

A comparative study to assess the effectiveness of sacral massage versus hot application in sacral area for pain during active first stage of labour among primi mothers

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Abstract: Pregnancy is a special event it is an important aspect of women's life and it is a journey in which the mother along with her fetus has to travel towards the ultimate destiny of safety. It is a time of great hope and joyful anticipation. Labour is a wondrous act of nature and unique to every child bearing women. Labour is likely the hardest work women will endure in her lifetime, but it also holds all the beauty magic and power of life. The time of labour and child birth though short in comparison with the length of pregnancy, is the most dramatic and significant period for the expectant women. Most pain during childbirth results from normal physiologic events. If nurses understand the nature and effects of pain during the labour process, they will be better prepared to provide supportive care, physical comfort includes offering a variety of non-pharmacologic and pharmacologic intervention. Among the non pharmacologic methods of pain relief massage, acupuncture and hot application are effective techniques for management of labour pain.