


JOURNAL CLUB

Presented by:-

Ms. Geetika Kashyap

M.Sc. Nursing 1st year



A true experimental study to evaluate the effectiveness of paced breathing on labour pain perception among primi mothers during first stage of labour in a selected Hospital, Kanyakumari District.



Objectives

- 1. To assess and compare the level of pain perception before and after paced breathing in the study group & control group.
- 2. To evaluate the effectiveness of paced breathing on the level of labour pain perception among primi mothers in the study group.
- 3. To associate the post test level of labour pain perception with selected demographic variable in study group and control group



Hypothesis

- H1: There is a significant difference in the pre and post test level of pain perception among primi mothers between the study group and control group.
- H2: There is a significant association between the post test level of pain perception with the selected demographic variables of primi mothers in study and control group.

METHODOLOGY

- **Research design**:- True experimental pre-test post test control group design.
- **Research setting**:- PPK Hospital, Marthandam, Kanyakumari district.
- **Population**:- Primigravida women admitted in the labour room.
- **Sampling techniques**:- Simple random sampling techniques.
- **Sample size**:- 60 primigravida women who fulfilled the inclusion criteria.



TOOLS


- Section A: Deals with the demographic variables of the mother.
- Section B: Numerical pain scale for measuring the level of pain perception.

DATA COLLECTION

- ❑ Pre-test was conducted to both the study and control groups and numerical pain scale was used to assess the level of pain perception.
- ❑ Study group received intervention of paced breathing exercise that is a type of breathing exercise in which constant, steady, deep breaths are taken through the nose and exhaled slowly through the mouth. Mothers were asked to practice this exercise in the active phase of labour starting with a deep cleansing breath at the beginning of each contraction, then inhaled through the nose, keeping the shoulders relaxed and exhaled through the mouth loud enough that others can hear the exhale
- ❑ The observations at the interval of every 15 minutes were recorded using Numerical Pain Scale for 2 hours. Women in both the groups were phase for every 15 minutes for 2 hours.



FINDINGS



□ **Analysis:-** Descriptive and Inferential statistical methods were used to analyse the data.

SR NO.	LEVEL OF PAIN PERCEPTION	PRE TEST				POST TEST			
		Study group n=30		Control group n=30		Study group n= 30		Control group n=30	
		F	%	F	%	F	%	F	%
1.	MILD PAIN					14	46.6		
2.	MODERATE PAIN					16	53.3	3	10
3.	SEVERE PAIN	30	100	30	100			27	90




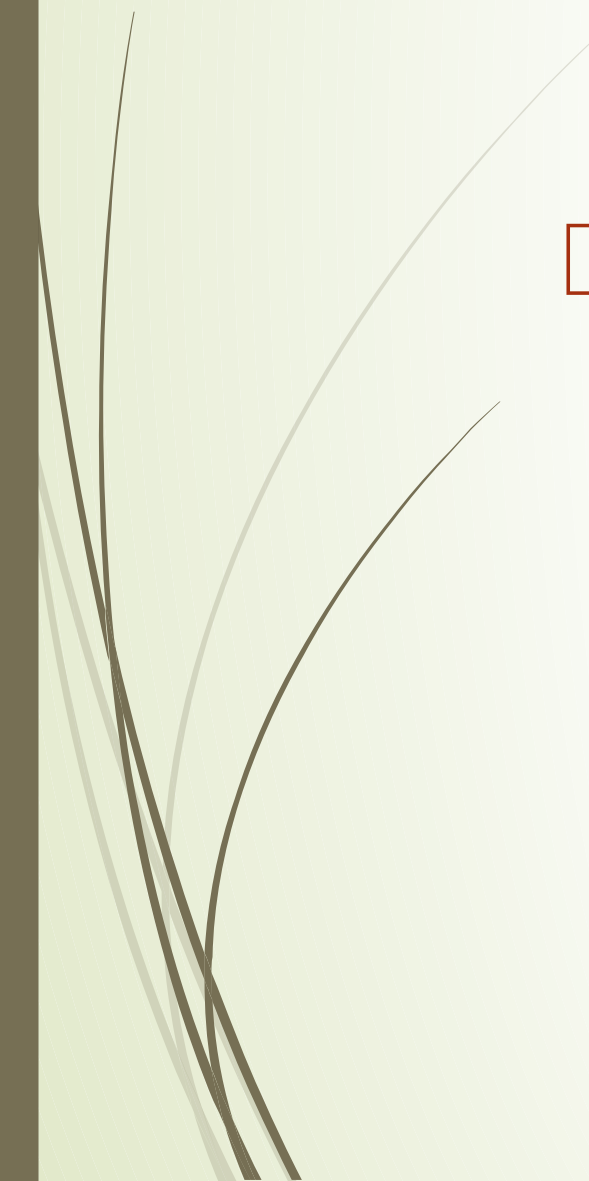
- 
- The major findings of the study revealed that in study group, 46.6% had mild pain, 53.3% had moderate pain and none had severe pain after practicing paced breathing.
 - In control group, 90% had severe pain, 10% had moderate pain and none had mild pain.

Table 2

N=60

Sr. no	GROUP	MEAN		SD	MEAN DIFFERENCE	t VALUE
		Pre test	post test			
1.	Study group	8.4	3.5	0.83	4.9	32.66
2.	Control group	7.8	7.6	0.61	0.20	1.71

- 
- The obtained study group pre test mean value 8.4 was higher than the post test value 3.5. The mean difference between study group pre test and post test value was 32.66 which was significant($p > 0.05$)
 - During post test, the obtained study group mean value was 3.5 which was lower than the control group value 7.6. The mean difference between study and control group was 4.1 and the obtained 't' value was 17.88 and it was found significant.

- 
- 
- There was no significant association in the level of pain perception with the selected demographic variables.



conclusion

- Meeting the needs of the new mother and family is one of the primary responsibility of the midwife. it's like a ghost which haunts every first pregnancy, making more frequent appearances as the due date approaches.
- Relaxation really is the key to managing birth pain, as a frightened mind and tense body will not easily open up to release the baby.
- Breathing often reflect a state of relaxation or excitation . Breathing techniques are helpful to many woman in labor .this study statically proved that effect of paced breathing at 5% significant level.



Implication

- In hospital during the mother's stay at antenatal and intranatal ward, it is the prime responsibility of the nurses to provide adequate information to the mother about paced breathing exercise . This could be achieved by giving incidental teaching.



Criticism

- Demographic variables have not mentioned.
- Inclusion and exclusion criteria was not mentioned.
- The t value for control group is incorrect in table 2



THANKY

OU