The effect of breathing and skin stimulation techniques on labour pain perception of Turkish women

Gulay Yildirim and Nevin Hotun Sahin
Department of Nursing, University of Istanbul, Istanbul, Turkey

Copyright © 2004 Hindawi Publishing Corporation. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Abstract

OBJECTIVE: To determine the effect of breathing techniques and nurse-administered massage on the pain perception of pregnant woman during labour.

SETTING AND PARTICIPANTS: The present study was conducted among pregnant women (75% primiparous) admitted to the SSK Bakirkoy Women and Children’s Hospital (Istanbul, Turkey) between January 1, and September 1, 2000. The patients were in their 38th to 42nd week of pregnancy, not at high risk and expected to have normal vaginal delivery. They were selected from volunteers by nonrandom sampling.

STUDY DESIGN: The present study involved 40 cases, with 20 in the experimental group and 20 in the control group. Data were obtained through the visual analogue scale, inspection form, observation form and postnatal interview form. The study investigators provided information about labour, breathing techniques and massage to the pregnant women assigned to the experimental group at the beginning of labour (latent phase). A study investigator also accompanied them during labour. These women received nurse-administered massage and were encouraged to breathe and perform self-administered massage. They were also instructed to change their positions and to relax.

RESULTS AND CONCLUSION: Study results demonstrated that nursing support and patient-directed education concerning labour and nonpharmacological pain control methods (e.g., breathing and cutaneous stimulation techniques) were effective in reducing the perception of pain by pregnant women (when provided in the latent labour phase before delivery), leading to a more satisfactory birth experience.
ABSTRACT: Most women suffer from severe and intolerable pain of labor. Nowadays, the use of analgesics for pain relief in childbirth is rarely used due to maternal and neonatal complications and the non-drug and complementary medicine methods are increasing. This study aimed to investigate the non-drug methods of pain relief in physiological labor.


OBJECTIVE: To determine the effect of breathing techniques and nurse-administered massage on the pain perception of pregnant woman during labour.

SETTING AND PARTICIPANTS: The present study was conducted among pregnant women (75% primiparous) admitted to the SSK Bakirkoy Women and Children's Hospital (Istanbul, Turkey) between January 1, and September 1, 2000. The study investigators provided information about labour, breathing techniques and massage to the pregnant women assigned to the experimental group at the beginning of labour (latent phase).