

A STUDY TO ASSESS THE KNOWLEDGE REGARDING SELECTED NATURAL PAIN RELIEF METHODS DURING LABOUR AMONG PRIME GRAVIDA MOTHERS IN SELECTED HOSPITALS AT HYDERABAD

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ABSTRACT

Pain is the fifth vital signs stated by Camphene to emphasize its significance and to increase the awareness about natural pain relief methods during labour among the health care professionals methods. Labor and delivery medications may pose risk for the mother such as hypertension and the fetus on bradycardia. So they must always use the alternative method to the mother. A study to assess the effectiveness of knowledge regarding selected natural pain relief methods during labor among primigravid mothers in selected hospitals at Hyderabad. Objectives are to assess the knowledge regarding selected natural pain relief methods during labour among primigravida mothers. To find out the associate between the knowledge regarding natural pain relief methods among primigravid mothers. Assess the knowledge on natural pain relief methods during labor among primigravida mothers. It means what is known by the primigravida women about natural pain relief methods by the correct response given by the women to the questions. The methods of pain relief such as position, breathing exercises, back massages and heat application which contribute naturally to reduce the stress and strain of labor pain. It refers to pregnant a woman who has the gestational age of above 37 weeks for first time pregnant. The study is conducted in the selected maternity hospitals at Hyderabad. Each maternity hospital remains open on all days for 24 hours on an average of 25 to 30 mother deliveries per week and approximately 20 to 30 mothers are in post natal ward. Fully trained maternity assistance is on duty in both the maternity hospitals. All hospitals have physical facilities like Out patient department, post natal ward, labor room, operation theatre for ceaserian, hysrectomy is done regularly. The following conclusions were formed on the basis of the study results. The finding revealed that majority of the respondents were not having sufficient significant knowledge with regard to natural pain relief methods. The study findings helps the nurse administrator should organize in service educational programme. The nurse administrator should motivate the health care professional to organize the awareness campaign and to prevent incidence.

Key words: Natural Pain Relief Methods, Labour, Prime Gravida Mothers.

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INTRODUCTION

Labor units in hospitals generally do not offer non-pharmacological techniques for pain relief. Non-pharmacological techniques for pain management during

labor should be offered in conjunction with or in lieu of pharmacotherapy.

The women who chooses to deal with childbirth pain by using Non-pharmacological methods needs care and support from nurses and other care providers who are



skill in pain management. Many of these methods require practice for best results (hypothesis, patterned breathing and controlled relaxation techniques, biofeedback).

There are some of the non-pharmacological pain relief methods such as counter pressure, therapeutic touch and massage, walking rocking, changing positions, application of heat or cold, water therapy, aromatherapy, music imaginary use of focal points, hypnosis and biofeedback etc [1-4].

Statement of the Problem

A study to assess the of knowledge regarding selected natural pain relief methods during labor among primigravid mothers in selected hospitals at Hyderabad.

Objectives

- To assess the knowledge regarding selected natural pain relief methods during among primigravid mothers.
- To find out the associate between the knowledge regarding natural pain relief methods among primigravida mothers and selected demographic variables.

Operational Definitions

Study:

Assess the knowledge on natural pain relief methods during labor among primigravida mothers.

Knowledge:

It means what is known by the primigravida women about natural pain relief methods by the correct response given by the women to the questions.

Selected natural pain relief methods

The methods of pain relief such as position, breathing exercises, back massages and heat application which contribute naturally to reduce the stress and strain of labour pain.

Primigravida Mothers

It refers to pregnant a woman who has the gestational age of above 37 weeks for first time pregnant.

Hypothesis

There will be a significant association between the knowledge on selected natural pain relief methods during labour.

Assumptions

- Every mother is unique and respond in a unique way to react for pain.
- Women seek multiple intervention to relieve pain during labor.
- Lack of awareness and not using the various methods of natural pain relief by the mothers during labor results in lack of support to the mothers during labor and coping to adjust labour pain.

- Acquiring new knowledge of pain relief methods will definitely have impact on pain interventions which help to reduce pain in labour

Delimitations:

The studies delimited to

- Primigravida mothers who are in first stage of labor.
- Mother who are willing to participate in the study.
- Mothers who can speak Telugu or English.

Projected outcome:

A study helps to provide knowledge regarding natural pain relief during labor among primigravida mothers maternity hospitals in Hyderabad.

Research approach:

Quantitative approach

Research design:

Research design adopted for the present study is descriptive design is intended to assess knowledge on the natural pain relief methods among primi gravida.

Setting of the study:

The study is conducted in the selected maternity hospitals at Hyderabad which are each maternity hospital remains open on all days for 24 hours on an average of 25 to 30 mother deliveries per month and approximately 20 to 30 mothers are in post natal ward. Fully trained maternity assistance are on duty in both the maternity hospitals. All hospitals have physical facilities like Out patient department, post natal ward, labor room, operation theatre for ceaserian, hysrectomy is done regularly [5-8].

Population:

Population is the total number of cases the present study comprised of primigravida mothers.

Sample:

Sample consist of the subjects of the population selected to participate in the study. In the present study sample consist primigravida mother who are admitted in maternity hospitals in Hyderabad.

Sample size:

Sample size for the present study is 30.

Sampling Technique:

The present study convenient sampling technique adopted, samples were selected according to inclusion criteria.

Inclusion criteria:

- Primigravida mothers who are attended at maternity hospital in Hyderabad
- Primigravida mothers who are between the age of 21 to >36 years.
- Primigravida mothers who are available at the time of data collection.



- Primigravida mothers who can understand and speak Telugu.

Exclusion criteria:

Primigravida mothers who are not willing to participate in the study.

Method of data collection:

Primigravida mothers who are available on the day of data collection. The investigator has explained the purpose of the study and obtained concern before data collection..The method is used to collect the data was interview method [8-12].

Development of tool:

The tool used for the study was prepared by the investigator after a review of literature journals are based on expert suggestions.

S NO	GRADE	PERCENTAGE
1	Adequte	75-100%
2	Moderate	50-75%
3	Inadequate	Below 50%

Description of the tool:

Section-A: Demographic data

The first section of the tool consists of age, sex, medium of the study.

Section-B:

Includes 40 knowledge questions of which nine items were related to general information about labor, Three items regarding labor pain. Two items regarding alternative modalities, Six items regarding Aromatherapy, Five items regarding massages, Five items regarding breathing exercises, Five items regarding intra-dermal water blocks, five items regarding hydrotherapy.

Validity of the tool:

Content validity represents the universe of content which provides the framework and basis for formulating the items that will adequately represent the content.

Pilot Study:

Pilot study is a small scale version of the proposed study conducted to refine the methodology. It is conducted similar to the proposed study, using similar subjects, similar setting, the same treatment, the same data collection and the same analysis technique.

The purpose of the pilot study:

- To find out the feasibility of conducting the final study.
- To evaluate the tool constructed.
- To finalize the plan for analysis.

The pilot study was conducted in Ganthi hospital.

The subjects were selected by convenient sampling confidentiality was assured to the staff and

patients participating in data analysis done by using descriptive statistics. After the pilot tool was found to be applicable for conducting present study.

Reliability:

Reliability refers to the accuracy selected consistency of measuring tool. A 5 mothers were interviewed. The Obtained data were subjected for the calculation.

Data collection procedure:

The investigator informed to the samples about the purpose of the study and request the staff for the co-operation of the primigravida mothers, the informed consent was taken from the respondents and was assumed. Data was collected 9.7.15 and 12.7.15 the time schedule was planned from 9 A.M to 12 P.M.According to the availability of the sample.

Totally 30 samples were selected from each maternity hospitals. The investigator interviewed the sample by using structured interview schedule and assess the knowledge regarding natural pain relief methods for primigravida mothers [13-18].

Plan for Analysis:

Descriptive statistics was used for data analysis by using frequency mean and percentage for analyzing the knowledge of primigravida mothers.

Data Analysis and Interpretation

This chapter deals with analysis and interpretation of data collected from the selected sample of 30 primigravida months to assess the knowledge regarding natural pain relief methods in maternity hospitals at Hyderabad.

Data analysis includes both descriptive and inferential statistics data was collected and scoring was done.

“the data has been tabulated and analyzed according to objectives in this the data obtained were mainly classified into 3 sections”

Table 1. Frequency and percentage distribution of demographic variables among natural pain relief methods.

Table 2. Association between level of knowledge score and selected demographic variable of primigravide mothers regarding natural pain relief methods.

Table 3. Frequency and percentage distribution of levels of knowledge on natural pain relief methods among primigravida.

Table 4. Mean score and standard deviation of assessing knowledge regarding natural pain relief methods among primigravida methods.

Table – 1 shows the frequency and percentage distribution demographic variable. The data reveals that out of 30 samples regarding the age majority of the samples 16 (53.3%) under the age group of 21-25 years,



13 (36.6%) under the age group of 26-30 years and 1 (3.33%) under the age group of 31-35 years.

In relation to the religion 19(63.3%) belongs to Hindu, 6(20%) belongs to Christian and 5(16.6%) belongs to Muslim.

Regarding the place of residence 16(53.3%) belongs to rural, 14(46.6%) belongs to urban.

Based on type of family 20(66.6%) nuclear family, 10(33.3%) joint family.

Regarding the education of the mother 4(13.3%) no format education, 8(26.6%) primary education, 5(16.6%) secondary education, 10(33.3%) higher education, 3(8.3%) graduates and above.

Regarding the occupation of the mother 25(83.3%) not working and 5(16.6%) are working.

Regarding income of mother 9(30%) <5000, 9(30%)5000-10000, 6(20%)10000-15000, 6(20%) above 15000.

Regarding source of health information of mother 5(16.6%) friends, 4(13.3%) relatives, 21(70%) health professionals.

Table 2. shows that

Question 1, what is meant by delivery 26(86%) got correct answer 4(13.3%) got in correct answer.

Question 2, what are the symptoms of delivery 21(70%) got correct answer 9(30%) got incorrect answer.

Question 3&8 what are the need of natural pain relieving measures to women during delivery. How does breathing exercises help in minimizing labour pain 19(63.4%) got correct answer ,11(36.6%) got incorrect answer.

Question 4,11,24 & 25, what is aromatherapy, when is light accelerated breathing done. How many points are used for intra dermal water block, what is the precaution to be taken after water blocks 16(53.3%) got correct answer 14(46.6%) got incorrect answer.

Question 5&16 how does aromatherapy works and what are messiness corpuscles 7(23.3%) got correct answer 23(76.6%) got incorrect answer.

Question 6, how does essential oil extracted 12(40%) got correct answer 18(60%) got incorrect answer.

Question 7 & 17 which oil can be used in latent phase of first stage of labour and what is hyderotherapy20(66%) got correct answer ,10(33.3%) got incorrect answer.

Question 9,15 & 18, what is the ideal time for breathing exercises, what is effleurage, what is the ideal time to start water immersion,4(13.3%) got correct answer ,26(86.6%) got incorrect answer.

Question 10, what is slide accelerated done 8(26.6%) got correct answer 22(13.3%) got incorrect answer.

Question 12, define massage 25(83.3%) got correct answer 5(16.6%) got incorrect answer.

Question 13, how does massage help in minimizing labour pain 22(73.3%) got correct answer 8(26.6%) got incorrect answer.

Question 14, which massage can be used to warm up women in labour 27(90%) got correct answer 3(10%) got incorrect answer.

Question 19, what kind of water is used for water immersion 26(86%) got correct answer 4(13.3%) got incorrect answer.

Question 20, how long should mother stay in water during immersion 9(30%) got correct answer 21(70%) got incorrect answer.

Question 21, how does buoyancy help in minimizing labour pain 2(6.6%) got correct answer 28(93.3%) got incorrect answer.

Question 22, what are intra dermal water blocks 11(36.6%) got correct answer 19(63.3%) got incorrect answer.

Question 23, what is the site for intra dermal water blocks 5(16.6%) got correct answer 25(83.3%) got incorrect answer.

Table 3. reveals that out 30 primigravida mothers 13(43.3%) have moderately adequate knowledge regarding the natural labour pain relief methods 11(36.6%) have in adequate knowledge 6(20%) have adequate knowledge.

The over all mean score of knowledge is 14.6 and standard deviation is 2.74.

CHI-SQUARE TEST

Table 4. Association between level of knowledge and demographic characteristics.

Research Hypothesis

There is a significant association between knowledge of primigravida mothers regarding natural pain relief methods and selected demographic variables.

In order to find out the association between the level of knowledge and demographic variables chi square were composed.

Hypothesis there is a significant association between level of knowledge and selected demographical variable such as age in years, religion, place of residence, family education, occupation, income, source of health information, from above finding the researcher accepted the research hypothesis regard to the demographic variables [17-20].



Table 1. Frequently and percentage distribution of demographic variable among natural pain relief methods among primigravida

S.No	Variable	Frequency	Percentage (%)
1	Age in years		
	21-25	16	53.3
	26-30	13	36.6
	31-35	1	3.33
	Above 36 years	0	0
2	Religion		
	Hindu	19	63.3
	Christian	6	20
	Muslim	5	16.6
3	Place		
	Rural	16	53.3
	Urban	14	46.6
4	Family		
	Joint	10	33.3
	Nuclear	20	66.6
5	Education		
	No formal education	4	13.3
	Primary education	8	26.6
	Secondary education	5	16.6
	Higher education	10	33.3
	Graduates education	3	10
6	Occupation		
	Working	5	16.6
	Not working	25	83.3
7	Income		
	<5000	9	30
	5000-10000	9	30
	10000-15000	6	20
	Above 15000	6	20
8	Source of health information		
	Mass media	-	-
	Friends	5	16.6
	Relatives	4	13.3
	Neighbours	-	-
	Health professionals	21	70

Table 2. Association between level of knowledge score and selected demographic variable of primigravida mothers regarding natural methods for labour pain relief.

S.No	Variables	Correct		Incorrect	
		F	%	F	%
1	What is mean by delivery	26	86	4	13.3
2	What are the symptom of delivery	21	70	9	30
3	What are the need of natural pain relieving measures to women during delivery	19	63.4	11	36.61
4	What is aromatherapy	16	53.3	14	46.6
5	How does aromatherapy works	7	23.4	23	76.6
6	How are essential oils extracted	12	40	18	60
7	Which oil can be used in latent phase of first stage of labour	20	66.7	10	33.3
8	How does breathing exercises help in minimizing labour pain	19	63.4	11	36.6
9	What is the ideal time for breathing exercises	4	13.31	26	86.6



10	What is slide breathing	8	26.6	22	73.3
11	When is light accelerated breathing done	16	53.3	14	46.6
12	Define massage	25	83.3	5	16.6
13	How does massage help in minimizing labour pain	22	73.3	8	26.6
14	Which massage can be used to warm up women in labour	27	90	3	10
15	What is effleurage	4	13.3	26	86.6
16	What are messiness corpuscles	7	23.4	23	76.6
17	What is hydrotherapy	20	66.7	10	33.3
18	What is the ideal time to start water immersion	4	13.3	26	86.6
19	What kind of water is used for water immersion	26	86	4	13.3
20	How long should mother stay in water tub during immersion	9	30	21	70
21	How does buoyancy help in minimizing labour pain	2	6.6	28	93.3
22	What are intra dermal water blocks	11	36.6	19	63.3
23	What is the site for intra dermal water block	5	16.6	25	83.3
24	How many points are used for intra dermal water block	16	53.3	14	46.6
25	What is the precaution to be taken after water blocks	16	53.3	14	46.6

Table 3. Frequency and percentage distribution of level of knowledge on natural labour pain relief methods among primigravida.

S.No	Level of knowledge	Frequency	Percentage (%)
1	Adequate	6	20
2	Moderately adequate	13	43.3
3	Inadequate	11	36.6

Table 4. mean score and standard deviation of assessing knowledge regarding natural labor pain relief methods primigravida.

S.No	Variables	Mean	Standard deviation N=30
1	Assess the knowledge regarding natural labor pain relief methods among primigravida mothers.	14.6	2.74

S.No	Demographic variables	N	Df	Table X2	Calculated X2	Level of Significant
1	Age	30	2	5.99	0.723	S
2	Religion	30	2	5.99	1.672	S
3	Place	30	1	3.84	0.43	S
4	Family	30	1	3.84	1.371	S
5	Education	30	4	9.49	4.465	S
6	Occupation	30	1	3.84	0.745	S
7	Income	30	3	7.82	1.264	S
8	Source of health information	30	4	9.49	1.104	S



Figure 1. frequency and percentage distribution of primi mothers age

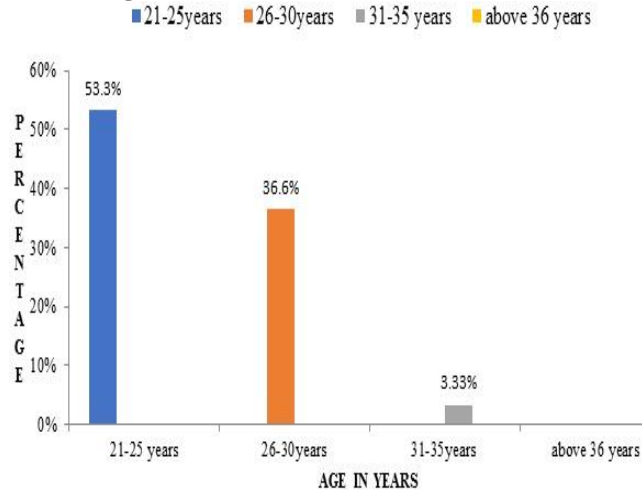


Figure 2. Frequency and percentage distribution of primi mothers religion

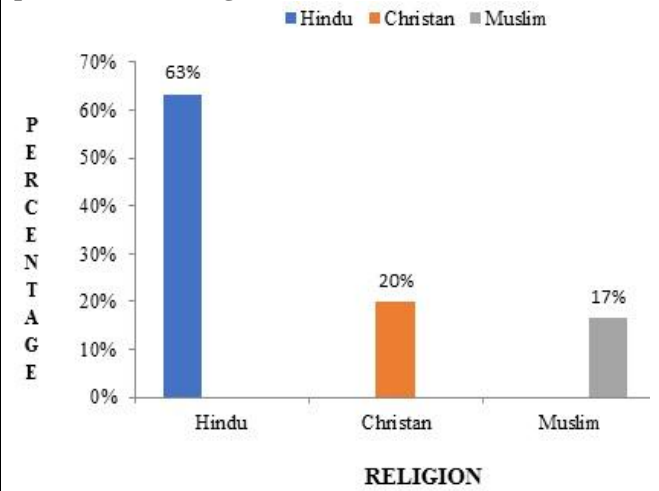


Figure 3. Frequency and percentage distribution of primi mothers Place of Residence

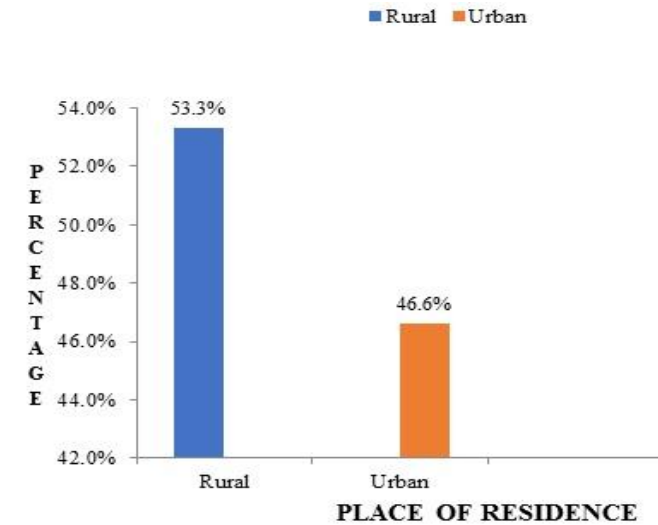


Figure 4. Frequency and percentage distribution of primi mothers type of family

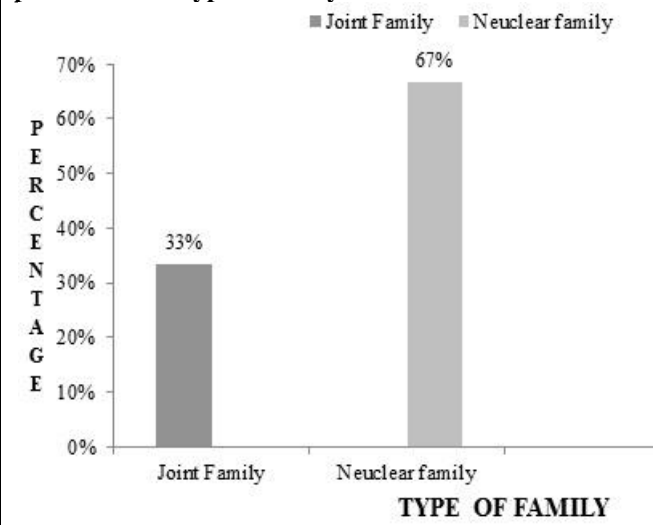


Figure 5. Frequency and percentage distribution of primi mothers educational status

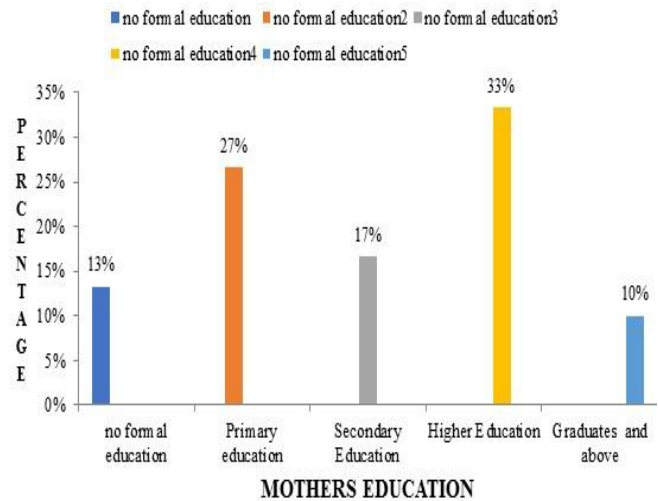
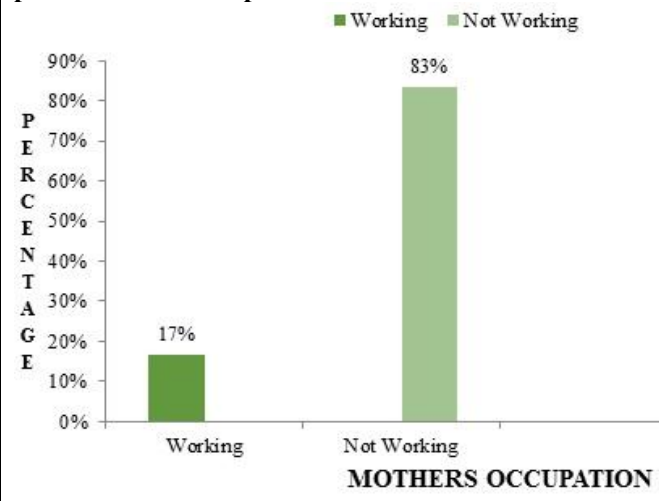
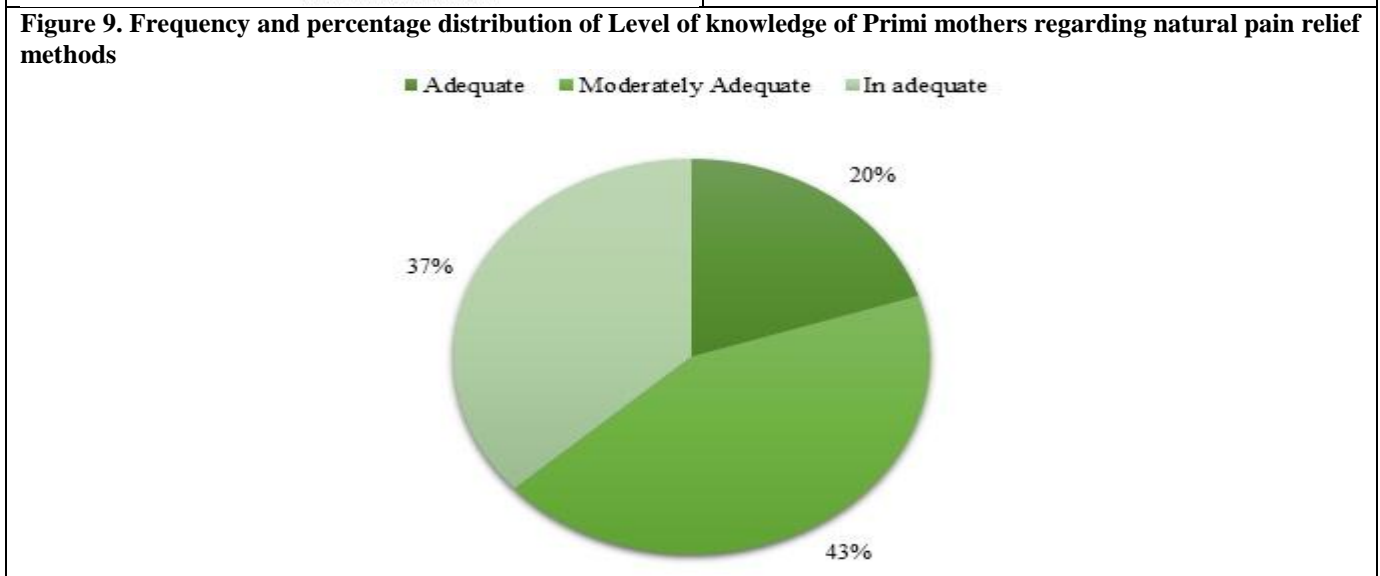
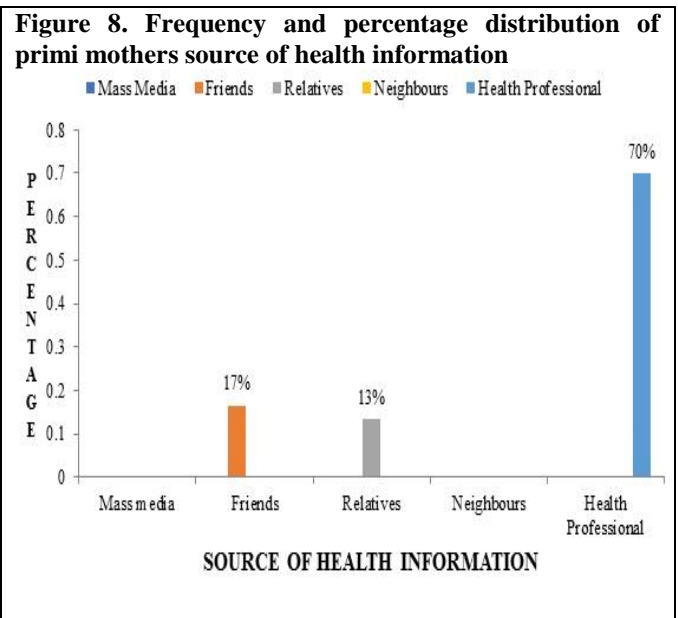
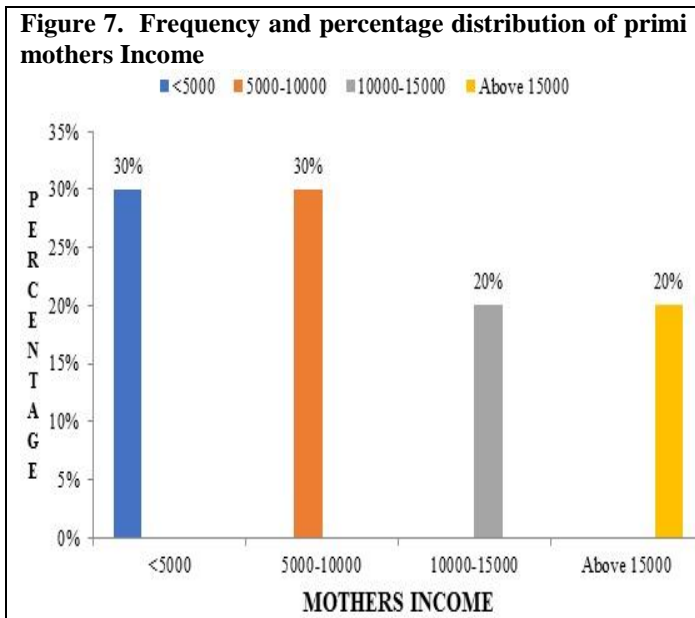


Figure 6. Frequency and percentage distribution of primi mothers Occupation





DISCUSSION

The discussion of the finding is much more subjective section of research report than presentation of finding. The present study has been undertaken to assess the knowledge regarding the natural pain relief methods among primigravida mothers.

There is a good result to relief labor pains through natural pain relief methods from olden days to present period. The largest increases good result to relief the labor pain have been association with the good practice of the methods. Today it remains one of most common natural techniques through out the world.

The collected data for the present study was analyzed statistically and the results based on descriptive characteristics and objective of the study were discussed below. To assess the existing knowledge of primigravida mothers regarding natural pain relief methods [21-25].

The above mentioned objective was meant by mean frequency and percentage distribution. Chi-square test of primigravida mothers based on their knowledge scores.

Table 3 shows that of 30 primigravida mothers 13(43.3%) had moderately adequate knowledge 11(36.6%) had in adequate knowledge 6(20%) had adequate knowledge.

The present study aimed at assessing the knowledge of the prime gravid mothers with regard to natural pain relief methods in maternity hospital in Hyderabad.

The objectives of the study were

- 1.to assess the existing level of knowledge of the prime gravid mothers regarding natural pain relief methods.



2. To analyse the relationship between the knowledge of the prime gravid mothers regarding natural pain relief methods and selected characteristics.

Related literature was reviewed for purpose of the findings the feasibility of the study to develop and to finalize methodology of the study.

The research approach used was descriptive in nature. A structured interview schedule was prepared for collecting the data; content validity of the tools was established by obtaining the suggestions of experts.

A pilot study was conducted on 30 prime gravid mothers between the age group of 21-35 years above from maternity hospitals, Hyderabad. Frequency and percentage were computed to summaries the sample characteristics.

CONCLUSION

The following conclusions were formed on the basis of the study results.

1. The finding revealed that majority of the respondents were not having sufficient significant knowledge with regard to natural pain relief methods.
2. The knowledge of prime gravida mothers with regard to natural pain relief methods was influenced.

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Implication of the present study in nursing administration

The nurse administrator should organize in service educational programme. The nurse administrator should motivate the health care professional to organize the awareness campaign and to prevent incidence.

RECOMMENDATIONS

The following recommendations were made for future research based on study findings.

1. A study might be done to develop the health education packages on natural pain relief methods and to evaluate their effectiveness among pregnant mothers.
2. A similar study to could to be taken up with the largest making a more valid generalizations.

SUGGESTIONS FOR FURTHER STUDY

1. A similar study can be under taken with a large sample
2. The study can be conducted to assess the knowledge by practice in home set up
3. Regular health education can be conducted to antenatal mothers to reinforce by improve their knowledge
4. A comparative study can be conducted in rural and urban areas.
5. The study can be done as an experimental study.



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