

Effect of Acupressure at the Sanyinjiao -Hegu Point on the Intensity of Labor Pain and Delivery length in Nulliparous Women

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Abstract

Objective: Delivery of important events in the life of every woman who has experienced the pain that is inevitable in the absence of control Lead to prolonged labor And multiple injuries to the mother and fetus. This research was done to determine the effect of acupressure at the Sanyinjiao (SP6)-Hegu (LI4) point on intensity of labor pain in nulliparous women.

Methods: This randomized clinical trial was done among 84 nulliparous women at Ardabil hospitals. Pain intensity was measured using visual analog scales before and after the intervention and duration of the active phase and second stage of labor by vaginal examination were recorded in the questionnaire. Data was analyzed by spss 16 software using descriptive and analytical statistics.

Results: The result of this study showed that mean of pain intensity after intervention in intervention group statistically significant was decreased compare with control group ($P < 0.001$).

Mean of length of active phase and mean of length of second stage of delivery in intervention group statistically significant was decreased from control group ($p < 0/001$, $p = 0/008$).

Conclusion: According to the results obtained in this study acupressure at the Sanyinjiao-Hegu Point leads to the reduction in labor pain intensity and reduction delivery length it. is suggested that these non-safe method be used for alleviating labor pain in labor department and training students.

Keywords: Acupressure, sanyinjiao, hegu, Labor pain, nulliparous women