



A Quasi Experimental Study on The Prevention of Perineal Trauma by Perineal Massage Among Multigravid Women in A Selected Hospital at Mangalore

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ABSTRACT

Introduction: Many people consider the health of the vagina/perineum to be a matter of chance, luck or being at the mercy of the circumstances of the forces that prevail at the time of the birth.

Aim: To compare the effectiveness of perineal massage in the prevention of perineal trauma among the multigravid women in the interventional group to that of control group.

Materials and Methods: A quasi experimental, post test only control group design was used. 20 women were recruited in each interventional and control group. Perineal massage is demonstrated to multigravid women from (35th week of gestation) and practiced daily for ten minutes until delivery. An observational checklist on perineal trauma was used during intranatal period by the researcher and rechecked by the obstetrician to assess the level of perineal trauma. Results: Women in interventional group had less trauma (0.45) compared with the women in control group(1.2). Conclusion: This indicates perineal massage is an effective measure in prevention of perineal trauma among multigravid woman.

KEYWORDS

- Multigravid women; effectiveness; perineal massage; episiotomy ; perineal trauma.

Introduction:

Childbearing period is an important and precious stage in the life of a woman. Labour is much more than a purely psychological event; it involves the psychology and emotions of the woman. Women should have adequate information about labour to ensure proper understanding of changes till labour occurs.¹

A study of perineal outcomes in a home birth population showed that only 30% of women required suturing, with less than 1% sustaining 3rd or 4th degree lacerations. It is estimated that among all childbearing women in the United States, approximately 4 million women a year, 50% receive episiotomies and an additional 28% require suturing for spontaneous lacerations.²

Perineal massage is a way to prepare the perineal tissues for the birthing process. Perineal massage is a technique that slowly and gently stretches the skin, muscle and tissues between the vagina and rectum. Perineal massage increases the elasticity of the perineum, reduces the risk of perineal tearing during delivery and it can be performed by a pregnant woman, her partner or a birthing assistant such as midwife.³

Keeping in mind the above knowledge, the present study was carried to find out the effectiveness of perineal massage in prevention of perineal trauma among multigravida women.

Objectives of the Study

To compare the effectiveness of perineal massage in the prevention of perineal trauma among the multigravid women in the interventional group to that of control group.

To find the association of perineal trauma with the selected variables like age, education, profession, parity and weight of the newborn.

Materials and Methods:

A quasi experimental study was conducted among multigravid

women in their third trimester of pregnancy (20 each in the interventional and control group) in Labour Room. Purposive sampling technique was used. The inclusion criteria for the study were multigravid women with gestation above 35 weeks underwent previous vaginal delivery. The exclusion criteria were multigravid women with high-risk pregnancy. Data collection Instruments used were baseline proforma, Observational check list on perineal trauma and Likert Scale on women's opinion regarding prenatal perineal massage .

The informed consent was obtained from multigravid women prior to the study in the Obstetrics and Gynaecology OPD. Perineal massage was demonstrated and taught to the multigravid women in their third trimester of pregnancy (35weeks) during their visit to the Obstetrics and Gynaecology OPD. Occurrence of any perineal trauma is observed in the intranatal period by using an observational checklist on perineal trauma. An Opinionnaire regarding prenatal perineal massage was given to the women in the interventional group after delivery to assess the opinion on prenatal perineal massage. All the subjects were very co-operative and the investigator expressed her gratitude for their co-operation. The collected data was compiled for analysis using SPSS version 16.

Results:

Majority of multigravid woman (50%) are in the age group 28-30 years, and (10% women) are in age group 22-24 years. Majority of multigravid women (50%) have received education between 5th-10th standard and (15%) women have received education less than 5th standard. Majority of multigravid women (85%) are homemakers and minority (15%) were office worker and professionals. Majority of multigravid (50%) women are Gravida₂, Para₁ and (50%) women are Gravida₂, Para₂. Majority multigravid woman (65%) have delivered newborns weighing between 2.5-3kg and (35%) have delivered newborns weighing between 3.1-3.5kg. The findings of the present study shows that 65% women were highly satisfied and 35% were satisfied with prenatal perineal massage.

Women in interventional group had less trauma (0.45) compared with the women in control group(1.2) (Table 1).There is significant difference in the mean scores of perineal trauma among the women in interventional and control group. This indicates perineal massage is an effective measure in prevention of perineal trauma among multigravid woman. There was no significant association between perineal trauma and demographic variable like age, education, occupation, parity and weight of newborn.

Discussion:

The current study identified that majority of multigravid woman (50%) were in the age group 28-30 years, and (10% women) were in age group 22-24 years. The results of this study demonstrated an overall benefit for women in the interventional group .In this study it was noted that women in interventional group had less trauma (0.45) compared with the women in the control group (1.2) (Table 2). The present study is supported by a study conducted in Watford General Hospital, UK. The results showed a reduction of 6.1% in 2nd or 3rd degree tears in women assigned to the massage group compared to those receiving no massage.

Conclusion:

Multigravid women who practiced perineal massage during pregnancy had decreased perineal trauma in comparison to women in the control group. The women who did not practice perineal massage during pregnancy had experienced increased number of lacerations and 2nd degree tears. Opinionnaire was given to women who practiced perineal massage during pregnancy and it indicated that women were highly satisfied with the massage intervention.

TABLE 1 : Comparison of the perineal trauma between the multigravid women in the interventional and control group.

N=40

Group	Mean±SD	Mean Difference	't' value	'p' value
Interventional group (n=20)	0.45±0.510	0.75	3.49	0.001*
Control group (n=20)	1.2 ±0.61			

t₍₃₈₎=2.024 * p<0.05 level of significance.

TABLE 2: Frequency and percentage distribution of perineal trauma among women in interventional and control group.

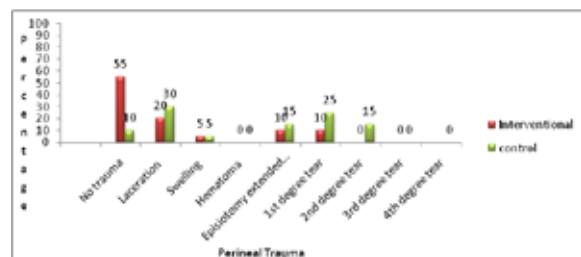
N=40

No	Perineal trauma	Interventional (n=20)		Control (n=20)	
		(f)	(%)	(f)	(%)
1	No trauma	11	55	2	10
2	Laceration	4	20	6	30
3	Swelling	1	5	1	5
4	Hematoma	0	0	0	0
5	Episiotomy extended tear	2	10	3	15
6	1 st degree tear	2	10	5	25
7	2 nd degree tear	0	0	3	15
8	3 rd degree tear	0	0	0	0
9	4 th degree tear	0	0	0	0

Data from table 2 shows that 11women in interventional group and 2 women in control group had no perineal trauma. The more women in control group had laceration and first degree tear in comparison to women in interventional group.

Figure 1: Bar diagram showing distribution according to observation of perineal trauma

Data from the graph1 depicts that (55%) women in interventional group and (10%) women in control group had no perineal trauma. In interventional group (10%) women and (25%) women in control group had 1st degree tear.



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