



Effectiveness of Foot message on Pain among Postnatal Mothers who had undergone Cesarean Section

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ABSTRACT

Massage of the hands and feet can help with post-Cesarean pain management. Every mother who had a caesarean section can receive a foot and hand massage as a form of treatment up until the point at which they do not experience any postpartum complications. To assess the effectiveness of foot message on pain among Postnatal Mothers who had undergone Cesarean section admitted in Postnatal ward from selected Hospitals of Pune City. The present study adopted a quantitative approach with one group pretest posttest quasi-experimental research design. 50 postnatal mothers who have undergone caesarean section were recruited as study subjects by non-probability purposive sampling technique. These study subjects received foot massage for 4 consecutive days during postnatal period and the data was collect using structured questionnaire along with visual analogue pain scale. the there is significant difference between pre intervention and post intervention scores at p 0.001. This result explains that foot massage is one of the non-pharmacological intervention to reduce the level of pain among mother who have undergone caesarean section. Foot massage is one of the simple and non-pharmacological interventions that can be provided to the postnatal mothers in order to relieve their pain.

Key Words: Foot massage, cesarean section, postnatal mothers.

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INTRODUCTION

The most frequent post-Cesarean section consequences include pain and anxiety. The most typical method for resolving these issues is to take drugs. However, the negative side effect of these medications and the fact that some patients cannot obtain them has increased the use of non-drug treatments like massage. Massage of the hands and feet can help with post-Cesarean pain management. Every mother who had a caesarean section can receive a foot and hand massage as a form of treatment up until the point at which they do not experience any postpartum complications.

There are many medications that may be used to treat pain and anxiety, but in recent years, studies on non-pharmacological pain relief have increased because of their short term benefits and lack of adverse effects compared to medications like benzodiazepines and analgesics [2].

Reflexology and straightforward massage therapy are two of the most well-liked non-pharmacological treatments. Reflexology is a type of foot massage that focuses on points on the foot that are thought to link with bodily regions [1].

Foot and hand massage is one of the alternative therapies used to treat pain. Massage is a methodical, rhythmic kind of touch that relies on specific manipulations of the body's soft tissues to enhance patients' comfort, wellbeing, and pain alleviation [3].

The most frequent post-Cesarean section consequences include pain and anxiety [4].

The most typical method for resolving these issues is to take drugs. However, the negative side effect of these medications and the fact that some patients cannot obtain them has increased the use of non-drug treatments like massage. Massage of the hands and feet can help with post-Cesarean pain management. Every mother who had a caesarean section can receive a foot and hand massage as a form of treatment up until the point at which they do not experience any postpartum complications [5].

There are many medications that may be used to treat pain and anxiety, but in recent years, studies on non-pharmacological pain relief have increased because of their short term benefits and lack of adverse effects compared to medications like benzodiazepines and analgesics [6].

Reflexology and straightforward massage therapy are two of the most well-liked non-pharmacological treatments. Reflexology is a type of foot massage that focuses on points on the foot that are thought to link with bodily regions [7].

Foot and hand massage is one of the alternative therapies used to treat pain [8]. Massage is a methodical, rhythmic kind of touch that relies on specific manipulations of the body's soft tissues to enhance patients' comfort, wellbeing, and pain alleviation.

OBJECTIVE

1. To assess the level of pain among mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City.
2. To assess the effectiveness of foot massage on pain among Postnatal Mothers who had undergone Ceasarean section admitted in postnatal ward from selected Hospitals of Pune City.

Research Design: The research design undertaken for this study was the “quasi-experimental Research design.

Sampling technique: In the present study, investigator has adopted non-probability purposive sampling technique.

Sample size: Total 50 amples were selected for the study

Tool for data collection:

The tool consists of two sections.

Section I of the tool consists of questions related to selected background variables that evolve the basic information about their present delivery.

Section II of the tool consists of Observational Checklist and Numeric Pain Scale to asses the level of pain mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City.

RESULT

Section I: Analysis related to Pre intervention level of pain among mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City.

Section II : Analysis related to Post intervention level of pain among mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City.

Section III : Comparison of pre and post intervention scores of level of pain among mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City.

Section -I

Analysis related to Pre intervention level of pain among mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City.

Table 1 . Frequency and distribution of Pre intervention level of pain among mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City. N=50

0 to 3		4 to 6		7 to 9		10		Mean	SD
Mild	Moderate	very severe	Worst pain						
N	%	N	%	N	%	N	%		
0	0	2	4	20	40	28	70	28.5	33

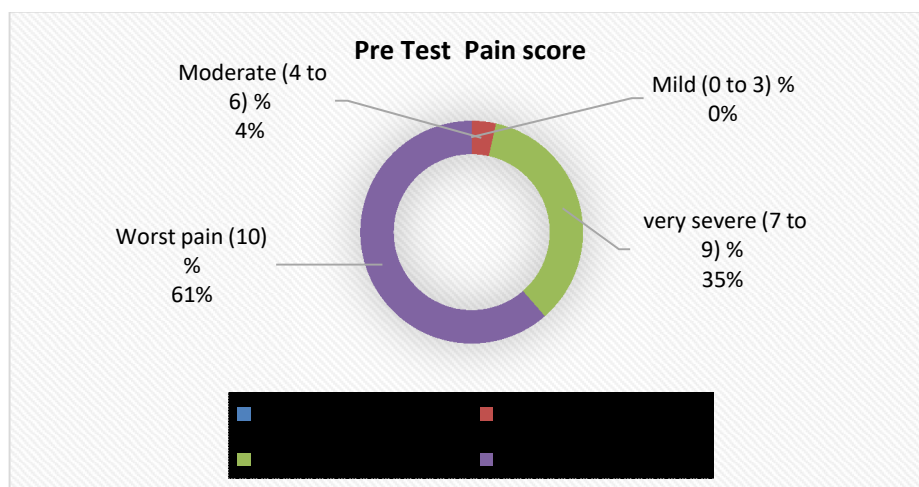


Fig. 1: Description of Pre intervention level of pain among mothers who had undergone caesarean section.

The table 1 and Fig 1 above depicts that none of the samples have had mild level of pain , only 4 % of samples have expressed moderate pain, whereas 40 % of them have expressed very severe pain and the majority of 56% of the subject have complained about worst pain before providing foot massage.

Section -II

Analysis related to Post intervention level of pain among mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City.

Table-2: Frequency and distribution of Pre intervention level of pain **consecutively for 4 days.** among mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City.

Post test Scores	0 to 3		4 to 6		7 to 9		10		Mean	SD
	Mild		Moderate		very severe		Worst pain			
	Mild	%	N	%	N	%	N	%		
Day 1	10	0	10	4	12	40	18	70	20.5	23.37
Day 2	16	32	25	50	5	10	4	8	18.75	16.02
Day 3	25	50	15	30	7	14	3	6	18.75	15.71
Day 4	42	84	6	12	2	4	0	0	18.75	29.78

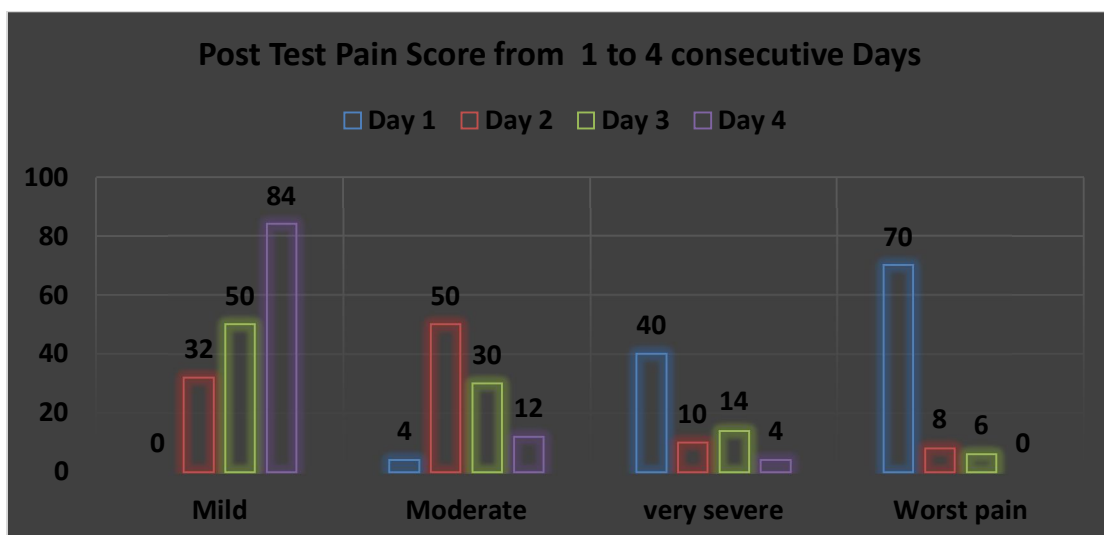


Fig 2 . Description of Post intervention level of pain **consecutively for 4 days.** among mothers who had undergone caesarean section

Table 2 and fig 2 above depicts the level of pain among the study samples while providing the foot massage consecutively for 4 days. The table clearly explains the level of pain is reducing effectively every time after getting foot massage.

Section III :

Comparison of pre and post intervention scores of level of pain among mothers who had undergone caesarean section admitted in postnatal ward of selected hospitals of Pune City.

Table 3. Comparison of pre and post intervention scores N=50

Pre Test		Post Test		Mean Difference of Pre test and Post test day 4	P Value
Mean	SD	Mean	SD		
28.5	33	20.5	23.37	9.75	<0.001
		18.75	16.02		
		18.75	15.71		
		18.75	29.78		

The table 3 depicted above clearly indicates that there is significant difference between pre intervention and post intervention scores at p 0.001. This result explains that foot massage is one of the non pharmacological intervention to reduce the level of pain among mother who have undergone cesarean section.

DISCUSSION

The study included 30 samples, equally divided among the experimental and control groups. The study's findings revealed a statistically significant difference between pre and posttest pain scores at a level of significance of 0.05. The researcher came to the conclusion that using hand and foot signals was a cheap and practical way to help post-césarean moms who were in pain.

CONCLUSION

Pain after cesarean section is quite most common issue faced by the postnatal mother. Various pharmacological as well as non pharmacological interventions are carried out in order to overcome this problem. The current study has concluded that providing foot massage consistently can significantly reduce the complain of pain. This intervention shall be used as a routine method while providing quality care to all postnatal mother.

Conflict of interest: Nil

Source of funding: The study was fully funded by the author.

Ethical clearance: Ethical clearance for the study was taken from institutional ethical committee.

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