“EFFECTIVENESS OF VIDEO-CLIP INTERVENTION RELATED TO BIRTHING PROCESS ON BEHAVIOURAL RESPONSES DURING FIRST STAGE OF LABOUR AMONG PRIMIGRAVID MOTHERS IN SELECTED HOSPITALS OF JALANDHAR.”

Dr Sharad Chand Gupta
Principal cum Professor
APS College of Nursing Malsian, Jalandhar Punjab

1. INTRODUCTION

“Let my care remove your pain”

Dr. A. P. J. Abdul Kalam

Childbirth is a sweet miracle, which is experienced by majority of the women, though these instances do leave memories never to forget. The anxiety, the nervousness and emotions all swells up as the time advances for child birth. Delivering a baby comes with a lot of tension and stress. This is true for the mother to be as well for the father and at times for the whole family specially when they are expecting their first baby.

Labour is a loving experience of bringing a new life into the world, which stays with the mother for the rest of her life. To make this occasion stress free and more joyous and to fill the world with delight, relaxation therapy is being introduced. Among those, foot massage is one of an avenue for human touch which can be performed anywhere, requires no special equipment, is non-invasive and does not interfere with client’s privacy.

Nursing is a compassionate concern for human beings. It is the heart that understands and the hand that soothes (Carey and Turpin, 1997) “Caring is Nursing
and Nursing is Caring” (Leiniger 1984) The relief of pain is always a matter of priority for nursing action. Pain relief measures in nursing care includes providing psychological support, maintenance of comfortable position, comfort devices, relaxation therapy, music therapy, guided imagery, aroma therapy etc. But above all foot massage is a complementary therapy that has a great potential for use by nurse in a multidisciplinary Pain Management programme.

Labor pain is the most severe pain a woman experiences in her life. The severity and duration of labor pain, may lead to undesirable psychological effects, like lowered self-confidence and anxiety “Any one and every one can benefit from foot massage which has an amazing ability to harmonize all bodily system. It effectively enhances the functioning of Mind, Body and Soul.

The massage can lower pain intensity scores at each phase of labour. Anxiety levels were also lower in the massage group during the latent phase and it was helpful in providing pain relief and psychological support.

Therapeutic effects of massage during labour:
- Preparation and loosening of the pelvis before birth.
- It increases the amount of oxygen and nutrients to the cells of mother and fetus.
- Stabilization of hormone levels.
- Increases flexibility of muscles.
- It helps to relieve anxiety during labour.
- Promotes an easier child birth.
- Relaxation of muscles to improve rotation of breach presentation.
- Speedier healing during post partum recovery.
- Relief from soreness and stiffness after child birth.
- Speedier recovery after a caesarian birth.
Gate Control theory has described non-pharmacological pain relief associated with laboring women. It is probable that the soothing sensory input from stroking and kneading activates the “gate closing” mechanism at spinal level. It may also be possible by means of tissue manipulation to stimulate the release of endogenous opiates⁶.

NEED FOR THE STUDY

Childbirth has been associated with pain and throughout history measures had been introduced to relieve it. Various exorcisms can be found from the ancient civilizations. At the beginning of the nineteenth century other remedies were introduced. Non-Pharmacological measures are often simple, safe and relatively inexpensive. They provide the women with a sense of control over a child birth as she makes choices about the measures that are best for her. Massage can relax the body and direct the attention of nervous system thereby providing destruction during early labour. Labour proceeds easier and faster if the women gets relaxed and works with her body⁷.

Labour pain is different for different women. Few of them suffer from menstrual cramps, for some others it is severe pressure and awfully strong waves that seem like diarrhoeal cramps. Besides, first time mothers are more likely to feel more pain than women who have had earlier pregnancies⁸.

Foot massage during pregnancy is very helpful as it brings about a lot of positive benefits. Foot massage helps to relax the muscles, relieves stress pain, cramping and swelling. It also improves immunity and circulation. Foot massage stimulates the body to release endorphins which are natural pain-killing and mood-lifting hormones. In labour, massage is important because it brings close to the person who is giving care. The touch of someone who loves and wants to help is
very empowering when coping with contraction. The foot massage techniques used during the first stage of labour are specially designed to support the women with her breathing during contraction. If the woman is sitting down or in a bed for long periods of labour, foot massage is ideal. Feet become very cold in labour and a foot massage will help to warm up.

Foot massages are among the most relaxation technique which can be given independently and are great for general pain relief in the body - regardless of whether or not you have sore feet. We will need to use a firm hand on the feet to have an effect, a light hand will do no more than tickle or irritate.

In the present world where complementary therapies are taking lot of interest among the population, foot massage could be used by health care professionals as interventions along with other modalities of pain management as it has no adverse effect and it can only improve the quality of life. This therapy is economical in terms of its utilization of health care, money, materials and manpower required and it could be learnt by any health care personnel. Research studies have shown that foot massage helps in relaxation and thus reduces pain during labour hence, the investigator felt the need to provide comfort to the mother who is in labour.

The aim of this study is to determine the effectiveness of video-clip intervention related to birthing process on behavioural responses during first stage of labour among primigravid mothers.

**Objectives of the study**
1. Identify the behavioural responses of primigravid mothers during first stage of labour in control group (Group II) using observational check list.
2. Determine the effectiveness of video clip intervention in terms of positive behavioural responses in experimental group (Group I) using observational check list.
3. Find the differences in behavioural responses during first stage of labour between Group I and Group II.

**Methods**

A quasi-experimental time series non-equivalent control group design was used for the present study. Sample consisted of 30 primigravid mothers in the first stage of labour who met the inclusion criteria. They were selected using purposive sampling and were randomly assigned to Group I and Group II (N=15 in each group). Tools used were baseline characteristics of the mother and a structured observation checklist to assess the behavioural responses of the primigravid women during first stage of labour. The data collected were analysed using descriptive and inferential statistics such as unpaired ‘t’ test, Fisher’s exact test, etc.

**Results**

There was a significant difference in the behaviour response scores of primigravid mothers in both the groups (t28=51.68) The unpaired ‘t’ test computed significant difference among area-wise behavioural responses scores of primigravid mothers in both the groups (t28=24.34, 39.24, 32.61) pertaining to behavioural response during contractions, between contractions and manifestation of participation. Fischer exact test computed no association between the baseline characteristics and the behavioural responses scores in both the groups.

**Interpretation**

The result shows that the video clip related to birthing process is effective in improving behavioural responses of primigravid mothers during first stage of labour

**Conclusion**

The findings of the study suggest that showing of a video clip related to birthing process is very effective for the primigravid to improve their behaviours in a positive way during labour and have a pleasurable childbirth experience.
BIBLIOGRAPHY


