

Effect Of Therapeutic Touch On Labor Pain

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- **Introduction:**
- Various techniques have been proposed to relieve labour pain including massage therapy, intends to promote pain relief, provide physical contact with the parturient, potentiating the effect of relaxation and reducing emotional stress (Kimber et al 2008, Field 2010, Simkin and Bolding 2004) [1-3].
- **Theories for pain relief:**
- Massage might relieve pain, such as a reduction in cortisol and norepinephrine levels (Chang et al 2002, Nabb et al 2006)[4-5].
- The stimulation of endorphin release and of the circulation with a consequent increased oxygen supply for the tissues, and the facilitation of toxin excretion through the lymphatic system (Zwelling et al 2006)[6].
- **Melzack and Wall (1965)[7] proposed**
- a mechanism whereby the noxious stimuli evoked by lesions are regulated in the spinal cord by nerve cells that act as gates, preventing or facilitating the passage of impulses to the brain.
- **Aim :** to study the effect of therapeutic touch on labor pain and thereafter child birth experience.
- **Design:** Randomized Control Trial with triple blinding.

Methodology: Women admitted and assessed for eligibility

Inclusion Criteria:
primigravida women
>37 weeks gestation ,
singleton pregnancy
spontaneous onset of labor
≥4 cm cervical dilatation
intact membranes
no use of any analgesics after
admission at labor room

Measured pain visual analogue scale(100mm) ,patient information form , childbirth experience questionnaire

Experimental Group

massage by physiotherapist
between T10 and S4 for 15 min
during active and passive phase
of 1st and 2nd stage of labor ,usual
care [n=50].

Control Group

Physiotherapist present only to
answer questions for 15 min
usual care given [n=50].

Measured pain-related outcomes

Measured obstetric and neonatal outcomes

Results:

Mean pain severity was 66mm in intervention group and 82mm in the control group.
The mean duration of labor 6.6 hours in the intervention group and 5.5 hours in the control group.

No significant difference was seen between fetal and maternal outcomes in BOTH groups ●

Conclusion:

Application of therapeutic touch definitely has a positive impact on parturient mothers which leaves a pleasant and memorable childbirth experience.

Reference:

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