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## Effect of Childbirth Preparation Plasses on Duration of Delivery

**Submission Author:** Rafat Kazemzadeh

Sima Khavandizadeh Aghdam<sup>1</sup>, Rafat Kazemzadeh<sup>2</sup>, Yalda Mahfouzi<sup>3</sup>, Parisa Hajiaghamohamady<sup>4</sup>

1. Department of Midwifery, Ardabil Branch, Islamic Azad university, Ardabil, Iran
2. Department of Midwifery, School of Nursing and Midwifery, Ardabil University of Medical Sciences, Ardabil, Iran (Corresponding Author)
3. Department of psychology, Tabriz Branch, Islamic Azad university, Tabriz, Iran
4. Department of Midwifery, School of Nursing and Midwifery, Ardabil University of Medical Sciences, Ardabil, Iran

**Background and Aim :** Labor an delivery is a physiological procedure that must be normal process without intervention. Researchers believe that we must use safe methods that don't induce morbidity for mothers and their fetus. The main object of this study was to evaluate the effects of preparation classes on duration of labor and delivery type in nulliparous women.

**Methods :** This a quasi- experimental study that did on nulliparous women that Came to the Sabalan hospital in Ardabil for prenatal care and delivery in 2017. The subjects of this study was 100 women, 50 women in the case group and 50 women in the Control group. Case group participated in preparation classes (from 20th week to 37th week) for eight sessions, 2 hours once two weeks and trained by a coach of midwifery. Control group received only usual pregnancy care. Trainings in case group were, anatomy and physiology of women's genital, modifiable activity in during of pregnancy, individual health, abdominal breathing, nutrition, high risk pregnancy, psycho health, methods of delivery and its benefits and faults, postpartum problems, new born and breast feeding. In two groups, after beginning of delivery, duration of active phase, second stage and method of delivery recorded by researcher. Data analysis was performed by SPSS V.18 using T test, chi square and fisher exactly test.

**Results :** The results of the study showed the childbirth preparation classes reduced duration of delivery ( $p < 0/001$ ) and caesarean section ( $P = 0/023$ ).

**Conclusion :** Whereas delivery is a physiological process, we can use childbirth preparation classes for reducing of delivery duration and caesarean section. Therefore, we propose using these preparation classes of pregnancy in prenatal care centers vastly

**Keywords :** Childbirth preparation classes, Duration of delivery