Adequacy of Hand and Foot Massage on Post Cesarean Pain among Postnatal Mothers

Beautily V*, Sharmila R
Department of Child Health Nursing, Saveetha College of Nursing, SIMATS, Thandalam-602105, Chennai, Tamil Nadu, India

**ABSTRACT**

Pregnancy is a curious rousing and as frequently as possible upbeat hour in a woman’s life, as spots of interest the woman’s bewildering innovative and headway capacity while allowing a relationship with what’s to come. There is a wide range of techniques for labour. Vaginal delivery is one of the most widely recognized and most secure sorts of labour. At the point when vital in specific conditions, forceps and vacuum delivery might be utilized. Now cesarean delivery is fundamental for the most secure of mother and child. The cesarean segment is the most every now and again performed a medical procedure on the planet. The point of the Study is to the adequacy of Hand and Foot Massage on Post cesarean pain among postnatal moms. Exploration approach utilized for the investigation was the quantitative methodology. The examination configuration was semi trial plan (pretest and post test control group). A complete of 60 members were choosing with non - likelihood purposive inspecting procedure was utilized and factual strategy applied for the investigation. The investigation was directed in a government hospital at Thiruvallur. The mean pre-test score in the exploratory gathering was 6.4 and meant the post-test score was 3.5. The ‘t’ esteem is 33.72, which was huge at p<0.05 level. Subsequently, it demonstrated that Hand and Foot Massage was viable in diminishing pain among post-cesarean moms in the experimental group.

*Corresponding Author
Name: Beautily V
Phone: 86082 82987
Email: beautily85@gmail.com

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cases, the cesarean conveyance is important for the most secure of mother and infant. The cesarean area is the most as often as a possible performed medical procedure on the planet. The term rub is gotten from the Latin word Massa or green masse in or masso significance to contact, handle, press or manipulate. Back rub or contact treatment is a normal, practically intuitive approach to mind. By gently contacting, scouring, the whole body causes comfort both genuinely and mentally. (Chooi et al., 2013)

These are normal than most medical procedures because of numerous components, one factor is sure, that about half of the total populace are ladies and pregnancy is as yet a typical condition. (Basyouni, 2018) A Cesarean area is a surgery where the entry point is made through a moms mid-region and uterus to convey at least one infants, or infrequently, to expel a dead hatchling. A cesarean area is typically performed when a vaginal conveyance could place the infants or moms life or wellbeing in danger, in spite of the fact that as of late it has been additionally performed upon demand for labours that could make some way or another have been normal. It has now suited the methodology of decision progressively in big hazard pregnancies, to forestall perinatal bleakness and death. (Degirmen et al., 2010)

Pain is a mind-boggling, accomplish wonder. It is a single, one of a kind encounter that might be hard to portray or clarify, and frequently hard for others to perceive and comprehend. Pain regularly prompts incapacitation, reduced personal satisfaction and despondency. Pain the board difficulties each medicinal services colleague, for there is no widespread individual therapy. (Kolawole and Fawole, 2004)

The medical procedure will prompt numerous issues like pain, tension, sickness and retching. Among these, pain is a significant post-employable issue. (Jagadeeswari, 2020) The post-caesarean segment pain is as intense, that is, it presents an inconspicuous start with an anticipated end, and is firmly identified with the harm caused to the tissue because of the fiery responses got from a horrendous procedure, which makes pain. (Meena and , 2019) The critical and complete pain will origin from physical and mental confusions, postponed recuperation and delayed hospitalization. Despite the fact that absence of pain is utilized to assuage pain, its confusion, inaccessibility, need of taking low medication and furthermore ineffectualness of utilizing absence of pain alone to ease pain has concentrated the present nursing framework on corresponding medicines and drug-free conciliation. (Thenmozhi and Sharma, 2019)

It is basic to sway the pain-alleviating burden follow cesarean region since it can experience chest milk to the kid. A mix of indispensable and elective treatment with analgesics can reduce the diminishing pain use; it limits indications and is monetarily clever close by empowering the patient. The new rising estimates in pain the board are reciprocal treatments. The correlating medications incorporate cutaneous incitement, back rub, cold and hot treatments, transcutaneous electrical nerve incitement, interruptions, unwinding methods, guided symbolism and spellbinding. Reciprocal techniques dependent on sound exploration discoveries are expected to help in post employable relief from discomfort, alongside pain prescriptions. (Parimala and Amutha, 2019)

An investigation in Eskisehir maternity medical clinic to survey the impact of hand and foot back rub to sway pain follow cesarean segment. The investigation outcome appears that there is an expanded impact for hand and foot rub for pain after a medical procedure. Most post employable patients experienced outrageous pain and uneasiness after a medical procedure. The degree of pain and pulse diminished while respiratory rate improved among the individuals who experienced back rub. (Padmavathi, 2014)

**Objectives**

1. To evaluate the pain among post caesarean mothers in experimental and control
2. To evaluate the adequacy of hand and foot rub on pain among post-caesarean moms in a trial gathering.
3. To discover the relationship between pain with their segment factors among post-caesarean moms in test and control gathering

**MATERIALS AND METHODS**

A quantitative methodology with semi trial research configuration was utilized to direct the examination in the post-operative ward of Thiruvalur District, Head Quarter Government Hospital. 60 samples (30-trial and 30-control gathering) were chosen by utilizing a non-likelihood purposive testing method. The Criteria for Sample Selection are Post cesarean moms after second post employable day Mothers who experienced elective cesarean segment with spinal sedation, After two hours of organization of the Cesarean area is a surgery where the entry point is made through a moms mid-region and uterus to convey at least one infants, or infrequently, to expel a dead hatchling. A cesarean area is typically performed when a vaginal conveyance could place the infants or moms life or wellbeing in danger, in spite of the fact that as of late it has been additionally performed upon demand for labours that could make some way or another have been normal. It has now suited the methodology of decision progressively in big hazard pregnancies, to forestall perinatal bleakness and death. (Degirmen et al., 2010)

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Table 1: Effectiveness of hand and foot massage on pre and post-test among post-cesarean mothers in the experimental group

| Pain       | Experimental group | 't' value |
|------------|--------------------|-----------|
|            | Mean   | Standard deviation |             |
| Pretest    | 6.4    | 0.56                  |             |
| Post-test  | 3.5    | 0.79                  | 33.72       |

Table 2: Mean and standard deviation of post level of pain in the experimental and control group

| Group       | Mean | Standard Deviation |
|-------------|------|--------------------|
| Experimental| 3.5  | 0.79               |
| Control     | 6.1  | 0.65               |

investigation. The information assortment period was finished with earlier consent from the HOD of obstetrical Department and moral leeway was gotten from the foundation. The motivation behind the examination was disclosed to the examples with verbal educated assent was gotten from them. The segment information was gathered by utilizing an organized survey. The numerical pain force scale was evaluated before mediations in the exploratory gatherings and control gathering. After second post employable day of medical procedure, the pretest was finished by utilizing numerical pain power scale and each time before mediation, for trial and sway gathering. At that point hand and foot knead was given by stroking, effleurage, pulling and crushing and curve press with the assistance of fluid paraffin for 5 minutes in every furthest point, an absolute span of 20 minutes for two times per day after the organization of pain executioner for exploratory gathering. Post-test was done after the back rub by utilizing a similar scale for trial gathering and sway gathering. The mediation was not given for sway gathering. The information was broke down, utilizing illustrative and inferential insights. The example qualities were depicted utilizing recurrence and rate. In this way, it demonstrated that Hand and Foot Massage was successful in diminishing pain among post-cesarean moms in a trial gathering. Chi-square used to relate the post-test level of pain with the demographic variables.

RESULTS AND DISCUSSION

Section - A
The study was to evaluate the pain among post caesarean mothers in the experimental and control group.

Distribution of post-cesarean moms as per pain. In trial and control bunch 17(56.67%) have moderate pain and 13(43.33%) have extreme pain in test gathering. In control gathering, 19(63.33%) have moderate pain and 11(36.67%) have serious pain. (Table 1)

The pain was surveyed by Numerical pain rating scale. 1(5%) of a post-cesarean mother had moderate pain, 19(95%) moms had serious pain. While in control gathering, 7(35%) moms had moderate pain and 13(65%) mother had serious pain in the pretest. Henceforth, the vast majority of the moms had moderate pain after cesarean area despite pain drug.

Section - B
To evaluate the adequacy of hand and foot rub on pain among post-cesarean moms in a trial gathering.

The pre-test means a score of pain in the trial bunch was 6.4 and the post-test mean score of the exploratory gathering was 3.5. The ‘t’ esteem is 33.72, which was huge at p ≤ 0.05 level. (Table 2)

Pain force and pain trouble was surveyed by utilizing 0 to 10 Numerical pain rating scale. The investigation discoveries demonstrated that there was a decline in pain force from 4.65 to 2.35 (t=8.154, p< 0.001) and the pain trouble were decreased from 4.00 to 1.88 (t=5.683, p<0.001).

Thus, it suits obviously that Hand and Foot Massage is effective in reducing pain among post cesarean mothers in the experimental group.

Section - C
To discover the relationship between pain with their segment factors among post-cesarean moms in test and control gathering

The relationship between post level pain and segment factors. Out of 30 in trial gathering, Regardless...
ing Age, the Chi-square worth is $X^2=7.8061$ and $P=0.050193$, in regards to training $X^2=9.4133$ and $P=0.024272$, with respect to occupation $X^2=5.5934$ and $P=0.018028$, in regards to past cesarean area $X^2=4.0513$ and $P=0.044136$, in regards to paying $X^2=9.1741$ and $P=0.027063$, in regards to kind of family $X^2=6.6964$ and $P=0.009661$, in regards to the length of emergency clinic stay $X^2=10.8036$ and $P=0.001013$. P esteem is huge with segment factors.

**CONCLUSION**

The utilization of hand and foot rub diminishes the pain among post-cesarean moms in test bunch contrast with a control gathering. Subsequently, hand and foot knead was successful, in costly, okay, adaptable and handily applied system for post-cesarean pain the board. There was a critical affiliation found among pain and segment factors in the exploratory gathering.

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**Conflict of Interest**

The authors declare that they have no conflict of interest for this study.

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