

A Study to Assess the Effect of Benson's Relaxation Therapy on Pain among Post Caesarean Mothers Admitted in Selected Hospital

Lt Col Sindhumol P K¹, Lt Col Smitha Thadathil²

¹Principal author, Tutor, CON AFMC Pune

²Tutor, CON AFMC Pune

Abstract: *Background:* Major health care agencies recognises pain management as one of the fundamental roles of health care provider. The incidence of caesarean section is sky rocketing globally. Unlike general post surgical patients Post caesarean mothers are expected to recover expeditiously to take care of self and perform the additional maternal role. Studies shows unrelieved post caesarean pain results in thromboembolism, atelectasis, residual pain, neonatal development impairment, and puerperal depression which in turn increases the financial burden to health care system. Despite of voluminous studies on post caesarean pain management, studies reports still pain is undermanaged. Nurses are the health care professionals who spend most of the time with the patients who require pain relief. JCAHO recommends relaxation therapy as one of the non pharmacological pain management strategies. Administration of non pharmacological methods helps in fewer intakes of analgesics and thereby reducing the side effects of analgesics and reduces pain intensity in post caesarean mothers. In concern of the women's health scenario and imparting holistic care, administering Benson's relaxation therapy can have an effect on pain among post caesarean mothers. *Objectives:* The study was intended to assess the effect of Benson's relaxation therapy on pain among post caesarean mothers admitted in a tertiary care centre. *Methods:* A quasi experimental study was conducted on 38 post caesarean mothers on their 1st and 2nd postoperative days admitted in a tertiary care centre over a period of 06 weeks from Aug 2015 to Sep 2015. Simple random sampling technique using computer generated random numbers was adopted for selecting subjects to study group. Numerical pain rating scale was used to assess the pain intensity. Administered Benson's relaxation therapy on 1st and 2nd postoperative day for 10minutes in 12 hrs duration. Pain score assessed before and after 30 minutes of the intervention by assigned staff. Data was analysed by SPSS version 20. *Results:* Majority of the women who underwent caesarean section were primigravida. The mean pre pain score of the post caesarean mothers were 6.26 and 5.74 on first and second day respectively. After all the four sessions there is statistically significant reduction in pain perception at 95% CI. ($p < 0.005$). 74% of the participants were fully satisfied with the therapy, assessed by a 5 point Likert scale. *Conclusion:* The result of the present study has showed that Benson's relaxation therapy have a positive impact on reducing pain perception among post caesarean mothers.

Keywords: Pain, Postcaesarean mothers, Benson's relaxation therapy

1. Introduction

Pain is an intolerable sensation which Rene Descartes, during the renaissance period described as an internal mechanical process. The major health care professional organisations describe Pain as fifth vital sign and inadequate pain management is linked to numerous immediate and long term negative outcomes.

Caesarean delivery is one of the oldest surgical procedures is considered as a major abdominal surgery. Caesarean section is the 2nd commonest surgery performed on women in India after tubectomy. Post-operative pain interferes with the daily activities of the mother and her newly adopted maternal role affecting breast feeding and new born care. Post caesarean pain remains a major problem, and there is a dire need for further studies as well as testing of some current strategies to assuage postoperative pain in post caesarean section mothers to ensure deliverance of quality care to both mother and baby.

Joint commission on accreditation of Health care recommends relaxation therapy as one of the recommended non-pharmacologic strategies for pain management.^[16]

Studies showed that implementing non pharmacological pain management strategies decreased the feeling of weakness,

improved the activity level and functional capacity, and reduced the needed dosage of analgesic drugs thus decreasing side effects of the treatment.

In postoperative pain management non-pharmacological methods are used in conjunction with analgesics when analgesics cannot be used to increase analgesic effect or in case of insufficient use of analgesics. Relaxation, the adjuvant therapy on medication act on pain by decreasing anxiety and lowering muscle tension and distracting attention thereby affecting the central control processes that modulate pain transmission.

Relaxation is increasingly suggested as a pain control technique that can be used by nurses in daily practice.

Benson's relaxation technique is a very simple procedure that can easily be taught and self-practised by the post caesarean mothers. This simple intervention requires minimum effort and time and is cost effective. It is a convenient nursing intervention that could be easily practised in clinical setting to relieve pain without side effects.

2. Background of Study

Caesarean section has started increasing globally. Inadequate pain management results in inappropriate neonatal care and delay in discharge which consequently increase the cost of this common procedure for both patients and health care system. It could result in impaired mother baby bonding and thus cause development impairment in neonates.

H E Marcus et al conducted a comparative study on the relevance of acute pain after caesarean section and 179 other surgeries in everyday clinical settings in Germany showed caesarean section ranked 7 among other 179 surgeries.

Michal Granot et al in a study on post caesarean section pain prediction by preoperative experimental pain management emphasise the importance about need of expeditious recovery of post caesarean mothers to take care of self and new born to get adopted to the new role.

3. Methodology

A quasi-experimental single group pre test post test design was conducted on Aug 2016 in a tertiary care hospital. 30 post caesarean mothers on their 1st and 2nd postoperative day were selected by simple random technique using computer generated random numbers. Pain assessment of all the post caesarean mothers were done by the assigned ward staff. Investigator administered Benson's relaxation therapy individually to the subjects for 10 minutes. BRT administered in the morning (6am) and evening (6pm) on 1st and 2nd post operative day.

4. Results

There was an observable shift in the number of subjects having severe pain score category to the mild and moderate category

Table 1 shows statistically significant reduction in pain score after BRT. Pre interventional mean pain score was 6.26 and was 5.00 after the intervention in the morning. Mean pain score on the second day morning was 5.74 and 4.71 in the evening. Data shows statistical significant reduction in pain score after BRT.

Table 1: Depicts statistical significance of BRT

| pain score on day 1 | Pre test | | Post test | | T Value | P Value |
|---------------------|----------|-------|-----------|-------|---------|---------|
| | Mean | SD | Mean | SD | | |
| Morning | 6.26 | 1.504 | 5.00 | 1.255 | 8.54 | <0.0001 |
| Evening | 5.74 | 1.21 | 4.71 | 1.42 | 9.54 | <0.0001 |

5. Discussion

Majority (83%) of women who underwent caesarean section were from the age group 20-30 years. The age group is also in agreement with an RCT done in India By V Jipi et al in 2000 to determine the effect of foot reflexology on intensity of pain and quality of sleep in post caesarean mothers where

the majority of the subjects were in the age group 26-29 years.

As per the 2001 census of Maharashtra, females from the urban area engaged in economic activities were only 12.6%. These finding supports the findings of the present study, majority 89% of the subjects in the study were unemployed women (homemakers) and 11% were employed women.

Primiparous women quantified about (50%) of the study group. This is in consistent with a study done by Kaur H et al also showed more than half of the subjects in her study were Primiparous women. The average pain score of post caesarean mothers on first post post operative day was 6.26

The average pain score of post caesarean mothers on second post operative day was 5.70. There was an observable shift in the number of post caesarean mothers from severe to moderate pain score category and from moderate to mild pain score category. This indicates that Benson's relaxation therapy was effective in reducing the pain score of post caesarean mothers

6. Conclusion

The present study concludes that BRT is effective in reducing pain score among post caesarean mothers.

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