Effect of Acupressure on Labor pain and Duration of Delivery among laboring Women Attending Cairo University Hospital

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Abstract

Background: Labor pain management continues to be a challenge for maternity nurses & physician caring for women during labor and birth process. Aim: The aim of the study was to examine the effect of acupressure at sanyinjiao point (SP6) on labor pains and the duration of delivery in primigravida women. Methods: This study was conducted at labor and delivery unit at Cairo University hospital. One hundred (100) women in labor were randomly selected (50 women for each group). Labor pain and progress were measured using a structured questionnaire, partograph and subjective labor pain scale (visual-analogue scale [VAS]): before intervention, immediately after the intervention, 30 minutes, 60 minutes and 120 minutes after intervention. Results: There were significant differences between groups in subjective labor pain scores at all time points following the intervention: immediately after the intervention (p< 0.004); 30 minutes after the intervention (p = 0.002); 60 minutes after the intervention (p = 0.02); and 120 minutes after the intervention (p = 0.03). The total labor duration (3 cm dilatation to delivery) was significantly shorter in the SP6 acupressure intervention group than in the control group (p = 0.03). Conclusion: The findings showed that SP6 acupressure was effective related to the reduction of labor pains, and duration of delivery. SP6 acupressure during labor could be applied as an effective non pharmacological management during labor.

Key word: acupressure, labor progress, labor pain management, laboring women.