

Methods: In this clinical trial, 162 pregnant women without any symptoms of labor referred to Shahid Akbar Abadi hospital in Tehran in 2015 were randomly divided into three groups, acupressure, sham acupressure and control groups. The protocol of this study was approved by the ethics and research committee of Shahid Beheshti University of Medical Sciences (No. SBMU2.REC.1394.48, Date 8/03/2015). Acupressure was performed in the Sp6, BL32 and BL60 at 39-40 weeks of low risk and first pregnancy and subjects were followed during labor. Data analysis was done by using SPSS 22 statistical software.

Result: The Kruskal-Wallis test did not show a significant difference in terms of the use of analgesics during labor between three groups ($P = 0.122$). The use of oxytocin showed a statistically significant differences between the three groups ($P = 0.028$). The use of oxytocin in the acupressure group was lower than the other two groups.

Conclusion: Acupressure before labor can reduce the consumption of oxytocin during labor. So acupressure can be decreasing interventions during labor.

Keywords: Analgesics, Labor, Oxytocin, Acupressure

P38: The relationship of lifestyle and personality characteristics with vasomotor symptoms in postmenopausal women

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Background: Lifestyle is one of the factors that influence health and helps to prevent from diseases. In addition, considering the personality when

treating vasomotor symptoms increases the quality of life and health of women. Therefore, this study was done in order to determine the relationship between life style and personality characteristics in postmenopausal women with vasomotor symptoms.

Methods: In this descriptive analytical study, 400 menopause women referred to the clinic educational centers in Mashhad were selected by convenience sampling method. Gathering of information was done by life style questionnaire HPLP2, personality characteristics of NEO FFI questionnaire and Pittsburgh Sleep Quality Questionnaire and hot flashes and night sweats were assessed by questionnaire. Data was analyzed by spss16 using Spearman and Pearson correlation coefficient, Mann-Whitney and Kruskal-Wallis test.

Result: The dimensions of life style between interpersonal relationships and spiritual growth with intensity (p)

Conclusion: Treatment and management of vasomotor symptoms in menopausal women should be considered in terms of personality characteristics and importance of lifestyle.

Keywords: Personality Characteristics, Lifestyle, Menopause, Vasomotor symptoms

P39: Vaginal delivery benefits for mother and baby

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Background: Women give birth vaginally for many years and today, there are still many vaginal

birth benefits for both women and their babies, despite changes in birth practices due to modern technology. Ongoing scientific research is uncovering more and more vaginal birth benefits that were previously unknown, a natural, intervention-free, vaginal birth is the safest, most practical and advantageous way for giving birth to a baby.

Methods: We reviewed the risks and benefits of vaginal delivery and performed a targeted review for common benefits of childbirth.

Result: Women who undergo vaginal births avoid major surgery and its associated risks, such as severe bleeding, scarring, infections, reactions to anesthesia and more longer-lasting pain. And because a mother will be less woozy from surgery, she could hold her baby and begin breastfeeding sooner. Also, there are vaginal birth benefits for baby, for example babies born naturally are usually born when they are ready, having lower risk of respiratory problems, babies born vaginally receive protective bacteria, and babies benefit from hormonal surges are less likely to be admitted to the intensive care unit.

Conclusion: In some cases, c-sections are planned because of medical reasons that make a vaginal birth risky because mother is expecting twins, or because the mother may have a medical condition, such as diabetes or high blood pressure, an infection or she may experience problems with the placenta during her pregnancy. If none of these situations were available, vaginal delivery is the best method to deliver a baby.

Keywords: Benefits, Delivery, Vaginal

P40: Comparative assessment of reproductive health indicators in women affected by East Azerbaijan earthquake on August 2012: A time series study

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Background: Reduction in reproductive health services during natural disasters leads to some negative consequences such as maternal and child mortality, unwanted pregnancy, and an increase in sexually transmitted diseases. Despite previous researches, there is still more need for research on this area of health. This study attempts to identify the indicators of reproductive health in the women affected by East Azerbaijan earthquake on August 2012.

Methods: In this descriptive study, reproductive health information pertaining to the years before, during and after the earthquake were collected and compared in health centers of the three affected cities including Ahar, Haris, and Varzaghan as well as health and forensics centers of East Azerbaijan province in Iran by census method.

Result: Findings indicated a decrease in live birth rate, general marriage fertility rate, stillbirth rate, contraceptive methods coverage and prevalence of sexually transmitted diseases during and after the earthquake. On the other hand, important indicators such as neonatal mortality rate and percentage of infants screened for breast milk experienced a decrease during the disaster year in comparison with the years before and after the disaster. Other indicators such as pre-pregnancy care, first time pregnancy care, rate of caesarian delivery, and under one year formula milk-fed infants percent increased during the year of disaster in comparison with the years before and after.

Conclusion: Earthquake has negative effects on some reproductive health indicators of affected women. This issue shows a demand for decision-makers' and service providers' greater attention to women needs during natural disasters.