"EFFECTIVENESS OF REFLEXOLOGY ON REDUCTION OF PAIN AMONG MOTHERS UNDERGONE CAESAREAN SECTION IN A SELECTED HOSPITAL AT KOLAR."

ATHULYA VISWAMBHARAN, M.Sc. (Nursing),

Lecturer in OBG,

Jephanya College Of Nursing,

Tirupati, Andhra Pradesh, India.

ABSTACT:

" Pain is a complex, multifaceted phenomenon. It is an individual, unique experience that may be difficult to describe or explain, and often difficult for others to recognize, understand, and assess. Pain often leads to debilitation, diminished quality of life and depression. Pain management challenges every healthcare team member for there is no single universal treatment. Pain is defined by the International Association for the Study of Pain (IASP) as "An unpleasant sensory and emotional experience associated with actual or potential tissue damage, or described in terms of such damage". An evaluator study was conducted to find out the effectiveness of hand and foot massage to decrease pain by 20-minute foot massage among postoperative patients. The purpose of the pre-test post-test design study was to investigate whether a 20-minute foot and hand massage [five minute to each extremity] could produce reductions of pain perception and sympathetic responses among postoperative patients. A convenience sample of 16 patients completed the modified Brief Pain Inventories (mBPIs). The result showed that a 56% decrease in pain intensity from 4.5 to 2.3 (t=7.18, p<0.001). Pain distress decreased from 3.7 to 1.9 (t=4.96, p<0.001). The heart rates also significantly decreased. The study concluded that the foot and hand massage appears to an effective, inexpensive, low risk, flexible, and easily applied strategy for pain management.

KEY WORDS: Reflexology, Phenomenon, Depression, Postoperative, Convenience.

STATEMENT OF THE PROBLEM:

"**Effectiveness of reflexology on reduction of pain among mothers undergone caesarean section in a selected hospital at Kolar.**"

OBJECTIVES OF THE STUDY:

1. To determine the pretest level of pain among mothers undergone caesarean section in experimental group and control group.

2. To determine the post test scores among mothers undergone caesarean section after reflexology in experimental group and control group.

3. To find the effectiveness of reflexology on reduction of pain among mothers undergone caesarean section in experimental group and control group.

4. To find association of pre test scores among mothers undergone caesarean section in experimental group and control group. With selected demographic variables

OPERATIONAL DEFINITIONS:

- **Effectiveness:** In this study, 'effectiveness' refers to the extent to which the reflexology has to reduce pain in caesarean mothers.
- **Reflexology:** In this study, 'reflexology' refers to a therapeutic method of relieving pain by applying pressure to the feet and hand with specific thumb, finger without a use of oil and lotion for 15 minutes.
- **Caesarean:** It is a surgical procedure in which an incision is made through a mother's abdomen and uterus to deliver one or more babies.
- **Mother:** In this study, 'mother' refers to postnatal women who have undergone caesarean section.
- **Pain:** Pain is an expressed response that mothers undergone caesarean section perceives due to tissue trauma during surgery that stimulates hyper sensitivity of the central nervous system.

HYPOTHESIS:

- H1: The mean pain score of mothers undergone caesarean section with reflexology (Group I) will be significantly lower than the mean pain score of mothers undergone caesarean section without reflexology (Group II)

- H_2: There will be significant association of pain score among mothers undergone caesarean section in Group I and Group II with selected demographic variables.

DELIMITATIONS:

- The study will be conducted among mothers who undergone LSCS.
- The study will be limited to 1 Week
- Postnatal mothers not having any other medical disease condition

Major findings of the study:

- In experimental group, 14(46.67%) of them belongs to the age group of 26-30 years and 12(40%) of them belong to the age group of 21-25 years.
- In experimental group, 15(50%) had completed higher secondary education and 12(40%) had completed higher secondary education.
- In experimental group, 23(76.67%) of them were unemployed, whereas in control group 20(66.67%) of them were unemployed.
- In experimental group 24(80%) were multi gravid, whereas in control group 17(56.67%) were multi gravid.

In experimental group 24(80%) had previous history of caesarean section and in control group 15(50%) had history of both.

DATA ANALYSIS AND INTERPRETATION

This chapter deals with analysis and interpretation of data collected to evaluate the Effectiveness of hand and foot massage on pain among post caesarean mothers. The purpose of the analysis is to reduce the data to a manageable and interpretable form, so that the research problem can be suited and tested.

The data was collected through structured interview schedule and Numerical Pain Intensity Scale, which was analyzed by using descriptive and inferential statistics.

Data Analysis:

The data was analyzed by using descriptive and inferential statistics.

Section-A:

Distribution of post caesarean mothers according to their demographic variables in experimental and control group.

Section-B:

Distribution of post caesarean mothers according to their pre test scores on pain in experimental and control group.

Section-C: Hypotheses testing.

a) Effectiveness of reflexology on pretest and post test scores of pain among post caesarean mothers in experimental group.

b) Effectiveness of reflexology on pain among post caesarean mothers in experimental and control group.

c) Association of pain among post caesarean mothers with their selected demographic variables in experimental and control group.

Section-A

Distribution of post caesarean mothers according to their demographic variables in experimental and control group.
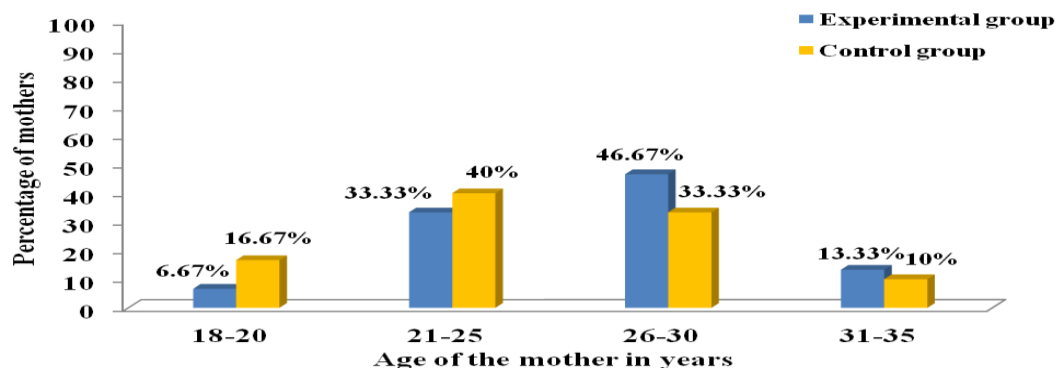

Figure-1: Diagram shows percentage distribution of post caesarean mothers according to their age in experimental and control group.

The above figure represents that, in experimental group, 2(6.67%) of the post caesarean mothers belong to the age group of 18-20 years, 10(33.33%) of them are in the age group of 21-25 years, 14(46.67%) of them belong to the age group of 26-30 and 4(13.33%) of them are in the age group of 31-35 years. In control group 5(16.67%) of them are in age group of 18-20 years, 12(40%) of them belong to the age group of 21-25 years, 10(33.33%) of them are in the age group of 26-30 years and 3(10%) of them belong to the age group of 31-35 years. This reveals that the highest percentages of post caesarean mothers are in the age group of 26-30 years in experimental group and in control group the highest percentages are in the age group of 21-25 years.

Section-B

a) **Distribution of LSCS mothers according to their post test scores on pain in experimental and control group.**
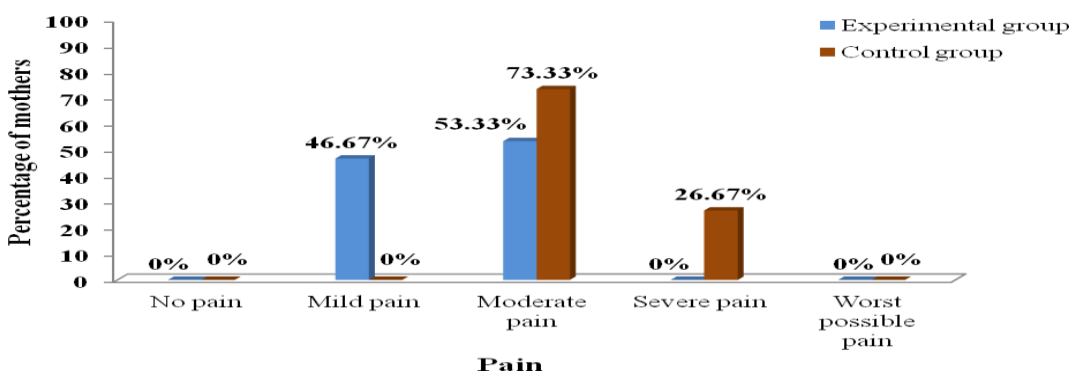

Figure- 3: Percentage distribution of LSCS mothers according to post test score on pain in experimental and control group.

The above bar diagram shows that, in experimental group 14(46.67%) of LSCS mothers have mild pain, 16(53.33%) have moderate pain. Whereas in control group 22(73.33%) of post caesarean mothers have moderate pain and 8(26.67%) of them have severe pain. This reveals that none of the mothers have severe pain in experimental group when compare to control group.

b) Distribution of LSCS mothers according to their pre test and post test scores on pain in experimental group.
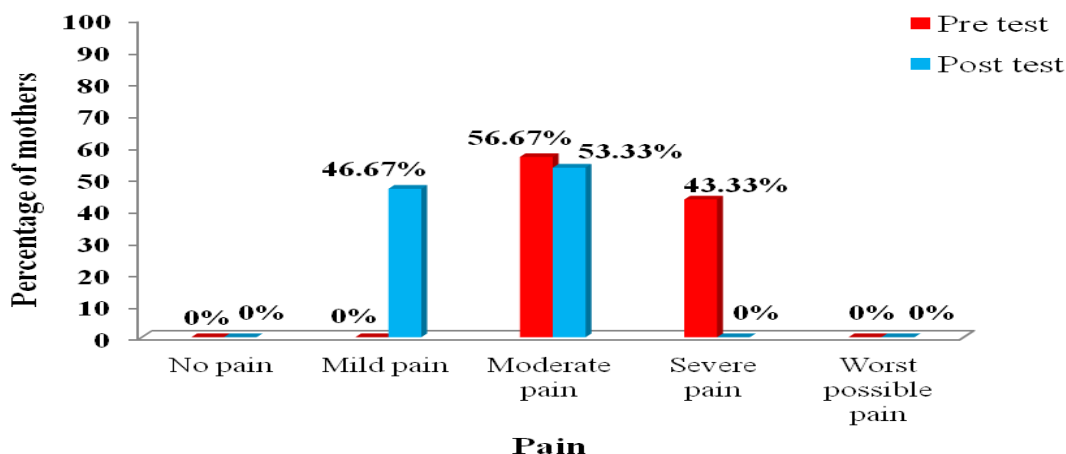

Figure- 4: Percentage distribution of LSCS mothers according to pretest and post test scores on pain in experimental group.

The above bar diagram shows that, in pretest 17(56.67%) of the post caesarean mothers have moderate pain, 13(43.33%) of them has severe pain. Whereas in post-test 14(46.67%) of the LSCS mothers have mild pain and 16(53.33%) of them have moderate pain. This reveals that there is reduction of pain after hand and foot massage in experimental group.

c)   Comparison between pretest and post test scores on pain among post LSCS mothers in experimental and control group.

Section-C

Mean, Standard deviation and 't' value on pain among post caesarean mothers in experimental group. N=30

Pain	Experimental group		't' value
	Mean	**SD**	
Pre test score	6.4	0.56	33.72*
Post test score	3.5	0.79	

* Significant at p≤0.05 level; table value=2.05; df=29

The above table reveals that the mean pretest score in experimental group is 6.4±0.56 and mean post test score is 3.5±0.79. The 't' value is 33.72 which is significant at p≤0.05 level. Thus it proves that Hand and Foot Massage is effective in reducing pain among LSCS mothers in experimental group. Hence H_1 is retained at p≤0.05 level.

a) Effectiveness of reflexology on pain among LSCS mothers in experimental and control group.

H_2: There will be a significant difference in post-test score on pain among LSCS mothers in experimental and control group at p≤0.05 level.

b) Association of pretest score on pain among post caesarean mothers with their selected demographic variables in experimental and control group.

H₃: There will be a significant association on pain with their selected demographic variables among LSCS mothers in experimental and control group at p<0.05 level.

Chi- square test of pretest score on pain among LSCS mothers with their demographic variables in experimental and control group. N=60

S.No	Demographic variables	Experimental group (n=30)			Control group (n=30)		
		χ^2	Table value	df	χ^2	Table value	df
1.	Age of the mother in years	2.54	7.82	3	1.70	7.82	3
2.	Educational status	32.1*	7.82	3	4.85	7.82	3
3.	Occupation	0.00069	3.84	1	0.06	3.84	1
4.	Parity	0.31	3.84	1	0.02	3.84	1
5.	Previous history of caesarean section	0.31	3.84	1	0.14	3.84	1

* Significant at p≤0.05 level;

The data presented in table 4.4 shows that there is a significant association between educational status and pain among post caesarean mothers in experimental group. Hence H₃ is retained at p≤0.05 level. There is no significant association between demographic variables and pain among Lscs mothers in control group. Hence H₃ is rejected at p≥0.05 level.

CONCLUSION

The use of hand and foot massage reduces the pain among post caesarean mothers in experimental group compare to control group. Hence hand and foot massage was effective, in expensive, low risk, flexible and easily applied strategy for post caesarean pain management. There was a significant association found between pain and educational status of the mothers in experimental group.

REFERENCE:
1. Adele pilliteri, (1995). Maternal and child Health Nursing 1st Edition. NewYork:J.B, Company.
2. Annamma Jacob. (2009). A Comprehensive Text book of Midwives-2nd Edition, Jaypee Publishers.
3. Arzta Sophia. (2016). Effectiveness of foot Reflexology on lactation among post Natal mothers. International journal of Nursing education and research, vol 13
4. Jenny Stalin. (2013). Effect of foot Reflexology on post-operative pain Management after caesarean section. International journal of Nursing and Health science, vol 1
5. Jibi Vargese and Jobby George. (2014). Determine the effect of foot reflexology on intensity of pain and quality of sleep. IOSR Journal of nursing and health Science, vol 3, 39-43.