



“AN EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF INFRARED LIGHT THERAPY ON PAIN WITH EPISIOTOMY WOUND AMONG POSTNATAL MOTHERS AT SELECTED HOSPITAL, JALNA.”

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ABSTRACT:

Background: The episiotomy suture can cause significant discomfort and pain. The perineum is a very soft, densely vascularized area. muscles of the perineum are involved in many activities such as sitting and walking. Women experience pain that can be described as a burning, dull, tingling, or tingling sensation. Delayed wound healing can prolong the duration of perineal pain. pain and Post-episiotomy discomfort can affect mother-infant interaction.

Objectives: The present study was a quantitative approach to evaluate effectiveness of infrared light therapy on pain with episiotomy wound among postnatal mothers at selected hospital, Jalna.

Method: The research design used for this study was a quasi-experimental pre-test and post-test control group design. The samples were selected by using purposive sampling technique. The study was performed on 40 study subjects, 20 each in the experimental and the control group at Deepak Hospital Jalna, in Maharashtra state. The tool was a structured questionnaire and a visual analog scale was used to record pain with episiotomy wound from the subjects. A pre-test was conducted among the experimental and control groups. An intervention of infrared light therapy was demonstrated by the student researchers among study subjects in the experimental group for 3 consecutive days for 5 to 6 minutes, followed by a post-test conducted among both groups in which, the results showed a significant effectiveness in pre-test and post-test in the experimental group. The data analyzed was using SPSS 24.0 and Graph Pad Prism 7.0 version.

Results: The results of the paired ‘t’ test pain with episiotomy wound in the experimental group. were compared to the control group, before and after the intervention. The calculated ‘t’ value which was 13.17 with a mean difference of 2.60 ± 0.88 was much higher than tabulated value at a 5% level of significance among the study subjects in the experimental group, which was a statistically acceptable level of significance.

Conclusion: The study findings showed significant reduction in the level of pain with episiotomy wound among the postnatal mothers in the experimental group. therefore, infrared light therapy can be used as one of the ways to reduce pain with episiotomy wound among postnatal mothers.

Keywords: pain with episiotomy wound, infrared light therapy.

INTRODUCTION:

Motherhood is a beautiful gift from God to women. Birth is a powerful, life-changing event that has a lasting impact on women. The postpartum period is a time when a woman adjusts physically and mentally to pregnancy and childbirth. An episiotomy is a surgical incision in the perineum and posterior vaginal wall, usually performed by a midwife or obstetrician during the second stage of labor, to quickly open the baby's passageway. Infrared therapy is an appropriate substitute intervention for those with episiotomy injury. Heats create higher tissue temperatures which produces vasodilation that increases the supply of oxygen and nutrients and the elimination of carbon dioxide and metabolic waste.

BACKGROUND OF STUDY:

By Annama Jacob. (2005) The birth of a child is a process that nature has beautifully designed. It is a happy event for women, families, and caregivers. But such a happy event is painful to some extent. A mother may then experience a lot of grief during Childbirth due to pain.

By Claytons. (1986) Several years ago, infrared lights were used to heal episiotomy wounds. However, infrared lights can help accelerate the healing of episiotomy wounds Also today. Infrared relaxes muscles, promotes blood circulation, and reduces levels of Relief of swelling and pain. Improving blood circulation is important for wound healing. It prevents infections and destroys bacteria. infrared temperature It should be held at 40-45 degrees Celsius for 5 minutes the use of infrared light leads to vasodilation of blood vessels and an increase in blood vessel, Fluid exchange to reduce edema levels.

STATEMENT OF THE PROBLEM:

“An experimental study to assess the Effectiveness of infrared light therapy on pain with episiotomy wound among postnatal mothers at Selected Hospital, Jalna”

OBJECTIVES:

- To assess the pre-test level of pain with episiotomy wound in the experimental and control group.
- To evaluate the effectiveness of infrared light therapy on pain with episiotomy wound among postnatal mothers in the experimental group.
- To associate the pre-test level of pain with episiotomy wound in the experimental and in the control group with selected demographic variables.

HYPOTHESES:

H₁: There is a significant difference between the pain with episiotomy wound among postnatal mothers in the control and in the experimental group.

H₂: There is a significant association between the level pain with episiotomy wound among postnatal mothers with their selected demographic variables in the control and experimental group.

METHODS AND MATERIALS:

STUDY DESIGN

The research design adopted for the present study was Quashi Experimental design, pre-test and post-test.

RESEARCH SETTING

The study was conducted in selected Hospital at Jalna in Maharashtra state.

SAMPLE

The sample size selected for this study were 40 samples in which 20 samples were selected in each experimental group and in the control group. the sampling technique adopted for this study was purposive sampling technique.

ANALYSIS AND RESULTS:

- With regard to the level of pain with episiotomy wound among postnatal mothers, most of them were under severe of pain with episiotomy wound. On post test assessment it revealed that the 18(90%) severe or worst to moderates pain with episiotomy wound.
- the majority of samples 55% belong to the age group of 21- 24 years, 40% belong to 25-29 years, 05% belongs to 30-34 years. The result shows that most of the study subjects were in the age group of 21-24 years.
- The pre-test average score was 9.05 with SD of 0.60. The post-test average score was 6.45 with SD of 0.82. The test statistics value of paired t-test was 13.17 with p-value of 0.0001. **Hence the H₁ hypothesis is accepted.**

CONCLUSION:

The study was conducted to evaluate the effectiveness of infrared light therapy on pain with episiotomy wound among postnatal mothers. The study findings show that there is significant reduction on the pain with episiotomy wound among the postnatal mothers at Selected Hospital, Jalna. Therefore, then infrared light therapy was an effective intervention in the reduction of pain with episiotomy wound among postnatal mothers.

IMPLICATIONS FOR NURSING MANAGEMENT:

- Ensure that the students learn the normal physiological changes during puerperium and its management.
- Provide adequate clinical exposure for the students to give effective and safe nursing care in postnatal care with episiotomy.

- Make use of available literatures and studies related to non-pharmacological measures for episiotomy wound healing status and pain perception.
- Educate the students about various complementary and alternative therapies for episiotomy wound healing status and pain perception.
- Encourage the students for effective utilization of research based practices.

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