

## **Effect Of Kegel Exercises on Episiotomy Pain and Wound Healing Among Primiparous Women**

**Background:** Pain and discomfort related to episiotomy interfere with women's daily activities during postpartum period. Kegel helps to keep blood flowing to the perineal areas, as well as helping to tone and firms the muscles in the vagina. **Aim of the study:** To examine the effect of Kegel exercises on episiotomy pain and wound healing among primiparous women. **Design:** Intervention study design was adopted. **Setting:** The study was conducted firstly at antenatal clinic, then the postpartum Department, Fayoum Public Hospital, which is affiliated to the Ministry of Health. **Sample:** A total of 110 pregnant women were randomly recruited for the study and divided into control and study group, each group contains of 55 women, based on inclusions criteria as; women's age between 18-35 years, can read and write, normal primi, singleton pregnancy, etc then only 73 of 110 women delivered with episiotomy and fulfill the rest of the inclusion criteria as; episiotomy is performed for her, delivered healthy baby, so the control group consists of 39 women and study group consists of 34 women. **Tools:** Four data collection tools were used: 1) Women's socio-demographic data assessment tool, 2) Episiotomy wound healing assessment tool; 3) Perineal pain assessment tool to assess the intensity of episiotomy related perineal pain, 4) Women compliance to kegal exercise assessment tool (follow up sheet). **Results:** revealed that, no statistically significant differences between the control and study groups in relation to maternal characteristics and the primary outcome of perineal wound healing at the day of the delivery; but there was a statistically significant difference was found between the study and control at 7<sup>th</sup> and 14<sup>th</sup> days after the day of the delivery. Regarding to pain intensity, the study group had less pain score than those in the control group, statistically significant difference was found between both groups at 7<sup>th</sup> and 14<sup>th</sup> day after practices kegal exercises. **Conclusion:** Practicing of Kegel exercises had a significant positive effect in decreasing perineal pain after episiotomy and accelerating healing of the incision. **Recommendation:** Integrate the Kegel exercises as a main part of the routine nursing care in antenatal and post partum unit and orient the women about its important role in improving the quality of women life.

