The effectiveness of lower back massage on reducing labor pain for primiparous at Maternity and Children's Hospital

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Abstract

Background: Massage therapy is a non-pharmacological method for reducing labor pain, usually used during the first stage of labor. This type is employed by many cultures worldwide due to its simplicity and most important because it does not have side effects. **Aims:** The aim of the study is to assess the effectiveness of lower back massage on reducing labor pain for primiparous. **Methods:** A quantitative, Randomized Controlled Trial (RCT) design utilized in this study. A visual analogue scale (VAS) has been used to measure the intensity of pain before and after lower back massage. Then assess the satisfaction of the mothers after applying lower back massage. A purposive sampling was selected related to some included and excluded criteria. The sample consisted of 60 mothers in the first stage of labor. **Setting:** This study carried out in Maternity and Children's Hospital (MCH) in Jeddah, Saudi Arabia. **Results:** The results from present study showed that experimental group had lower pain intensity at 4cm and 6cm ($p < 0.05$) in comparison with control group, but at 8cm no significant difference found between both groups ($p > 0.05$). Mothers in experimental group was more satisfied during the first stage of labor in comparison with control group. **Conclusion and Recommendations:** A lower back massage is an effective, non- invasive and alternative intervention, to reduce labor pain and increase the level of mothers'

satisfaction. Lower back massage can be considered as an independent simple nursing intervention and can be used as one of labor pain relieving method.

Keywords: childbirth, counter pressure, labor pain, lower back massage, non-pharmacological methods, pain relief, primiparous.

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Session name: labor and delivery

Category: oral presentation

Passport number: V763951