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Abstract

Background: moderate exercise during pregnancy is likely to improve course of pregnancy and easier labor when compared with that, of a sedentary lifestyle. Aim of this research: was to examine the effect of a structured antenatal Kegel exercises protocol on labor progress and incidence of complications that may occur during labor. Design: quasi-experimental design. Setting: this research was carried out at three different selected settings: - 1) Antenatal clinic at El Manial Maternity Hospital; 2) Maternal and Child Health Center at Masr el Kadema and 3) Labor and delivery suites at El Manial Maternity Hospital. Sample: A total sample of 100 pregnant mothers was recruited for this study according to certain criteria. Tools: Three tools were used for data collection: 1) Structured Interviewing Schedule; 2) Observation Checklist; and 3) Partograph. Results: revealed that, no statistically significant differences between the two groups were found in relation to maternal socio-demographic characteristics. Concerning the total duration of labor, pregnant mothers in the study group had a shorter duration of labor than those in the control group, statistically significant difference was found between both groups (P<0.001). Regarding mode of delivery, a statistically significant difference was found (P=0.01) between both groups, low percentage of pregnant mothers in the study and control groups delivered by caesarean section (4% & 16% respectively). Regarding to complications occurring during the first stage of labor, 6% of pregnant mothers in the study and 10% in the control groups had inertia at the same time, they had prolonged first stage, no statistically significant difference was found between groups (P=0.46). Moreover, 4% of pregnant mothers in the study group had a spontaneous tear during the second stage of labor as compared with 6% of pregnant mothers in the control group. In conclusion: practicing of antenatal Kegel exercises lead to decrease in labor duration, decrease in the incidence of cesarean section and decrease in the incidence of perineal tear or laceration. This research recommended that: implement health education program about Kegel exercises for pregnant mothers coming for antenatal follow up.

Subject: Human

Key words: Kegel exercises and Labor Progress

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