



Research Article

A STUDY TO EVALUATE THE EFFECTIVENESS OF WARM MUSTARD OIL MASSAGE IN REDUCTION OF BACK PAIN AMONG POSTNATAL MOTHERS AT SRI MANAKULA VINAYAGAR MEDICAL COLLEGE AND HOSPITAL, PUDUCHERRY

1,*Dr. Danasu, R., 2Mrs. Sridevi, R. and 3Ms. Sangeetha, T.

¹Principal, Sri Manakula Vinayagar Nursing College, Puducherry, India

²Lecturer, Dept., of Medical Surgical Nursing, Sri Manakula Vinayagar Nursing College, India

²II year M.Sc., (N), Dept., of Medical Surgical Nursing, Sri Manakula Vinayagar Nursing College, India

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ABSTRACT

Postnatal is the period beginning immediately after birth of a child and extending for about six weeks. The aim of this massage is to give nurturing and emotional support as well as alleviate the muscle aches from the strain of labor and child birth. Therefore in this study a study to evaluate the effectiveness of warm mustard oil massage in reduction of back pain among postnatal mothers at Sri Manakula Vinayagar Medical College And Hospital, Puducherry. A pre experimental research design with one group pretest and post-test design was adopted. Mother who undergone normal vaginal delivery were selected for the study by using convenient sampling technique. In pre-test the severity of back pain among post natal mothers who undergone normal vaginal delivery were assessed out of 20 samples 20(100%) of them had severe pain. In post-test the severity of back pain among post natal mothers who undergone normal vaginal delivery were assessed out of 20 samples 20(100%) of them had mild pain. The findings of the study revealed the importance of warm mustard oil massage in reduction of back pain among postnatal mothers. The study participants got benefited by participating in this study.

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INTRODUCTION

Postnatal is the period beginning immediately after birth of a child and extending for about six weeks. Biologically, it is the time after birth, a time in which the mother's body, including hormone levels and uterus size, return to pre-pregnant states. The major focus of postpartum care is ensuring that the mother is healthy and capable of taking care of her new born; equipped with all the information she needs about breast feeding, reproductive health and the immanent life adjustment. In some case this adjustment is not made easily and women may suffer from postpartum depression, post-traumatic stress disorder or even puerperal psychosis. So the women need to be taken care properly during postnatal period. Most postpartum women experience relatively little discomfort related to physical changes. The physical care women receive during postnatal period can influence her health for the rest of her life. Postnatal massage is a method to care for women and babies after birth. Postnatal massage addresses physical discomfort as well as emotional state body, mind and soul are nurtured.

*Corresponding author: Dr. Danasu, R.,
Principal, Sri Manakula Vinayagar Nursing College, Puducherry,
India.

Need For the Study

Back pain is one of the major problem among postnatal mothers, it disrupt normal breast feeding and makes a mother to feel sick during the post natal period. Warm mustard oil massage is an effective and inexpensive method of relieving back pain. According to WHO (2005) In the world 5,00,000 women die every as a result of pregnancy and child birth. This means that every minute of a day there is one maternal death, 99% of these deaths occur in the developing countries. The maternal mortality rate in the world is 390/100,000 live birth. In India 100,000 women die every year as a result of pregnancy and child birth which means one maternal in every 5 minutes. The maternal mortality rate is 340/100,000 women of reproductive ages. In India 15,8,31,177 post natal mothers every year and the number of birth per minute is about 34. The morbidity of primi mothers after childbirth is estimated as, 70% of Indian primi mothers have sleep disturbances, 70-80% experience baby blues, 76-82% new mothers have emotional disturbances & 10-20% of women with baby blue develops post partum depression. In India found that 64% of mothers are suffering from back pain.

Demographic variables	n=20	
	Frequency	Percentage
Age(in years):		
❖<20 years	2	10
❖21-30 years	17	85
❖31-40 years	1	5
Education :		
❖Non-literate	1	5
❖High scholar	9	45
❖Graduate	10	50
Occupation:		
❖Sedentary workers	3	15
❖Heavy workers	3	15
❖Unemployed	1	5
❖House wife	13	65
Family income :		
❖Rs.<50000	16	80
❖Rs.50000-100000	2	10
❖Rs.>100000	2	10
Marital status :		
❖Married	20	100
❖Unmarried	0	0
❖Divorced/separated	0	0
❖Widow	0	0
Religion :		
❖Hindu	19	95
❖Muslim	1	5
❖Christian	0	0
❖Others	0	0
Previous obstetric history:		
❖Significant	12	60
❖Non-significant	8	40
Mode of delivery :		
❖Normal vaginal delivery	18	90
❖LSCS	1	5
❖Instrumental delivery	1	5
Severity of pain :		
❖Mild	3	15
❖Moderate	16	80
❖Severe	1	5
Duration of pain :		
•15-30 min	8	40
•30 min-1 hrs	9	45
•1 hrs-2 hrs	3	15
Period of Back pain:		
•Days-week	11	55
•Week-months	9	45
•Months-years	0	0
Radiation of back pain:		
•Only at the back	12	60
•Shoulder	6	30
•Upper extremities	2	10
•Lower extremities	0	0

Objectives

To assess the severity of back pain among post natal mothers in reduction of back pain. To evaluate the effectiveness of warm mustard oil massage in reduction of back pain among postnatal mothers. To associate the effectiveness of pre-test and post-test knowledge of warm mustard oil massage in reduction of back pain among postnatal mothers with their selected demographic variables.

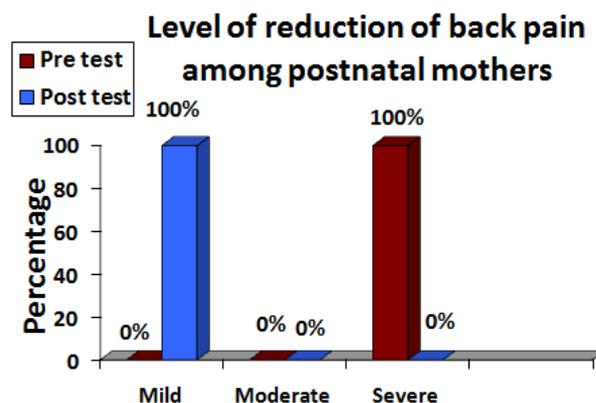
Hypothesis

There will be significant difference between before and after warm mustard oil Massage among postnatal mothers in terms of reduction in back pain. There will be significant association between effectiveness of warm mustard oil massage in terms of reduction in back pain with their selected demographic variables.

METHODS AND MATERIALS

A pre experimental research design with one group pretest and post-test design was adopted. Mother who undergone normal vaginal delivery were selected for the study by using convenient sampling technique and the study done at sri manakula vinayagar medical college and hospital Puducherry by using pain rating scale.

Level of pain	n=20			
	Pre-Test		Post-Test	
	n	%	n	%
Mild	-	-	20	100
Moderate	-	-	-	-
Severe	20	100	-	-



Description of tool

The data collection done with the permission from consent authorities, the tool consists of selected demographic data consists of age, education, occupation, family income, marital status, religion, previous obstetrical history, severity of pain, duration of pain, mode of delivery, period of back pain, radiation of back pain. It consists pain rating scale type questioners. All questions had the score Each response was awarded a single score, according to the pre determined key. And zero score was awarded for absence of pain. Pain rating scale type questionnaires are used for the study.

Data Analysis and Interpretation

Data analysis and interpretation of the information collected from 20 postnatal mothers, who were suffer from back pain.

	n=20					
	Pre-Test		Post-Test		Effectiveness In mean%	
	Mean	Sd	Mean	Sd	Mean%	
Overall	70.95	1.91	84	13.75	3.26	16

	Post Test		Pre-Test		't'-Value	P-Value
	Mean	Sd	Mean	Sd		
Overall	13.75	3.26	70.95	1.91	70.35	0.000***

*-P<0.05 ,significant and **-P<0.01 &***-P<0.001 , Highly significant

Frequency and percentage wise distribution to assess the effectiveness of warm mustard oil massage in reduction of back pain among postnatal mothers according to their demographic data. Frequency and percentage wise distribution of pre-test and post-test of effectiveness of warm mustard oil massage in reduction of backpain among postnatal mothers. Mean, SD and mean% the effectiveness of warm mustard oil massage in reduction of back pain among postnatal mothers Paired “t”-test was found to assess the effectiveness of warm mustard oil massage in reduction of backpain among postnatal mothers.

RESULTS

The pretest mean value are 70.95 with standard deviation 1.91 and the mean% are 84% and the post-test mean value are 13.75 with standard deviation 3.26 and the mean% are 16%.

Conclusion

In pre-test the severity of back pain among post natal mothers who undergone normal vaginal delivery were assessed out of 20 samples 20(100%) of them had severe pain. In post-test the severity of back pain among post natal mothers who undergone normal vaginal delivery were assessed out of 20 samples 20(100%) of them had mild pain.

Therefore the findings of the study revealed the importance of warm mustard oil massage in reduction of back pain among postnatal mothers. The study participants got benefited by participating in this study.

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