals is indicated by the standard deviation (SD) of 1.68, which indicates a reasonably low degree of variability in the reported pain levels following the heat application.

The Efficacy of Applying Massage Therapy

The information given relates to how well post-test massage therapy works to lower pain levels. Compared to the mean pain level of 34.87 prior to the test, the mean pain level following the massage is 25.44, demonstrating a significant decrease. The post-test massage

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treatment may be linked to a reduction in reported pain intensity, based on the observed decrease in mean pain level.

THE IMPLICATIONS OF NURSING

Several areas of nursing, including practice, research, administration, and education, stand to benefit from the findings of the current study.

Nursing Procedures

- The main goal of nursing is to ensure the safety and comfort of patients. During delivery, women are extremely vulnerable and may not respond properly to many things or directions because they are in unbearable pain.
- Because of this, nurses must comprehend their patients' conditions in order to create a safe environment free from harm, as well as to offer them comfort and assistance in coping. Once this is accomplished, nurses can easily administer interventions to alleviate pain.

Research In Nursing

- Additional investigation into various methods of calming the mother during labour is necessary.
- Different approaches to pain reduction, aside from the interventions employed by the researcher, have been the subject of studies.
- During the active phase of labour, midwives should get training on different treatments that can alleviate discomfort.
- Research on the efficacy of psychological assistance and diversional therapy can also be conducted.

Administration of Nursing

- The current health care system does not have an adequate staff development strategy for clinical area nurses. In order to keep up with the latest research on methods to alleviate labour pain, the nursing administration should institute a training curriculum for both nursing students and practicing nurses.

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- The responsibility of ensuring that all nurses are adequately trained to care for pregnant women lies with the administrator.
- For the personnel to be knowledgeable about pain interventions during labour, they need access to reading materials, reference books, and nursing manuals.

Study Of Nursing

- The nurses need to be trained to understand and sympathise with the patient's agony while they are giving birth.
- It is important to teach them to remain calm when interacting with these individuals so that they can evaluate the intervention's success.
- It is important for the nursing curriculum to cover this subject so that student nurses are aware of the unique emotional needs of pregnant women and how to alleviate their distress when giving birth.
- Additionally, specialised courses might be developed to educate nurses who specialise in the labour and delivery phase, whenever the time is right for the numerous extended nursing courses.

Limitation

- Women who are currently in the active phase of labour were the only ones included in the study.
- Only two therapies were used to alleviate pain in the trial.

RECOMMENDATIONS

The following recommendations are based on the study's findings:

- One way to generalise the findings to a bigger population is to conduct a comparable study on a larger sample of pregnant women.
- It is also possible to conduct this study on pregnant women throughout the second and third phases of their labour.
- Since coping mechanisms can significantly impact the intensity of labour pain, it would be worthwhile to study how anxious women are during this time.

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- Research of a similar nature can be carried out utilising other pain treatments. To assess the recommendations' long-term impacts, it is possible to conduct follow-up with current research participants.

CONCLUSION

Many methods of relieving pain, such as firm massage, acupressure, light massage, breathing patterns, changing positions, eating and drinking during labour, using music, etc., can be used with or without pain medications. These methods are also excellent sources of physical comfort, emotional support, and encouragement for the entire family during the mother's labour, as well as for the father or partner. The aim of the research was to evaluate the impact of hot application and lumbosacral massage on pain in primigravida parturient women during the active phase of labour.

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