



Ice Pack Application on the Level of Pain in Episiotomy Wound

Author

Mrs. S. Parimala M.sc [N]

Professor, Department of Obstetrics and Gynecological Nursing, Vinayaka mission's Annapoorana College of Nursing, Chinnaseeragapadi, Salem -636308. Tamilnadu, India

Abstract

True experimental design with Quantitative approach was used to assess the effectiveness of ice pack application on the level of pain in episiotomy wound among postnatal mothers reveals that the ice pack application was very effective in reduction of pain in episiotomy wound among postnatal mothers.

Need For the Study

In India, the birth rate is very high. 56% of Indian women had an episiotomy compared to the 46% of White women. The difference between these percentages (10%) is a measure of the excess frequency in Indian women. A study was conducted to calculate the percentage of episiotomy performed in the US. Out of all vaginal deliveries, it was found to be 19.4%. Episiotomy rate was higher among white women (32.4%) than African American women (11.2%). The episiotomy rate in Tamil Nadu is very high that is, about 88% in women who are undergoing difficult labour.

Statement of the Problem

A study to assess the effectiveness of ice pack application on the level of pain in episiotomy wound among postnatal mothers in a selected Hospitals, Salem.

Objectives of the Study

- To assess the pretest level of pain in episiotomy wound in both experimental and control group.

- To compare the pre test and post test level of pain in episiotomy wound between experimental and control group.

Review of Literature Review of Related Literature

- Related to significance of Episiotomy.
- Related to pain Assessment.
- Related to Episiotomy pain perception.
- Related to care on Episiotomy wound
- Related to ice pack application.

Methods And Materials

Research Design & Research Approach

True experimental design with Quantitative approach was used for this study.

Population

The population of the study was postpartum mothers in post natal ward

Sample Size & Sampling Technique

Sample size consists of 60 post natal mothers. (30 mothers for Experimental Group & 30 mothers for Control Group). Simple random sampling. The

random assignment of the subject's was done by lottery method.

Major Findings of the Study

- Majority of the postnatal mothers 53.3% in the age group of 18 to 22 years were in experimental and 50.0% were in the control group.
- Higher portion of the postnatal mothers 76.7% were Hindus in control group and 73.3% in experimental group.
- Highest 46.7 % of the postnatal mothers had primary education in the control group as well as experimental group.
- A large portion of the postnatal mothers 76.7% were housewives, both in experimental and control group.
- Similar (33.3% each) earned Rs. less than 3000 and Rs. 3001 to 4000 in both experimental & control group.
- Maximum numbers of 80.0% postnatal mothers were from joint family in control group and 56.7% in experimental group.
- Majority of the experimental group 43.3% and 46.7% in the control group from urban area.
- Maximum of 93.3% of the mothers in both experimental and control group of mothers belongs to non-vegetarian.
- Majority of the experimental group 60.0% and 70.0% in control group had 150-155 range of maternal height.
- More than 86.7% in the experimental group and 90.0% in the control group had maternal BMI 18.6- 25.0 range.
- High portions of the postnatal mothers 53.3% in the experimental as well as the control group were having 2.6 -3 kg birth weight of baby.
- Larger portion 83.3% experimental 80.0% in the control group having 15-30 minutes of the duration in second stage of labour.
- Major portion of 83.3% in the experimental and in the control had 3cm

length of episiotomy. There was a statistically significant difference between the experimental and control group and it shows the effectiveness of study.

Conclusion

The study findings statistically proved that the Ice pack application reduces pain effectively in episiotomy wound. The researcher concluded that the ice pack application was very effective in reduction of pain in episiotomy wound among postnatal mothers.

Recommendations

- The study can be replicated with larger samples for better generalization.
- A study can be conducted to assess the effectiveness of structured teaching programme regarding procedure of episiotomy and care of episiotomy wound.

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