

An Experimental Study to Assess the Effect of Breathing Exercise in Outcome of Labour Among Primigravida Mothers

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ABSTRACT

Purpose: To determine the effect of breathing exercise in outcome of labour among primigravida mothers.

Objectives:

1. To determine the effect of breathing exercise on outcome of labour among primigravida mothers.
2. To compare the outcome of labour between control and experimental group of primigravida mothers.
3. To determine the relationship between breathing exercise and outcome of labour in experimental group.
4. To determine association between breathing exercise and outcome of labour in experimental group.
5. To determine the association between demographic characteristics of primigravida mothers and breathing exercise in experimental group.
6. To determine the association between demographic characteristics of primigravida mothers and outcome of labour among control and experimental group.

Conceptual framework	:	“Gate – Control Theory”.
Research design	:	“True experimental design”.
Participants	:	Primigravida mothers who are above 38 weeks, without any high risk.
Sample size	:	80
Setting	:	Jagatha maternity Hospital Trichy.
Tool	:	Observational checklist and outcome measurement scale.

Result:

The primi gravida mothers who practiced the breathing exercise on labour experienced mild level of pain. There was a positive relationship between breathing exercise and outcome of labour. There was significant association ($P < 0.05$) level between breathing exercise and demographic characteristics such as education and income.

Implications:

In maternity nursing practice the midwife should have a standardized protocol to practice the breathing exercise during labour to reduce pain and complications, the breathing exercise should be included in

nursing curriculum and the nurse administrators should update the knowledge of midwives regarding breathing exercise, to teach and practice the parturient mothers about breathing exercise on labour.