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Effect of Sacral Warm Compress on Perception of Labour Pain among Parturient Mothers during First stage of Labour at Selected Hospital, Coimbatore

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ABSTRACT

An interventional study was conducted to assess the effect of sacral warm compress on the perception of labour pain among parturient mothers during the first stage of labour at Sri Ramakrishna Hospital, Coimbatore. Quasi-experimental pre-test post-test control group design was adopted for the study. Purposive sampling method was used and 40 parturient mothers were included based on inclusion and exclusion criteria. Every alternative sample was assigned to experimental group [n=20] and control group [n=20]. The pre-test was conducted to assess the perception of labour pain by using questionnaire and numerical pain rating scale. Sacral warm compress was applied for 20 minutes at every 1-hour interval during the active phase of the first stage of labour. The post-test was conducted using the same tool to find the effect of sacral warm compress on parturient mothers during the first stage of labour. The mean and standard deviation pre-test and post-test pain score of mothers in the experimental group were (7.13, 5.09) and 0.849, 0.875 respectively with a mean difference of 2.04. It proves that there is an effect of sacral warm compress on the perception of labour pain among parturient mothers in the experimental group (t= 3.883; p=0.001). The mean and standard deviation of post test scores of mothers in the experimental and control group were 5.09, 7.495 and 0.875, 0.467 respectively with a mean difference of 2.405. It proves that there is an effect of sacral warm compress on perception of labour pain among parturient mothers in experimental group (t=10.48; p = 0.001). The findings reveal that application of sacral warm compress is highly significant and effective in reducing the perception of labour pain among parturient mothers during active phase of the first stage of labour.

Keywords: Parturient Mothers during first stage of labour, Perception of labour pain, Sacral Warm Compress.

INTRODUCTION

Labour is one of the major events in every women's life. Most of the women need some form of pain alleviation during first stage of labour. (Julie 2015). Because of childbirth pain most women to refuse delivering in a natural way worldwide and by this reason it was led to caesarean section.(Lally et al. 2014). Sacral warm compress helps to improve the cervical dilatation and provides pain relief during labour process. Warm compresses are made in the lower abdomen, groin, perineum and sacrum can be very soothing mother (Aprillia, 2014).

In the early 20th century, most women gave birth in the comfort and familiarity of their own homes. As they deliver in their home setup it makes them be in contact with their family members who help them to be relaxed and automatically they gain the energy to tolerate the pain. But there were also high rates of maternal and infant mortality. Advances in obstetric technology and maternal and fetal medicine shifted birth from the home to the hospital. In India, Childbirth was estimated at around 2,72,71,000 births per year. Out of which, 72% undergone

normal vaginal deliveries and 90% occurs in hospital settings. Among them, 88% of the normal deliveries are conducted through pharmacological measures. Non Pharmacological measures are still alien to our society. In order to gain the trust of our society, accurate and current studies in this aspect are also essential. (Acihayati & Moeda 2019)

NEED FOR THE STUDY

A warm compress or heat application is easy to use and inexpensive that requires no prior practice and has minimal side effects. It is popular with labouring women for the reduction of pain. Heat is typically applied in women's back, lower abdomen, groin or perineum. It mainly includes a warm water bottle, warm compress and electric heating pads to avoid burns. Warm compresses on the body can be in the form of dry and wet. Dry warm compress can be used locally to heat conduction by using a hot water bottle or electric heating. The physiological impact of a warm compress is softening the fibrous tissue, making the body more relaxed muscles, decrease or eliminate pain, and facilitate the supply of blood flow. Warm compresses are made in the lower abdomen, waist, groin and perineum can be a very soothing mother (Aprillia & Yesie 2014).Various studies revealed that sacral warm compress was effective in reducing perception of labour pain among parturient mothers during first stage of labour.

STATEMENT OF THE PROBLEM

Effect of Sacral Warm Compress on Perception of Labour Pain among Parturient Mothers during First Stage of Labour at Selected Hospital, Coimbatore.

OBJECTIVES

- Assess the perception of labour pain among parturient mothers during the first stage of labour in both the experimental and control group.
- Evaluate the effectiveness of sacral warm compress on the perception of labour pain among parturient mothers during the first stage of labour in the experimental group.
- Find the association between the perception of labour pain of parturient mothers and selected demographic variables.

HYPOTHESES

H_1: There is a significant difference in the perception of labour pain among parturient mothers in the experimental group before and after the application of warm compress.
H_2: There is a significant difference in the perception of labour pain among parturient mothers between experimental and control group after application of warm compress.
H_3: There is a significant association between the perception of labour pain of parturient mothers and selected dem ographic variables.

METHODOLOGY

A quantitative research approach and a quasi experimental pre and post test with control group design was adopted in this study. The study was conducted in labour ward at Sri Ramakrishna Hospital, Coimbatore. Purposive sampling technique was used in this study. The sample consist of 40 parturient mothers alternatively assigned experimental group (n= 20) and control group (n=20) inmates of the selected old age home in Coimbatore. The perception of labour pain was assessed using Numerical Pain Rating Scale.

RESULTS

Table 4.4.2

Analysis on Effect of Sacral Warm Compress on Perception of Labour Pain Among Parturient Mothers in Experimental Group

n=20

Test assessment	**Experimental group**				
	Mean	SD	**Mean difference**	**Table value**	**Calculated 't' value**
Before	7.13	0.849	2.04	3.883	19.07 ***
After	5.09	0.875			

***** Significant at 0.001 level.**

The above table 4.4.2 shows the effect of sacral warm compress on perception of labour pain among parturient mothers during first stage of labour. The result of the study shows that, the mean score of perception of labour pain before and after sacral warm compress were 7.13 and 5.09 respectively with a mean difference of 2.04. Standard deviations were 0.849 and 0.875. The calculated 't' value 19.07 was greater than the table value 3.883 at 0.001 level of significance. Thus the research hypothesis, 'There is a significant difference in perception of labour pain among parturient mothers in experimental group before and after the application of sacral warm compress" was accepted.

MAJOR FINDINGS

From the present study, it was found that the sacral warm compress was effective in perception of labour pain among parturient mothers during first stage of labour.

CONCLUSION

Application of Sacral Warm Compress reduces perception of labour pain among parturient mothers during active phase of first stage of labour. Since this therapy is cost effective, the researcher suggests that the nurse midwives should adopt this intervention in their clinical practice to reduce perception of labour pain among parturient mother during active phase of first stage of labour and thus promote their comfort and well being.

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