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EMOTIONAL AND PHYSICAL SUPPORT DURING LABOR FOR PRIMIPAROUSE WOMEN

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Background: The experience of labor varies markedly from women to Women .While medications can help women cope with the pain of labor ,they usually come with side effects that women did not expect or want. There are many non medical ways to cope with the pain which has not side effect .

The purpose of this study was to evaluate the effect of emotional and physical support during labor for primiparouse women.

Method: In this clinical trial study ,convenience sample of 80 primiparous women who fulfilled the inclusion criteria was recruited from one hospital in Sanandaj (Center of Kurdistan provenice),Iran.They were randomly divided in Two groups (Case and Control).Data were collected from May to October 2008 using a demographic form and Visual Analoge Scale(VAS).

Result: The study revealed that emotional and physical support during labor cause women has better tolerance of pain. Furthermore, comparison pain intensity among two groups in dillatation 8 and 10 cm was statically significant ($p < 0/03$ & $p = 0/000$).

Conclusion: Emotional and physical support during labor can be considered as a non pharmacological therapeutic method to reduce labor pain and decrease side effect of drugs. In addition, education and using of this method increases women satisfying from labor and natural delivery and to make better experience of motherhood.