

Study to Assess the Effectiveness of SP6 Acupressure Point for Pain Relief among Mothers during Labor Pain at Selected Hospitals in Jabalpur City

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Abstract: *Background of the Study:* The natural and holistic approach of acupressure in bringing on the labor and delivery has absolutely no adverse effect on the baby as no pharmaceuticals are being introduced into the body. It's safe for the mother, as well, because it only helps the body to function better. The control of labor pain and prevention of suffering are major concerns of clinicians and their clients. Non-pharmacologic approaches toward these goals are consistent with midwifery management and the choices of many women. A literature search of scientific articles categories 13 non-pharmacologic methods used to relieve pain and reduce suffering in labor. Result shows, adequate evidence of benefit in reducing pain exists for continuous labor support, baths, intradermal water blocks, and maternal movement and positioning. Acupuncture, massage, transcutaneous electrical nerve stimulation, and hypnosis are promising, but they require further study. The effectiveness of childbirth education, relaxation and breathing, heat and cold, acupressure, hypnosis, aromatherapy, music, and audio analgesia, all the methods studied had evidence of widespread satisfaction among a majority of users. *Methods:* Setting refers to the area where the study is conducted. This study is proposed to be conducted selected hospitals Jabalpur. A population is a group whose members possess specific attributes that the researcher is interested in studying. The requirement of defining the population for research project arises from the need to specify the group to which the result of the study can be generalized. (Talbot) Primi mothers in first stage of labor. Primi mothers in first stage of labor (Active Phase 4cm to 7cm cervical dilatation) admitted in labor room at selected hospitals of Jabalpur city The population of the present study is all the primi mothers with labor pain, during the first stage of labor in selected hospitals in Jabalpur. A variable is a measurable or potentially measurable component of an object or event that may fluctuate in quantity or quality or that may be different in quantity or quality from one individual object or event to another individual object or event of the same general class. There are two types of variables:-a) Independent variable b) Dependent variable 1. Independent variable:-In this study the independent variable is the SP6 Acupressure 2. Dependent variables:-In this study dependent variable is labor pain intensity and cervical dilatation. A sample is a portion of the population that has been selected to represent the population of interest.34 Sample study for this study was 20 mothers during labor pain in first stage of labor in control group and 20 mothers during labor pain in first stage of labor in experimental group of selected hospitals in Jabalpur city which fulfilled the sample criteria. Purposive sampling technique will be used for study. Results: shows out of 20 samples the majority of samples belonged to age group of 21-25 years (12) that is 60% and 6 were between 26-30 years that is 30% and only 2 were between < 20 years that is 10% and none of them were >30 years that is 0%. shows out of 20 samples the majority of samples belonged to age group of 21-25 years (12) that is 60% and 6 were between 26-30 years that is 30% and only 2 were between < 20 years that is 10% and none of them were >30 years that is 0%. shows out of 20 samples the majority of sample had higher school education (8) that is 40% and 5 had in middle school education that is 25% and 3 had primary school education that is 15% and 2 were UG that is 10% and only 1 each was PG or never went to school that is 5%. shows out of 20 samples the majority of sample had higher school education (8) that is 40% and 5 had in middle school education that is 25% and 3 had primary school education that is 15% and 2 were UG that is 10% and only 1 each was PG or never went to school that is 5% shows out of 20 samples the majority of samples were 10 that is (50%) and working were 10 that is 50%. Conclusion: This chapter deals with the conclusion of the study, implication for nursing practice, nursing education, nursing administration and nursing research, followed by its limitation and recommendation to research in future. After the detailed analysis this study leads to the following conclusion:-The applications of SP6 acupressure during first stage of labor will effective the labor pain. Acupressure it applied 2-3 minutes in shin bone. In control group of 20 sample most majority of mothers are in the age group 21-25 years which is 60% is group, education majority of mothers in higher school which is 40%, occupation of the mothers in this group which is they are equal 50-50% in this group, majority of height 146cm-150cm which is 50% in this group, the majority in this group of weight 56-60kg which is 45% in this group, majority in family income (monthly) 5001-10, 000 which is 40%, and more than 10, 000 which is 40% in this group. the majority of type of family joint which is 60% in this group, majority of marital life of mothers which is 1 year which is 55%, the majority of past medical and surgical history is NO which is 90% in this group, majority of antenatal visits thrice which is 85% in this group, the majority of any information of related acupressure for pain relief in labor pain the maximum of mothers is no information related acupressure for pain relief which is 90%. And Family Members Present During 1st Stage Of Labor the majority is yes that is 70% in this group, maximum family member are present in labor room which is 35% in this group. In experimental group of 20 sample most majority of mothers are in the age group 20-25 years which is 80% is group, education majority of mothers in higher school which is 40%, occupation of the mothers in this group majority is housewife which is 55% in this group, height of the mothers 146cm-150cm which is 45 %, the majority in this group of weight 56-60kg which is 45% in this group, majority in family income (monthly) more than 10, 000 which is 50% in this group. the majority of type of family joint which is 65% in this group, majority of marital life of mothers which is 1 year which is 65%, the majority of past medical and surgical history is NO which is 90% in this group, majority of antenatal visits 130 thrice which is 75% in this group, the majority of any information of related acupressure for pain relief in labor pain the maximum of mothers is no information related acupressure for pain relief which is 85%. And family members present during 1st stage of labor the majority is yes that is 85% in this group, maximum family member (mother) are present in labor room which is 45% in this group. In modified Fordyce behavioural labor pain scale, unbearable pain 45 % this group, severe pain had 30% and very severe pain which is 25%, and mild and moderate pain are 0% in control group. In visual analogue pain scale is agonizing pain which is 55 % this group, horrible which is 35% and dreadful which is 10%, uncomfortable, annoying and none are 0% in control group. In visual analogue pain scale is uncomfortable pain which is 11 (55%) this

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group, annoying which is 3 (15%) and dreadful pain which is 6 (30%), horrible, agonizing and none are 0% in experimental group. In modified Fordyce behavioural labor pain scale, moderate pain which is 10 (50%) and severe pain 6 (30%) and mild pain which is 3 (15%), very severe pain which is 1 (5%) and unbearable pain are 0% in experimental group. There were 40 sample included in this study mean score in the control group without application of SP6 acupressure was 10.1 and standard deviation was 1.97. In result of group experimental group application of SP6 acupressure means score was 5.6 and standard deviation was 1.93. Fulfills the objectives no 3 the comparison between control group and experimental group made by t-test. Statistically tested by applying t-test method at the level of 0.05 %. In this case the calculated value of t is more than the table value (2.02), that is 1.89 And 2.01. So this indicates that the acupressure was effective in reducing pain during first stage of labor among mothers. Thus the H1-hypotheses was accepted. There will be significant association between labor pain intensity among mothers with selected demographic variables in control group, hence this H2 hypothesis was accepted.¹³¹ There will be significant associated between labor pain intensity among mothers with selected demographic age variables in experimental group, hence this H3 hypotheses was accepted. Hence on the basis of above finding, it could be concluded undoubtedly that the application of SP6 acupressure during first stage of labor pain that reduces the pain.

Keywords: Assess, Effectiveness, SP6 Point, Acupressure, Mothers, Labor pain

1.Introduction

Women constituted the half of society of any human gathering. So the wellbeing and respect towards women is important. She has been the torch bearer for centuries. She is responsible for the miracle of birth. In most cases she is also a provider of the family and the epitome and embodiment of morality. Woman is also responsible for the image of the society. It is the woman who is considered the guardian of the respect and honour of a family. Moreover god has already emancipated woman for no responsibility can be greater than that of continuing the cycle of life of birth. She is a mother, a sister a daughter, a wife. Child birth is a unique process to bring life into existence, which a woman can do. Motherhood is a divine emotion, an incomparable feeling. A mother shares the most beautiful and strongest bond with her child. It makes her the happiest person on the earth after experiencing painful, life-threatening and fearsome event. The act of giving birth is the only moment when both pain and pleasure coverage in a moment of time. Child delivery is a multi-dimensional process with physical, emotional, social, physiological, culture and psychological dimensions, childbirth can be a critical and sometimes painful experience for women. Each women comes into labor room with her own set of expectations, fears, preparation, pain thresholds, personality and behavioural makeup and ways of experiencing what is happening to her to be which has to be managed effectively according to them. Labor pain is one of the most severe human pains, which has mental and physical side effects on pregnant women and their foetuses. Many mothers are anxious to avoid pharmacological or invasive methods of pain relief in labor and this contributes to the popularity of complementary methods of analgesia which are coming into more common in use. Women's experience of pain during labor varies greatly. Some women feel little pain whilst others find the pain extremely distressing. A women's position in labor, mobility, and fear and anxiety or, conversely, confidence may influence her experience of pain.

2.Literature Survey

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control of labor pain and prevention of suffering are major concerns of clinicians and their clients. Non-pharmacologic approaches toward these goals are consistent with midwifery management and the choices of many women. A literature search of scientific articles categories 13 non-pharmacologic methods used to relieve pain and reduce suffering in labor. Result shows, adequate evidence of benefit in reducing pain exists for continuous labor support, baths, intradermal water blocks, and maternal movement and positioning. Acupuncture, massage, transcutaneous electrical nerve stimulation, and hypnosis are promising, but they require further study. The effectiveness of childbirth education, relaxation and breathing, heat and cold, acupressure, hypnosis, aromatherapy, music, and audio analgesia, all the methods studied had evidence of widespread satisfaction among a majority of users.

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criteria. Purposive sampling technique will be used for study.

4.Results

Shows out of 20 samples the majority of samples belonged to age group of 21-25 years (12) that is 60% and 6 were between 26-30 years that is 30% and only 2 were between < 20 years that is 10% and none of them were >30 years that is 0%. shows out of 20 samples the majority of samples belonged to age group of 21-25 years (12) that is 60% and 6 were between 26-30 years that is 30% and only 2 were between < 20 years that is 10% and none of them were >30 years that is 0%. shows out of 20 samples the majority of sample had higher school education (8) that is 40% and 5 had in middle school education that is 25% and 3 had primary school education that is 15% and 2 were UG that is 10% and only 1 each was PG or never went to school that is 5%. shows out of 20 samples the majority of sample had higher school education (8) that is 40% and 5 had in middle school education that is 25% and 3 had primary school education that is 15% and 2 were UG that is 10% and only 1 each was PG or never went to school that is 5%. shows out of 20 samples the majority of samples were 10 that is (50%) and working were 10 that is 50%.

5.Conclusion

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6.Future Scope

A midwife in the obstetrical unit especially in labor room needs to take up the challenges to change the practice. Nursing is an art and science. As a science, nursing is based upon a body of knowledge that is always changing with new discoveries and innovations. The nurse especially nurse midwives aware of it by in-service education program and interdisciplinary. The labor pain is to reduce the pain through non pharmacologic therapy

since it will not cause any side effects. Hence the nurse should have adequate knowledge about these modalities to improve the standards of maternity care. The adoption of the physiological management approach requires that mothers accept and progress normally, the pattern of progression positively reinforce nursing care support bearing dawn efforts and the midwives should concern for it use. Thus, there is a need to implement research findings in the clinical field, so as to avoid the wide gap between research studies and clinical practices. Midwives working in obstetrical unit and labor room should use the evidence based practice of SP6 acupressure to reduce the labor pain intensity and cervical dilatation of the first stage of labor. They are the key persons of the health team, who plays a vital role in the promotion and maintenance of health.

The study is limited to the mothers who are not present during the period of data collection. The study is limited to the less sample that is 20 control group and 20 experimental groups. Limited time will be available for data collection. The effectiveness of SP6 acupressure on reduce labor pain intensity will be determined through a single post test.

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