

Effect of Displaying Video about Breathing Exercises on Pain Perception and Duration of Labor for Primigravidas Women

Abstract:

Labor management should focus on the goal of delivering a healthy newborn while minimizing discomfort and complications for the mother. Childbirth is a painful process. Various non pharmacological measures methods are used to relieve pain. **The aim** of the current study was to evaluate the effect of displaying video about breathing exercises on pain perception and duration of labor for primigravidas women. **The design** of this study was quasi-experimental. Purposive sample of 122 primigravidas women from Ain Shams University Maternity Hospital fulfilling the inclusion criteria. They divided into study and control group. The study group received breathing exercise during contraction and the control group receives the routine care of the hospital. **Tools** of this study included structured interviewing questionnaire, Partograph, visual analogue pain intensity scale (VAS), and six simple questions (SSQ) to assess women satisfaction. **The results** of this study revealed that the assessment of pain perception at the latent, active and transition phases of first stage of labour showed statistical significant difference among study and control group ($p < 0.05$). Statistical significant difference ($p < 0.05$) was also observed in the duration of first stage of labour, 69% & 31% of the women lasts less than 9 hours among study and control group respectively. Also 33.5% & 12.5% of study and control group respectively their second stage of labor were lasts less than 20 minutes ($p < 0.05$). **The study concluded** that the practice of breathing exercises during labor help to reduce pain perception & duration of first and second stage of labor. In addition to the satisfaction rate was higher among women in study group. **Recommendation:** Breathing technique is recommended as a non pharmacological method which can be applied in maternity hospitals.

