

“To evaluate the effectiveness of lavender oil sitz bath on episiotomy wound healing and pain perception among post-natal mothers in selected hospital”

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Abstract: Episiotomy causes discomfort and pain in post-natal mother can affect the maternal quality of life and maternal health. Aromatherapy is commonly used as treatment in complimentary medicine. In this study lavender oil is used for wound healing and pain perception among postnatal mothers with episiotomy. The present pretest posttest study had a sample size of 50 postnatal mothers with episiotomy (25 each in experimental and control group). The record of wound healing and pain perception was done using REEDA scale and Wong Baker scale. The research was carried out by giving Lavender oil sitz bath to the mothers after 24 hours of normal vaginal delivery with episiotomy with an interval of 6 hours each. The result shows that there is significance different among the group while controlling for time. According to these findings it shows that lavender oil is effective for postnatal mother with episiotomy wound.

Key terms: Episiotomy, pain , puerperium

INTRODUCTION

Episiotomy also known as periniotomy is a surgical planned incision on the perineum and the posterior vaginal wall during the second stage of labor. The first episiotomy was reported in 1741 being suggested to prevent severe perineal tear¹. Episiotomy is mainly done to enlarge the vaginal introitus to facilitate easy and safe delivery of the fetus and to minimize the overstretching and rupture of the perineal muscles and fascia, to reduce stress and strain on the fetal head.² Episiotomy is mainly done when there is a bulging thinned perineum during contraction just prior to crowning. The patient may have pain and discomfort after episiotomy. Sitz bath is usually given to relieve pain, reduce inflammation and relief discomfort in the pelvis.³ Nowadays alternative and complimentary methods such as aromatherapy using essential oil are established as an alternative therapy for episiotomy. It is used increasingly and lavender oil is frequently prescribed due to its antiseptic and healing properties.⁴ Sitz bath also called as ‘hip bath’ is a form of water bath which is coming back into popularity as a low risk. The lavender oil sitz bath helps for better perineal wound healing and in maintenance in pain relief.⁵

METHODOLOGY

A quantitative research approach using Pre –test –Post-test design was adopted. This design is used to assess the effect of a treatment over a period compared to a control condition on a continuous variable. In this design the subjects are randomly assigned to either the experimental or the control group. The effect of the dependent variables on both groups is seen before the treatment. Later the treatment was prepared using 4 drops of Lavender oil sitz bath and the procedure is performed for 15minutes and is carried out on experimental group only and after which both the experimental group and control group were measured after the period of 6 hours using the tool. In this study since the treatment continued for a period of 3days post treatment observations were repeated at the interval of 6 hours. The sample size consists of 50 postnatal mothers with episiotomy.

FINDING OF THE STUDY

Table 1: ANOVA –REDNESS BY TIME AND GROUP

REPEATED MEASURES ANOVA FOR REDNESS BY TIME								
Effect	DFn	DFd	SSn	SSd	F	p	p<.05	ges
(Intercept)	1	47	343.13	23.51	685.86	0.00	*	0.85
Group G	1	47	9.02	23.51	18.03	0.00	*	0.13
Time	8	376	458.77	37.46	575.64	0.00	*	0.88
Group G:Time	8	376	11.11	37.46	13.94	0.00	*	0.15

In the above table the result shows that there is a significance different among the group while controlling for the time in both of the group there was decrease in redness as the time progress $F(1,47)=18.03, p<0.00, n^2=0.13$

Table 2: ANOVA – EDEMA BY TIME AND GROUP

REPEATED MEASURES ANOVA FOR EDEMA BY TIME								
Effect	DFn	DFd	SSn	SSd	F	p	p<.05	ges
(Intercept)	1	47	72.66	30.51	111.91	0.00	*	0.47

Group G	1	47	3.16	30.51	4.87	0.03	*	0.04
Time	8	376	142.46	50.82	131.76	0.00	*	0.64
Group G:Time	8	376	3.89	50.82	3.60	0.00	*	0.05

In the above table the result shows that there is a significance different among the group while controlling for the time in both of the group there was decrease in edema as the time progress $F(1,47) = 4.87, p < 0.03, n^2 = 0.04$

Table 3 : ANOVA – PAIN BY TIME AND GROUP

REPEATED MEASURES ANOVA FOR PAIN BY TIME								
Effect	DFn	DFd	SSn	SSd	F	p	p<.05	ges
(Intercept)	1	47	6572.58	135.64	2277.47	0.00	*	0.97
Group G	1	47	181.37	135.64	62.85	0.00	*	0.46
Time	8	376	1631.11	77.33	991.37	0.00	*	0.88
Group G:Time	8	376	47.73	77.33	29.01	0.00	*	0.18

In the above table the result shows that there is a significance different among the group while controlling for the time in both of the group there was a huge decrease in pain as the time progress $F(1,47) = 62.85, p < 0.00, n^2 = 0.46$

FINDING OF THE OBSERVATIONAL SCORE:

There was highly significant difference between the pretest-posttest in both experimental group and control group. The result shows that there is a significance different among the group while controlling for time: Redness $F(1,47) = 18.03, p < 0.00, n^2 = 0.13$, Edema $F(1,47) = 4.87, p = 0.03, n^2 = 0.04$, Pain $F(1,47) = 62.85, p < 0.00, n^2 = 0.06$. According to these findings it shows that lavender oil is effective for postnatal mother with episiotomy wound.

CONCLUSION

This study has clearly shown that most of the postnatal mothers experienced pain after episiotomy. The use of lavender oil sitz bath was effective in reducing the pain in the postnatal mother with episiotomy. The use of grading scale was also helpful for the nurses in assessing the wound healing and pain perception in postnatal mother with episiotomy.

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