

Effectiveness of birthing ball on reduction of labor pain in selected fetomaternal parameters among primigravida

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ABSTRACT: Birthing ball is a large air filled rubber ball which is strong enough to support the weight of the mother. It helps in widen and flex the pelvic bone and joints and helps the baby to descent into birth canal more easily and also helps in the strengthening the muscles of the pelvic floor, which is responsible for the pushing stage of childbirth. The present study aims to evaluate the effectiveness of birthing ball technique on the pain & selected fetomaternal parameters of the latent phase of labor among primigravida mothers.

Methods : A true experimental study with pre test – post test control group design with multiple observation are used. Sixty primigravida mothers admitted in antenatal ward of KNH, Shimla, for safe confinement were

recruited for the study. All the mothers who meet the sampling criteria were selected and randomly assigned to experimental and control group. Informed consent is obtained prior to data collection. Teaching regarding use of birthing ball was given to the mothers in the experimental group during antenatal period including guided practice for two day and they were helped to use birthing ball during labour for 20 min per hour for three hours. Pain level, duration of uterine contraction and fetal heart rate was assessed both before and after use of birthing ball in both group measured by using numerical pain rating scale, flow sheet and cardiotocography respectively.

Biography

Sharma Jyoti has completed MSc nursing obstetrics and Gynecology background at the age of 26yrs from Akal college of nursing Baru Sahib India, Currently working as a nursing tutor in Rayat Bahra university Mohali India

Recent Publications

1. Costa-Martins JM, Pereira M, Martins H, Moura-Ramos M, Coelho R, Tavares J. Attachment styles, pain, and the consumption of analgesics during labor: a prospective observational study. *J Pain.* 2014;15(3): 304–311. doi: 10.1016/j.jpain. 2013.12.004.
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