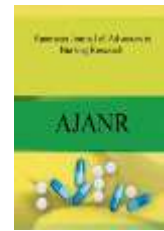# AMERICAN JOURNAL OF ADVANCES IN NURSING RESEARCH

Journal homepage: www.mcmed.us/journal/ajanr

A STUDY TO ASSESS THE EFFECTIVENESS OF FOOT REFLEXOLOGY ON POST CAESAREAN PAIN AMONG POST CAESAREAN MOTHERS

Sabitha Anto V*

Professor, Sardar Rajas College of Nursing, Tirunelveli District, TamilNadu, India.

ABSTRACT

Post caesarean section client is suffered from pain due to operative trauma. The sensation of the pain state can be reduced by pain management. It is not only of pharmacological remedy but also non pharmacological treatment. Foot reflexology is one way of non pharmacological suitable method to reduce pain intensity of the women. The present study is carried out to assess the effectiveness of foot reflexology on post caesarean pain among post caesarean mother . Objectives :1. To assess the level of post caesarean pain among the post caesarean mothers before and after intervention in both experimental and control group. 2. To assess the effectiveness of foot reflexology in reducing the post caesarean pain among post caesarean mothers. 3. To find out the association between the level of pain with the selected demographic variables such as age, income of the family, occupation, Gravida, para, pregnancy associated disease and previous history of caesarean section. Methodology: The research design use for the study is true experimental (two group pretest and post test control group design. The participants were selected by using simple randomized sampling techniques. A sample of 30 caesarean women are selected for the study. Among them 15 allotted for experimental group and 15 for control group. After caesarean, the women's pain assessed by using the visual analogue scale on the first day. Foot reflexology administered to the experimental group on the first post operative day. The foot reflexology continued up to 3rd day for 15 minutes once daily morning along with routine care and the control group did not receive foot reflexology. On 4th day post test level of pain was assessed by using visual analogue scale for both experimental and control group. Conclusion: The data was analyzed by using "t" test. The results showed that the mean pre test score was 7.26 and mean post test score was 6.35 in experimental group and the mean pre test score was7.35 and post test score was 7.39 in control group. It shows that there was a significant reduction in the post caesarean pain after Foot Reflexology. The findings showed that foot reflexology was effective in reducing the pain level among the post caesarean women.

INTRODUCTION
Background of the Study

Child birth is a crucial experience in a women's life and is painstaking bio-psychosocial occasion. This experience shapes how mother will build good self efficacy, constructive feelings for the newborn, and a smoother modification to be a mother as well as the background experience for future births [6]. This central

Corresponding Author
Sabitha Anto V
Email:- sabbii87@gmail.com

Research Article

events in any women's life withers a vaginal birth or a surgical delivery by caesarean section has the ultimate goal of preserving the mother's life and safely giving birth to her baby.

Caesarean section is one of the most common surgeries performed in modern obstetrics. The incidence of caesarean section is steadily rising. During the last decade there has been two to three fold rise in the incidence from the initial rate of about 10%[12].Caesarean section is one of the common methods of delivery with incidence of 32% of all births in United states. India is also experiencing a rapid increase in caesarean section deliveries with incidence of 32.6% documented from south India[8].

The women who has undergone caesarean section has more problems, minor or major, than a women with vaginal delivery. Some problems are like longer duration of hospital stay, post operative pain delayed ambulation, increased period required to return to normal meals, breast engorgement, problems in relation to bowel and bladder, lactation failure and less maternal and newborn bonding. Post operative pain and insomnia are the major concerns for the mother [9].

One of the major challenging issues in obstetric nursing is the management of post-caesarean pain. Compared to vaginal delivery, mothers giving caesarean birth describe more severe pain during the first few days, and persistent pain that continue six months to one year following labor. Pain among all the several complaints suffered by mothers going through caesarean birth, is complicated phenomena [7].

Reflexology or zone therapy – particularly – emerges to be a practical therapy in the field of pain management. It is a restorative process pain relief and health promotion via provoking feet's reflex points. It acts on the neurologic system by liberation of inner opioid materials. The foot is wealthy with points that receive and react to sensual stimulus[11]. When activating these points via compression and a form of kneading is exerted on those receptors, a nerve urge is started and nerve is stimulated through the afferent fibers to rise across the spinal cord to the brain.

Foot massage is used for the pain among post caesarean mothers, to improves blood circulation , helps in relaxation , promotes better sleep , relieves body pain , improves mood and depression , makes feel healthy .The reflexology works with the central nervous system. According to the theory, the application of pressure to feet hands and ears sends a calming massage from the peripheral nerves in these extremities to central nervous system. Regular massage is improves circulation, stimulates muscles, reduces pain, and tension. Caesarean mother feet work hard for every day [12].

Thus the mothers who underwent cesarean section experienced discomfort and pain during their post operative period. To promote this, reflexology can be used as a complementary therapy to relieve pain.

Statement of the Problem

A Study to assess the effectiveness of foot reflexology on post caesarean pain among post caesarean mothers

Objectives of the Study

➢ To assess the level of post caesarean pain among the post caesarean mothers before and after intervention in both experimental and control group.
➢ To assess the effectiveness of foot reflexology in reducing the post caesarean pain among post caesarean mothers.
➢ To find out the association between the level of pain with selected demographic variables such as age, income of the family, occupation, gravida, pregnancy associated disease and previous history of caesarean section

Hypothesis

➢ **H1-** There is significant different between the pretest and post test level of pain among the post caesarean mothers in experimental and control group.
➢ **H2** – There is significant association between the level of pain among post caesarean mothers and selective demographic variables such as age, income of the family, occupation, gravida, pregnancy associated disease and previous history of caesarean section.

Research Methodology

Quantitative research approach is used for the study. The research design use for the study is true experimental- Two group pretest and post test control group design. The sample size was 30. The participants was selected by using simple randomized sampling technique. A sample of 30 caesarean women are selected for the study. Among them 15 allotted for experimental group and 15 for control group. After caesarean, the women's pain assessed by using the visual analogue scale on the first day. Foot reflexology administered to the experimental group on the first post operative day. The foot reflexology continued up to 3rd day for 15 minutes once daily morning along with routine care and the control group did not receive foot reflexology. On 4th day post test level of pain was assessed by using visual analogue scale for both experimental and control group.

Results and Findings

On analysis of frequency, percentage and distribution of demographic variables of the caesarean section in experimental group and control group.

It (Table.1.1) was revealed that the majority of a women with in the age group of <20 years (40%) and majority of the caesarean women's family income was Rs.5000-10000 (66.6%) majority of the caesarean women were unemployed (73.3%). Most of them were Primi Gravida Mothers (53.3%) and Majority of caesarean

women doesn't have pregnancy associated disease (93.3%) and majority of women didn't have the previous history of caesarean section (53.3%).

In control group, It (Table.1.1) was revealed the majority of a women with in the age group of 25-27 years (33.3%) and majority of the caesarean women's family income was <5000 Rs (46.6%), majority of the caesarean women was unemployed (60%), majority of caesarean women were in multi gravida (53.3%) and majority of caesarean women didn't have pregnancy associated disease (86.6%) and majority of caesarean women have previous history of caesarean section (53.3%).

The first objective of the study was to assess the level of pain among the post caesarean women before and after intervention in both experimental and control group.

Regarding the pretest level of pain among post caesarean women. In experimental group majority (53.3%) of them had worst pain. In the post test majority (60%) of them had mild pain. In control group majority (60%) of them had no pain. In post test majority (53.3%) of them had severe pain .

The second objective of the study was to assess the effectiveness of foot reflexology in reducing the post caesarean pain among post caesarean mothers.

(Table.2.1) showed that the mean pre test score was 7.26 and mean post test score was 6.35 in experimental group and the mean pre test score was 7.35 and post test score was 7.39 in control group and standard deviation in experimental group was (18.26), and in control group (16.93), and that "t" test value was 0.37 the result showed that, there was significant reduction of pain before and after providing foot reflexology technique in experimental & control group.

The third objective was to find out association between the level of pain with selected the demographic variables such as age, income of the family, occupation, gravid, pregnancy associated disease and previous history of caesarean section (if multi).

The results showed that the demographic variable like age, income of the family, occupation, gravida, pregnancy associated disease & previous history of caesarean section had no association with the level of pain and in both experimental and control group. ($p < 0.05$).

Table: 1 Frequency and Percentage Distribution of Demographic Variables in both Experimental Group and Control Group N=30

S.NO	DEMOGRAPHIC VARIABLES	EXPERIMENTAL GROUP		CONTROL GROUP	
		F	%	F	%
1	Age				
	<25 years	6	40	4	26.6
	25-27 years	5	33.3	5	33.3
	28-30 years	2	13.3	3	20
	> 30 years	2	13.3	3	20
2	Income of the Family				
	< 5000 Rs	3	20	7	46.6
	5000- 1000 Rs	10	66.6	5	33.3
	>10,000 Rs	2	13.3	3	20
3	Occupation				
	Employee	4	26.6	6	40
	UnEmployee	11	73.3	9	60
4	Gravida				
	Primi	8	53.3	7	46.6
	Multi	7	46.6	8	53.3
5	Pregnancy associated Disease				
	Yes	7	46.6	8	53.3
	No	8	53.3	7	46.6
6	Previous History of Caesarean Section				
	Yes	7	46.6	8	53.3
	No	8	53.3	7	46.6

Table 2.2: The level of pain among the post caesarean motherbefore and after intervention in both experimental and control group. N=30

Variable	Pre test		Post test		Mean difference	Value "t" test	P value
	Mean	Standard deviation	Mean	Standard deviation			
Experimental group	7.26	9.2	6.35	18.26			
Control group	7.35	6.76	7.39	16.93	2.02	0.37	<0.05

Research Article

DISCUSSION

In this study it was used to assess the effectiveness of foot reflexology in reducing the post caesarean pain among post caesarean mothers. It shows that, The mean pre test score was 7.26 and mean post test score was 6.35 in experimental group and the mean pre test score was 7.35 and post test score was 7.39 in control group and standard deviation in experimental group was (18.26), and in control group (16.93), and that "t" test value was 0.37 the result showed that, there was significant reduction of pain before and after providing foot reflexology technique in experimental & control group.

Limitations

1. The study was conducted in selected area of Tirunelveli Medical College and Hospital.
2. It was carried out only for small sample size.
3. There was limited time consuming

CONCLUSION:

The present study assessed the effectiveness of foot reflexology on post caesarean section among post caesarean mothers. The result of the study concluded that foot reflexology was more effective in reduce the pain among post caesarean mothers. Therefore the investigator suggest that the foot reflexology is most effective for reducing post caesarean pain.

REFERENCES

1. Annammaa Jacob (2008). Text book of Midwifery for Nurses. 2nd edition. Jaypee publication. 36-42.
2. Bharat pareek (2010). Nursing research and statistics. 1st edition.peeve publication. 50-55.
3. Basavanthappa,B.T (2011). Midwifery and obstetric. 1st edition. Jaypee publication. 65-52.
4. Basavanthappa,B.T (2001)Nursing Theories. 1st edition. Jaypeepublication. 132-150.
5. Mahajan,B.K (2010). Biostatistics:. 7th edition. Jaypee publication. 56-90
6. Atlaug, A.M(2007). post caesarean discomfort journal of obstetrics and gynecology nursing 33, (641-650).
7. Chacham, A.S&Perpetetao, H.D (1990). The incidences of caesarean deliveries and the productive health matters. 71-72.
8. Elliot, W.J (2006)The journal of clinical obstetrics and gynecology nursing .553-582.
9. Gibbon ,I& ,Belizan J.M .(2010). The global numbers and coasts of additionally need and necessary caesarean sections performed per years over use as a barrier to universal coverage. (WHO 2012) 30.
10. Hebert,(2008). non-pharmacological methods of labour pain management OBG nursing journal. (862-880).
11. Murray,E.A.(2012). Efective care in pregnancy and post natalperiod .Tamilnadu nursing and Midwifery Council journal of obstetrics and gynecology nursing .vol-III.33-35
12. WHO/UNICEF 2011 the special role of maternity services. The nursing journal of india.
13. Foot reflexology therapy on reducing post caesarean pain. www.emedicinehealth.com