



EFFECT OF KEGAL EXERCISE AND PERINEAL MASSAGE DURING LAST TRIMESTER OF PREGNANCY ON LABOUR OUTCOME – LITERATURE REVIEW

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Abstract : This Literature Review has been undertaken to investigate the effect of kegal exercise and perineal massage during last trimester of pregnancy on labour outcome. Episiotomy increases the risk of women for being subjected to perineal trauma has become very common. Episiotomy is being done mostly among 50% - 90% of women during childbirth. In recent years the number of episiotomy has been increasing. Many research found that if we can provide perineal massage and kegal exercise so there are reducing chance of getting perineal trauma, laceration and any perineal related complication.

Material and method : A Review literature search including based on electronic databases: Pub Med, Goggle scholar and Research gate. Key words were: Effect of Kegal exercise, Effect of Perineal massage.

Result: The literature review shown that if we can provide kegal exercise and perineal care in last trimester mothers so there is reduce chance of perineal trauma and labour outcome was good.

Conclusion: The study conclude that there is effectiveness found in perineal massage and kegal exercise for outcome of labour.

Key word: *Perineal massage, kegal exercise, labour outcome, antenatal period*

I. INTRODUCTION :

To ensure a healthy delivery, antenatal, intranatal, and postpartum care are among the most crucial. They are necessary for the preservation and enhancement of the health of the mother and the newborn baby. One of the most significant and fundamental responsibilities of a public health organization is the promotion of mother and child health. Delivery and all interventions given during childbirth are significant experiences that can impact the quality of life of women and their families.¹

Perineal Trauma, episiotomy, perineal tear is most common in primigravida mothers who undergone in normal vaginal delivery. Now a days episiotomy is most common and around Given an episiotomy in 50% to 90% to women. During vaginal delivery, more than 85% of women develop a perineal injury. Perineum injury causes a number of subsequent problems in postnatal period.²

Women who experience perineal trauma during or after childbirth are more likely to experience short- and long-term morbidity. It may cause painful intercourse, recurrent perineal pain, and urine and faecal incontinence.³ Perineal massage on women during active labour has been demonstrated to be more successful at reducing trauma at the perineal

region, as well as lowering the frequency of episiotomy and the severity of perineal laceration. Perineal massage has an even greater effect during the prepartum phase.⁴

Kegel Exercise is done during the pregnancy period to strengthen the pelvic floor muscle. This exercise is mainly perform to strengthen pelvic floor muscles which helps to reduce the prolonged second stage of labour and reduces the increasing C section and episiotomy rate.⁵

II. OBJECTIVE :

- To Assess the effect of kegel exercise and perineal massage during last trimester of pregnancy on labour outcome.

III. MATERIAL AND METHODS:

literature search and method

A Review literature search including based on electronic databases: Pub Med, Goggle scholar and Research gate. Key words were: Effect of Kegel exercise, Effect of Perineal massage.

IV. Inclusion and Exclusion Criteria

Inclusion Criteria

- 1) Mother Age group between 20- 33 years
- 2) Primipara with singleton fetus
- 3) Gestational age > 30 week
- 4) Regular antenatal check up
- 5) Healthy Antenatal Mother

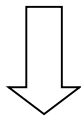
Exclusive criteria:

- 1) Any risk of complication
- 2) Multigravida
- 3) Any mental illness or suffer from any trauma
- 4) Delivered by Cesarean section

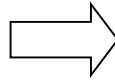
V. SEARCH OUTCOME

The following flow chart showing the selection process of the Literature studies. Litratue Review initial search 26 studies were identified, then 18 studies were excluded according to the excluded criteria. After the 12 studies were retrieved, finally retrieved 10 studies and 6 studies excluded after final review and finally, 5 studies saw the addition standards and were added in the review of literature.

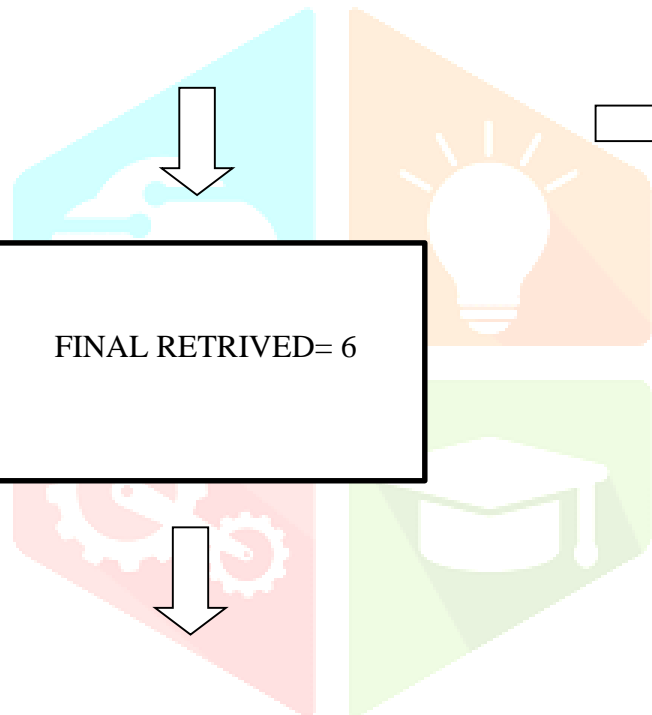
INITIAL SEARCH= 26 (Pub
Med, Goggle Scholar,
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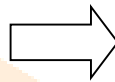
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12



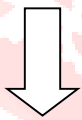
EXCLUDED BASED ON
CRITERIA= 18



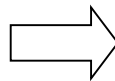
FINAL RETRIVED= 6



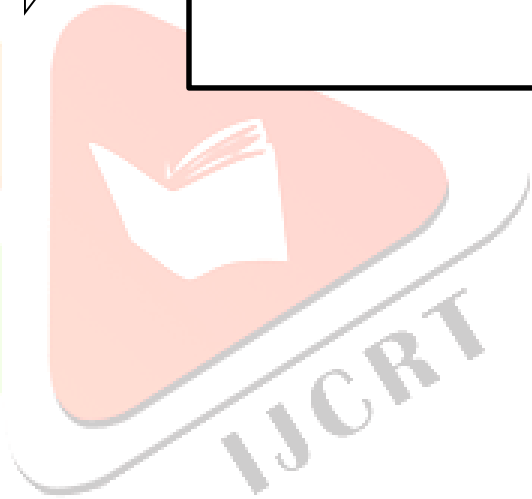
REVIEW ARTICLES=10



SELECTED
FINAL ARTICLES= 5



EXCLUDED AFTER
FULL REIVIEW= 6



Literature Review :

Author Year Place	Objectives	Methodology	Result
Faten Ibrahim Elsebeiy , 2018, Egypt ⁶	To compare the effects of prenatal perineal massage versus Kegel exercise on labor outcome.	Total sample size was 118 (37 pregnant women for perineal massage and 38 for kegel exercise & 43 control group)	The Result revealed that a highly statistically significant reduction in the duration of the second stage of labor of parturient women in the perineal massage group and kegel exercise group compared to those in control group.
Sevgul Donmez, Oya Kavlak ¹ ·2015	investigate the effects on the integrity of perine of perineal massage and Kegel exercises applied prenatally to women who experienced vaginal delivery To compare the effect of perineal massage and Kegel exercise to check reduce the episiotomy rate and reduce the perineal trauma.	Total 101 sample was collected. In that 30 Perineal Massage, 32 Kegal exercise and 39 in control group. Also selected to those mother who has completed their 33 week of gestation.	The study result revels that there are statistically difference between Experimental group and control group. Those who have received perineal massage and performed kegel exercise has reduced the chance of perineal laceration, episiotomy tear.
Hala Abd El ftah Ali ⁴ , 2015	To investigate the effect of prenatal perineal massage and kegel exercise to check episiotomy rate.	Total 225 (perineal massage 50,60 Kegel exercise and 70 control group) sample size. Also four Tool was used for data collection.	The study result found that Massage group and Kegel exercise groups were statistically significant less in terms of episiotomy, laceration and degree of laceration.
Resi galaupa, Husniah, Nurqalbi Sampara ⁷ , 2022	To Find out the effectiveness of perineal massage in primigravida pregnant women against perineal rupture during delivery.	Total 40 sample was selected during 3 rd trimester.	The Result revels that there is statistically significant relation between perineal massage in primigravida mother.

K. Vijayalakshmi, P. Padmavathi ⁸ , 2023	To determine the effectiveness of perineal massage on labour outcome among primigravida mothers	Total sample size 30 (15 control group 15 experimental group)	The study findings shown that perineal massage was more effective during outcome of labour.
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VI DISCUSSION :

The current literature reviews provide information about effect of kegel exercise and perineal massage during last trimester of pregnancy on labour outcome. Perineal Massage and kegel exercise has proven that it can reduce the perineal trauma and decrease the chance of episiotomy rate. If we can provide perineal massage on last trimester of pregnancy it also helpful to reduce perineal trauma, tear , laceration. And in Kegel exercise its helpful in strengthen the pelvic muscle floor , reduction of 2nd stage of labour and also helps in urinary incontinence.

VII CONCLUSION :

The Study conclude that effect of kegel exercise and perineal massage during last trimester of pregnancy can helpful in reduction of perineal trauma and reduction of episiotomy rate. Also it can can helpful in reduction of postnatal pain and early wound healing.

IX Recommendation:

Those who are working in the field of Obstetrics and gynaecological nursing , NPM nurses can take training on perineal massage and proper guidelines on kegal exercise so that they can teach to the students, other staffs and provide proper care to the mothers.

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