

Part III. Other
Dział III. Różne

**AWARENESS OF PREGNANT WOMEN ABOUT NATURAL METHODS
OF ANESTHESIA OF SORTS**

**ŚWIADOMOŚĆ KOBIEŃ CIĘŻARNYCH NA TEMAT NATURALNYCH
METOD ZNIECZULENIA**

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A. Study design/planning
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B. Data collection/entry
zebranie danych
C. Data analysis/statistics
dane – analiza i statystyki
D. Data interpretation
interpretacja danych
E. Preparation of manuscript
przygotowanie artykułu
F. Literature analysis/search
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G. Funds collection
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Summary

Background. Today there is a set of pharmacological ways of pain relief at childbirth, but some women consciously choose natural anesthesia. It works for relaxation of the woman, and therefore they effectively relieve pain and restore forces.

Material and methods. The objective of the research was studying of awareness of pregnant women at the age of 18 - 44 years about natural methods of labor pain relief and the efficiency of using these methods in order to decrease patrimonial pain. The patients were offered to answer on the short questionnaire which had been consisted of 14 open questions.

Results. The most common methods of non-pharmacological analgesia and the results of their application for women during childbirth are considered on the basis of the survey highlights. Our studies indicate that natural methods of pain relief with proper and timely application of the women effective in reducing sensitivity to pain during labor, making labor more pleasant for the mother and has no adverse effects on the child.

Conclusions. Today pregnant women are adequately informed with respect to the existing natural methods of pain relief in labor and they quite often use them in practice.

Keywords: pregnant women, childbirth, natural pain relief

Streszczenie

Wprowadzenie. W dzisiejszych czasach istnieje szereg farmakologicznych sposobów na uśmierzanie bólu w czasie porodu, jednak niektóre kobiety świadomie wybierają metodę naturalnego znieczulenia. Działa ona na stan zrelaksowania kobiet, za czym idzie skuteczne uśmierzanie bólu oraz zregenerowanie sił.

Materiał i metody. Celem badania było przeanalizowanie świadomości kobiet ciężarnych w wieku 18-44 lat w zakresie naturalnych metod uśmierzenia bólu oraz efektywności korzystania z tych metod przy zmniejszaniu bólu porodowego. Pacjentkom zaproponowano udzielenie odpowiedzi na krótką ankietę składającą się z 14 otwartych pytań.

Wyniki. Najpopularniejsze metody niefarmakologicznej analgezji oraz wyniki ich użycia dla kobiet w czasie rodzenia zostały wskazane na podstawie wyników kwestionariusza. Nasze badania wykazały, że naturalne metody uśmierzenia bólu, o ile są one stosowane w odpowiedni sposób w odpowiednim momencie, skutecznie zmniejszają wrażliwość na ból w czasie porodu, sprawiając, że staje się on mniej nieznosny dla mam, nie wywołując przy tym negatywnych efektów dla dzieci.

Wnioski. W dzisiejszych czasach kobiety ciężarne są odpowiednio poinformowane na temat istniejących metod naturalnych uśmierzających ból porodowy, co sprawia, że korzystają one z tych metod dosyć często.

Słowa kluczowe: kobiety ciężarne, poród, naturalne uśmierzanie bólu

Background

Labor pain relief is one of the major problems in obstetrics. Today there is a set of pharmacological ways of pain relief at childbirth, but some women consciously choose natural anesthesia. When choosing a method of anesthesia accounted for obstetric situation, extragenital pathology women, contraindications to drug anesthesia. Since labor is a physiological process, most doctors and scientists support the natural methods of pain relief. The main objective is to reduce both physical and psychological tension in the course of childbirth without using drugs and anesthesia.

Breborovich Gzegor describes the basic natural methods to reduce pain sensitivity during childbirth [1].

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Zhukova I. F. revealed clinicopsychological and microbiological aspects of partnership childbirth. She emphasized that the presence of the partner during childbirth constrained "obstetric aggression", that was evidenced by increase of the duration of the patrimonial act, reduction in the relative risk of the application of labor induction, need for labor pain relief and partus caesarius. There are also downward trends of maternal traumatism and the frequency of postnatal complications [2].

Sukhobokova L. S. examined a problem related to the efficiency of the multicomponent system of a married couple's individual preparation for the pregnancy and partner childbirth. She wrote that the women who hadn't had training for childbirth made a high percentage of gestational complications, threat of the interruption of pregnancy on early terms. The use of the individual approach in respect of married couples' preparation allowed to lower considerably an indicator of personal uneasiness, gave the opportunity to women to cope with fear of childbirth and to be adjusted on the safe course of pregnancy, childbirth and the postnatal period [3].

Sidorova I. S. I reflected such methods of natural anesthesia as acupuncture and intradermal electroneurostimulation. She described how these procedures were carried out and the effect of their use in sorts [4].

Sadhana Gupta shows the main non-drug methods of pain relief in labor and their efficiency [5].

Gaydukov S. N. gave an example of the program of prenatal psychophysiological preparation. The method of biological feedback was the cornerstone. The essence of the method consisted in training of the patient to control and was directed to change the course of the broken physiological function influenced her state and the course of pregnancy (breath, muscular and vegeto-vascular tone, psychoemotional state) [6].

Jesse Russell described the technology of preparation for childbirth, which had been developed in the 1950th years by the French obstetrician Fernán Lamaz as an alternative to the medical intervention at the time of delivery. The main objective of "Lamaz's method" was the increase of woman's confidence in her ability to give birth, the help to eliminate painful and pain, the simplification of patrimonial process and the creation of psychologically comfortable spirit. The program of preparation included respiratory techniques, a set of exercises for muscular relaxation, training in ways of meditation, relaxation, "spontaneous pushing", massage bases, aromatherapy, hot and cold compresses [7].

Now there is a set of methods of non-drug anesthesia of patrimonial process, i.e.: diaphragmatic breath, massage, walking, acupuncture, singing, etc. All methods of natural analgesia work for relaxation of the woman, and therefore they effectively relieve pain and restore forces.

The methods of natural anesthesia don't exercise harmful effect on children. But it is possible to apply them only at absolutely normal, uncomplicated course of childbirth.

Materials and methods

The objective of the research was studying of awareness of pregnant women at the age of 18 - 44 years about natural methods of labor pain relief and the efficiency of using these methods in order to decrease patrimonial pain

We carried out questioning of 270 pregnant women who had been registered in female consultation, of which the residents amount to 71.85%, and respondents from rural areas come to 28.15%. The patients were offered to answer on the short questionnaire "Natural methods of labor pain relief" which had been consisted of 14 open questions. The respondents were selected randomly. Most of the interviewed women had the first pregnancy (52.50%), but among respondents there were pregnant women for the second time (34.20%), and also for the third time (12.20%) and more (1.10%). Processing of the statistical data was carried out by means of the Microsoft Excel program. The average age of the interviewed women was 26.3 ± 0.45 years.

Results

More than a half of the interrogated women (78.10%) know about the existence of natural methods of labor pain relief. Thus 36.90% of those respondents have no information how they are carried out, 36.40% know how a few methods are carried out and only 4.80% know all existing methods and are able to apply them. However, 21.90% of interviewed women aren't informed in the matter. It should be noted, that the respondents, who don't know about the existence of these methods, amount to 17.90% among the city residents and 32.90% among inhabitants of rural areas (figure 1).

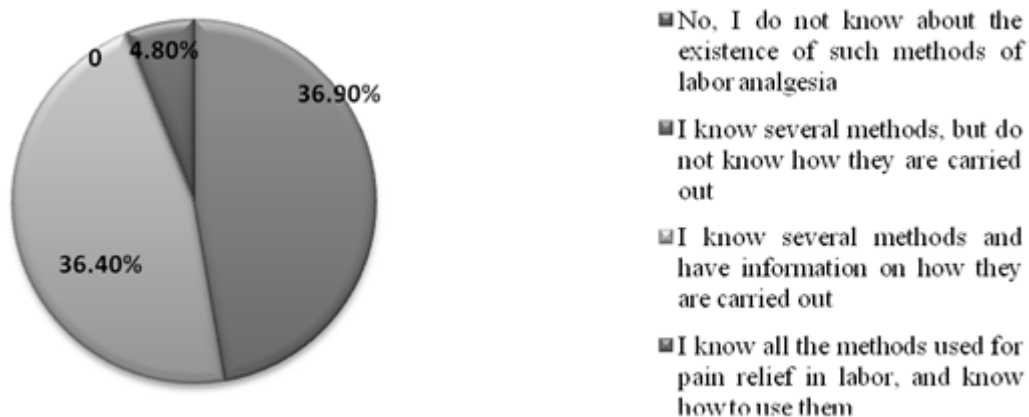


Figure 1. Do you know about natural methods of labor pain relief?

Most of women (51.10%) received this information from the Internet, 42.40% - were informed by the gynecologist, 33.50% - learned from acquaintances, 26.30% - from of women who used natural methods of pain relief in labor, 23.00% - from popular scientific literature, 18.00% - from the obstetrician, 15.10% - noted other sources of information (figure 2).

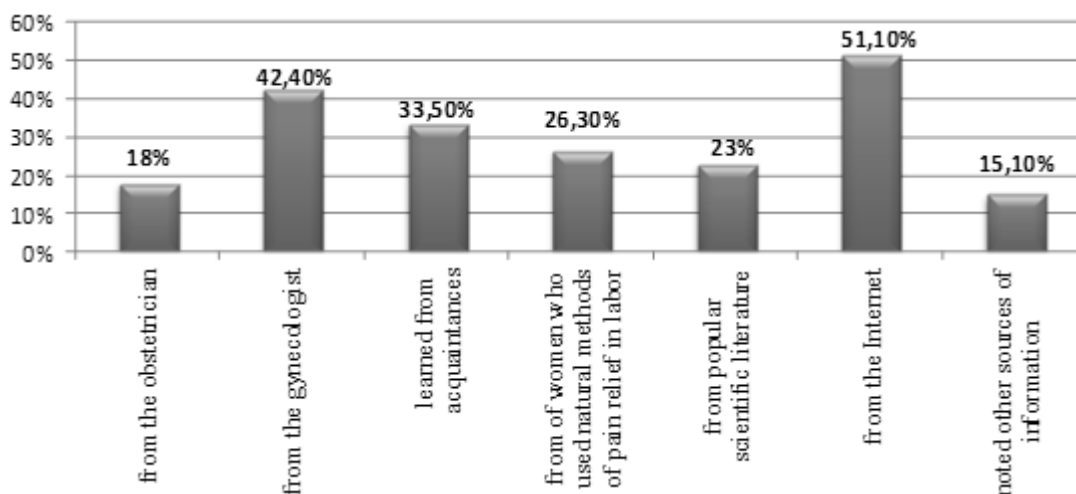


Figure 2. From what sources have you received information about natural anesthesia? (more than one version of the answer is possible)

The most widespread methods of labor pain relief appeared: the support given by the obstetrician – 62.90% of respondents, use of special breathing exercises – 61.50%, presence of the loved one at the time of delivery – 54.70%, massage – 51.40%, reduction of pain, walking - 41%. Some methods are less popular, namely: the impact of cold or hot on lumbar and sacral area was preferred by 30.90% of interviewed women, exercises using sport equipment – 27.70%, the creation of a special condition at the time of delivery – 22.30%, listening to quiet music – 21.90%, acupuncture – 17.30%, meditation – 16.50%, an aromatherapy in the form of inhalations – 13.70%, viewing of pictures – 12.90%, hypnosis – 12.20%, electrostimulation – 11.20%, an percutaneous aromatherapy with essential oils – 8.60% (figure 3).

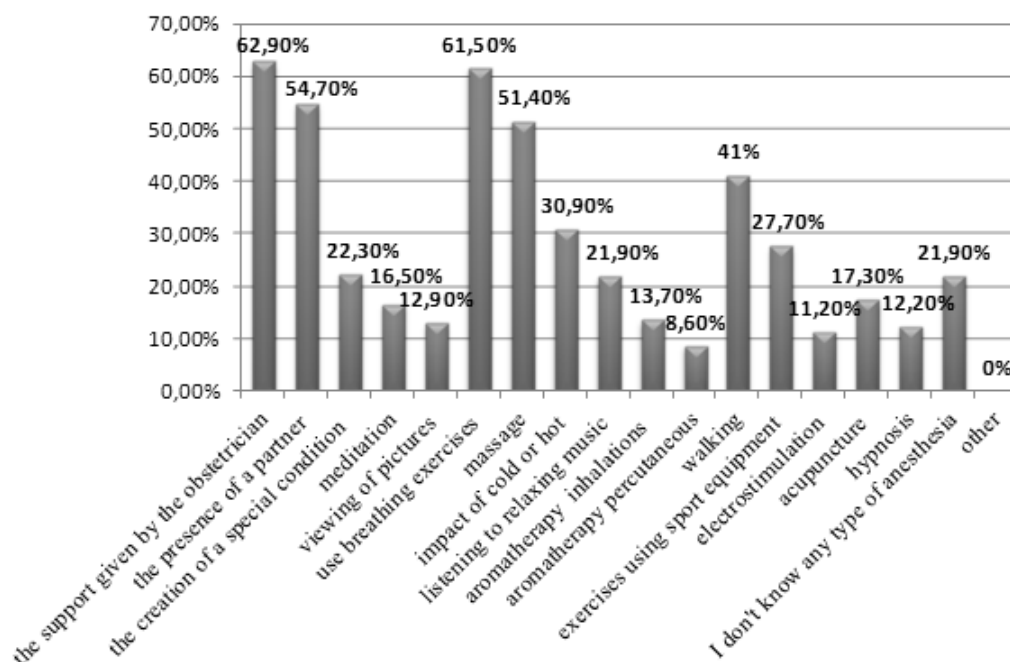


Figure 3. Which of the following methods of natural pain relief in labor do you know? (More than one answer is possible)

Almost half (45.90%) of uninformed respondents suggested the lack of knowledge according to natural methods of pain relief in labor because of the shortage of time to search for this information. 27.90% of respondents noted that the circle of contacts was not aware of the existence of natural methods of pain relief in labor, and 26.50% - was not interested in this information.

59.00% of pregnant women preferred to use support during deliver provided by an obstetrician to other the proposed methods of natural pain relief, 46.80% - special breathing exercises, 36.00% - walking, 34.50% - massage, 25.50% - the presence of a partner during childbirth.

Such methods as creating a special situation during childbirth was chosen by 15.50% of the interviewed women, exercises using sport equipment - 12.20%, the impact of cold or hot on lumbar and sacral area - 12, 20%, hypnosis - 11.80%, listening to relaxing music - 8.60%, meditation - 5.80%, viewing images - 4.00%, percutaneous aromatherapy through massage - 3.20%, electrostimulation - 2. 90%, acupuncture - 1.80%, in the form of aromatherapy inhalation - 1.10%.

However, 13.30% of respondents do not want to use natural methods of pain relief in labor. 2% of respondents mentioned other possible answer (figure 4).

In the delivery room the majority of women were offered support during labor, provided by a an obstetrician (72.70%), special breathing exercises (54.50%). Every third was offered massage (35.60%) reduction in pain when walking (32%), the presence of a partner during childbirth (26,50%) (among residents of the city - 19.30%, among women from rural areas - 40.90 %). Every tenth was offered singing, shouting (12.90%), exercises using sport equipment (12.90%), listening to relaxing music (9.10%). Some patients were offered to create a special atmosphere during childbirth - 7.60%, the impact of cold or cold in the lumbosacral region - 6.80%, meditation - 3.80%, water treatment - 3.80%, electrostimulation - 2.30% viewing pictures - 2.30%, aromatherapy percutaneous - 1.50%, acupuncture - 0.80%, hypnosis - 0.80%. However, 13.00% of the respondents was not offer any methods of natural pain relief (figure 5).

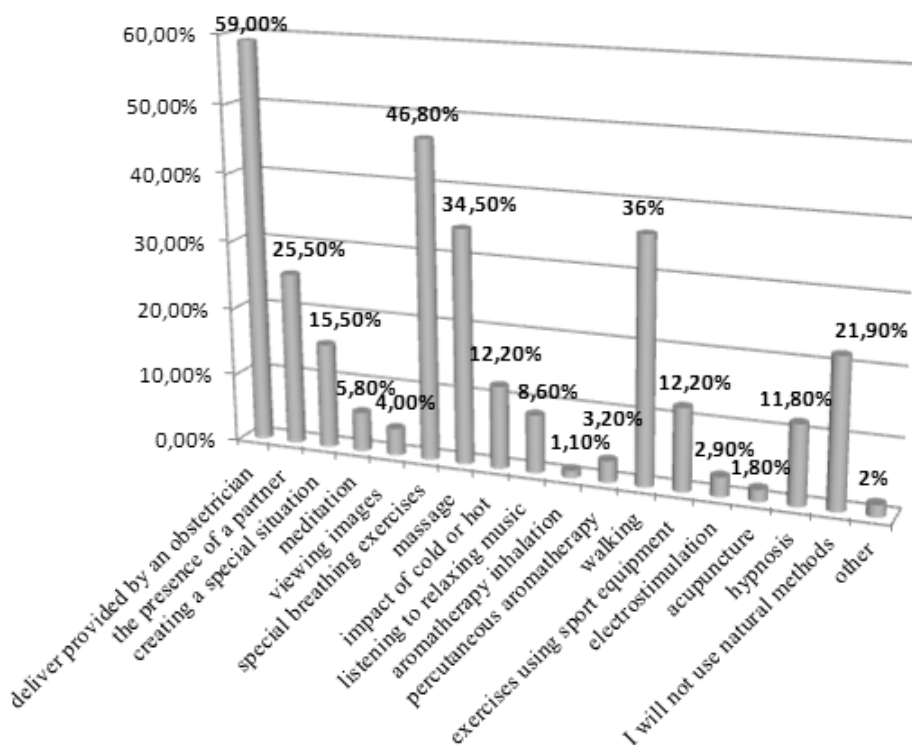


Figure 4. Will you use the following method of natural pain relief during labor? (More than one answer is possible)

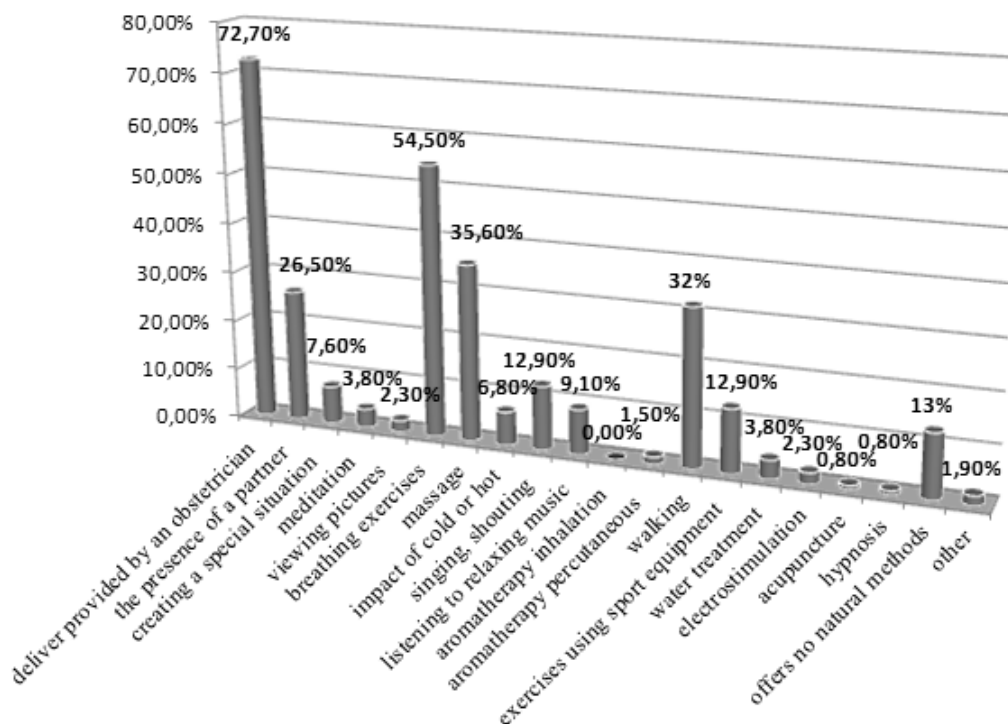


Figure 5. Which of the following natural methods of pain relief during labor have been proposed to you in the delivery room medical staff? (More than one answer is possible)

During childbirth 54.50% of women were faced with a situation in which they wanted to use natural ways to relieve the pain, but they didn't have the opportunity. The rest of respondents (45.50%) didn't come up against the situation.

The reasons of rejecting the use of natural methods of pain relief were the lack of appropriate equipment (noted by 20.50% of respondents), the patients' lack of knowledge and skills to use this technique (15.20%), the absence of appropriately trained personal (9.10%), the deficiency of teamwork of the staff in the delivery room (5.20%), the unjustified refusal of medical personal (4.50%), the contraindication because of health reasons (2.90%). However, 54.50% of women said another option (figure 6).

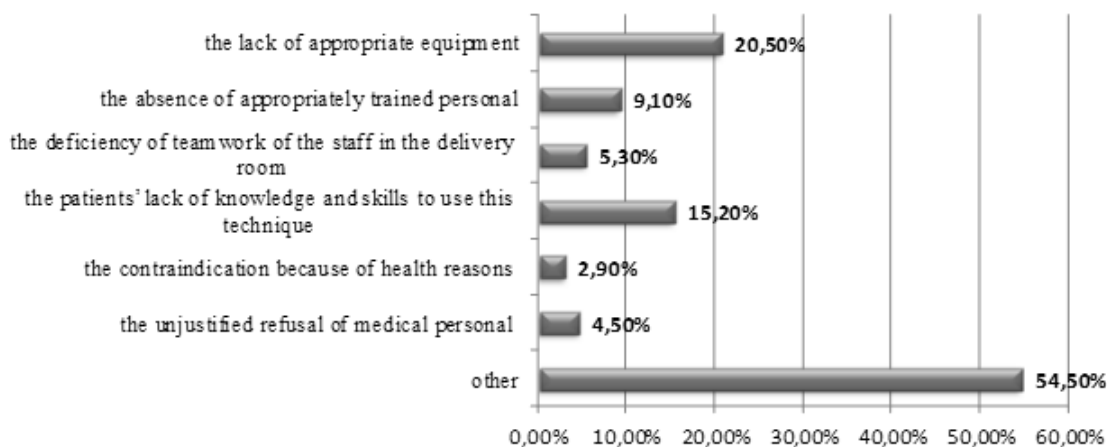


Figure 6. What was the reason of the refusal to use the chosen methods of reducing pain during childbirth? (more than one answer is possible)

Most women noted the severity of pain during childbirth as very strong: 10 points - 16% of women and 9 points - 24.20%, 8 points - 27.30%\$ as average - 31% of women and as weak - 1.5% (figure 7).

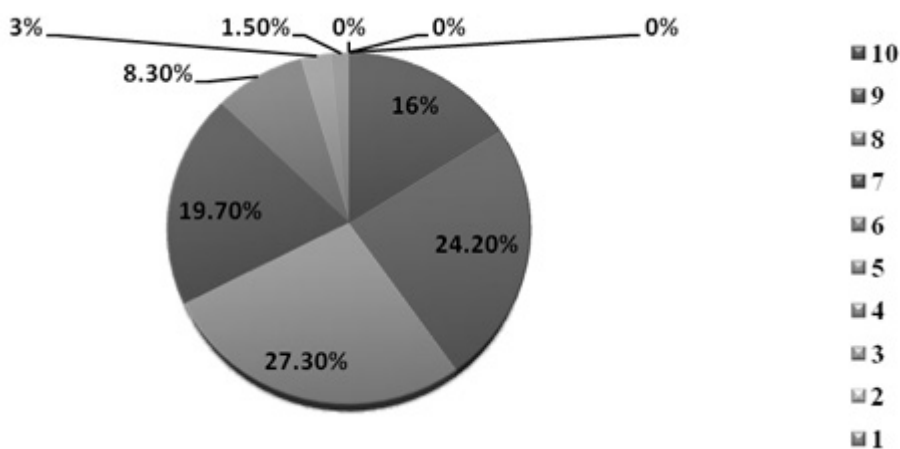


Figure 7. How do you assess the severity of pain during childbirth (on a scale from 1 to 10)?

Most of the respondents (87.80%) responded positively with regard to the efficiency of using natural methods of pain relief. At the same time 49.2% still prefer pharmacological pain relief, and 38.60% are trying to use only natural methods of analgesia. However, 11.40% of the respondents considered natural pain relief as ineffective (among residents of the city - 8%, among rural women - 18.20%). 0.80% noted another option.

Every second woman (57.5%), who were using these techniques during childbirth, said the average analgesic effect, every third (34.1%) considers the use of these techniques as a weak anesthetic, and only one in ten (8.4%) - as a strong analgesia (figure 8).

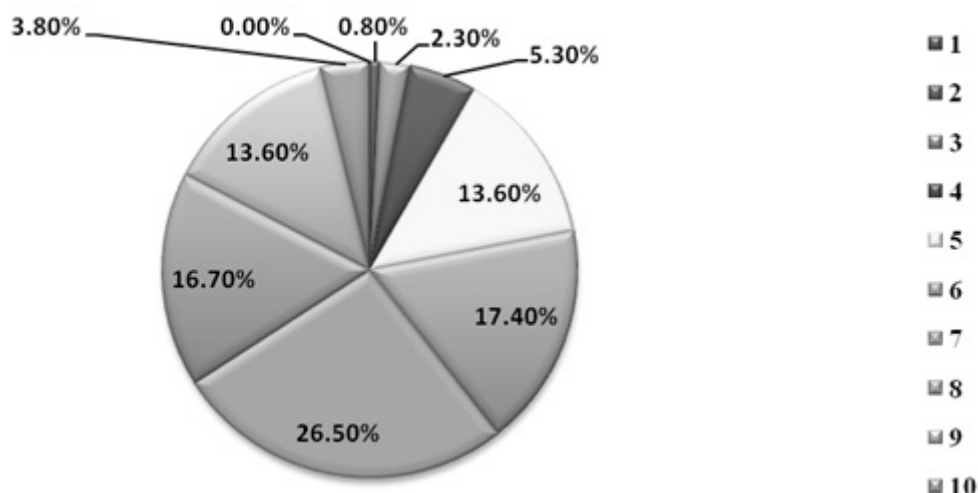


Figure 8. How do you assess the severity of pain during labor by using natural methods to reduce pain (on a scale of 1 to 10)?

Discussion

Currently, in order to reduce pain sensitivity birth process is used as a pharmacological pain relief and natural methods of analgesia. There are a limited number of scientific papers on the subject.

Based on own experience and the published data Hofmeyr G Justus and Neilson James P described a positive effect of the application of the psychopreventive preparation and individual support in the process of childbirth. They noted decrease in painful sensitivity of women, high level of analgesia during using non-drugs, reduction in the frequency of abdominal delivery, fewer children born in asphyxia [8].

William S. Kroger and Michael D. Yapko display the clinical significance of experimental hypnosis in obstetrics [9].

Vasilyeva M. Yu. I described the basic rules of the woman's behavior in childbirth. The main methods of natural anesthesia were massage, hydrotherapy, respiratory or voice gymnastics, psychological technicians. She showed that in the weakened condition of fight were transferred much easier [10].

Respond clearly to the question of choice of anesthesia method of delivery is not possible. As for analgesia medication there are certain indications. However, if we take into account only the normally occurring physiological birth, we can draw some conclusions. Our studies indicate that natural methods of pain relief with proper and timely application of the women effective in reducing sensitivity to pain during labor, making labor more pleasant for the mother and has no adverse effects on the child. Based on the above, our study are consistent with the results Zhukova I. F., Sukhobokova L. S., Sidorova I. S., Gaydukov S. N., Jesse Russell, Hofmeyr J. and Neilson J., William S. Kroger and Michael D. Yapko, Vasilyeva M. Yu.

And we believe that the methods of natural pain relief in labor should be widely used in delivery rooms.

Conclusions

1. Today pregnant women are adequately informed with respect to the existing natural methods of pain relief in labor and they quite often use them in practice. However, 21.90% of respondents don't know any kind of anesthesia.
2. The most common methods of anesthesia among pregnant women appeared: support during labor, provided by a midwife - 62.90% of respondents, reduced pain by using special breathing exercises - 61,50%, the presence of a loved one during childbirth - 54.70%, massage - 51.40%, pain reduction is in the vertical position - 41%.
3. The majority of respondents (57.5%) have seen a marked analgesic effect.
4. However, there are women who prefer medical methods of anesthesia delivery, and we should not forget about childbirth with medical contraindications to the use of natural analgesia.

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