



EXPLORE THE AWARENESS OF EPIDURAL ANALGESIA AMONG ANTENATAL MOTHERS ATTENDING OPD IN VIEW OF DEVELOPING A LEAFLET

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ABSTRACT

Pain relief is an integral part of labor management. Epidural analgesia is the most effective form of pain relief, but in most obstetric units it is not available. There is little information on the views of pregnant women about epidural analgesia during labor.¹ Objective : Main objective of the study was to assess the level of awareness about epidural analgesia among antenatal mothers and also to provide additional knowledge to them . Methodology: Descriptive design were used in this study and the setting of study was Gynecology OPD of Amrita Hospital, Kochi. A sample of 100 antenatal mothers were selected by using Convenient sampling technique.

Result: Present study reveals that among 100 antenatal mothers 30% had poor awareness regarding Epidural analgesia ,Most of the antenatal mothers had (59%) average level of awareness and only 11% had good awareness regarding Epidural analgesia. Study found that there is a significant association between awareness of Epidural analgesia and demographic variables such as socioeconomic status and occupation status.

Conclusion: There is lack of proper awareness among antenatal mothers regarding Epidural analgesia. Proper health education by healthcare worker can improve awareness of Epidural analgesia among antenatal mothers.

Key words: Assess, Awareness, Epidural Analgesia, Antenatal mothers, Develop, Leaflet

INTRODUCTION

One of the most severe forms of pain that women experience throughout their lifetime is labor pain. During pregnancy, many women give some thought to how they will be able to cope with labor pain and the availability of pain-relieving methods. While some women go natural, many decide to have an epidural analgesia²

Labor pain management includes both pharmacologic and non-pharmacological methods. Non pharmacological methods include psycho-prophylaxis, hypnosis, transcutaneous electrical nerve stimulation (TENS), biofeedback, and acupuncture. Pharmacological methods include inhalational agents (entonox, sevoflurane), systemic opioids (morphine, fentanyl, remifentanyl). Both these agents produce analgesia.³

Epidural Analgesia is one of the most effective strategies known to alleviate labor pain and it is also well recognized. Women's awareness toward Epidural analgesia is not clearly identified and women preferences to using Epidural analgesia to relief labor pain differ between cultures⁴. Studies indicated that limited use of Epidural analgesia among women during labor could be related to many factors such as inadequate service provision, lack of public awareness about Epidural analgesia benefits, cultural issues, socioeconomic issues, obstetric factors and attitude.⁵

A descriptive study conducted in department of Liaquat university of medical and health sciences, Hyderabad to assess the awareness of women regarding epidural analgesia during labor, among 131 women using self-made questionnaire. Result shows that 49.6% had no education on epidural analgesia while 31.2% had primary education on epidural analgesia 9.1% women had knowledge about epidural analgesia.⁶

The present study was concerned mainly with women's awareness regarding epidural analgesia. This study aims to determine pregnant women's knowledge about the usage, effects, and complications of Epidural analgesia and their future desirability to have it again. The results will help to estimate and fill the knowledge gap and to correct the misconceptions and facilitate decision-making.

MATERIALS AND METHODS:

In this study researchers used descriptive design⁷. Setting of study was Gynecology OPD at Amrita Hospital, Kochi. Convenient sampling technique were used for sample selection⁸. A sample of 100 antenatal mothers were selected for the study. Mainly two types of tools were introduced to the samples for assessing their demographic data and level of awareness. Tool I consist of questions regarding demographic data such as age, occupation, education, socioeconomic status, type of family etc. Tool II consist of Self structured questionnaire to assess awareness on epidural analgesia. Data analysis were performed using descriptive and inferential statistics.⁹

RESULT

Result of the study is grouped under four sections

Section A- Demographic and clinical data of the antenatal mothers

Section B- level of awareness about epidural analgesia among antenatal mothers

Section C- association between awareness of epidural analgesia with selected demographic variables.

Section A- Demographic and clinical data of antenatal mothers

This section deals with the Frequency and Percentage distribution of subjects based on their sample characteristics. The summary of the data is presented below.

Distribution of antenatal mothers according to their demographic and variables

Table 1: Frequency and Percentage distribution of antenatal mothers according to their demographic and variables

Variable		Frequency	Percentage
Age	18-20	3	3.0
	21-25	40	40.0
	26-29	42	42.0
	30-35	14	14.0
	35 and above	1	1.0
Marital status	Married	99	99.0
	widowed	1	1.0
Socioeconomic status	Uper class	3	3.0
	Middle class	94	94.0
	Lower class	3	3.0
Educational status	Primary education	6	6.0
	Secondary education	27	27.0
	Graduation & above	67	67.0
Occupational status	Private	29	29.0
	Government	11	11.0
	Unemployed	60	60.0

Among 100 antenatal mothers 42% were in age group of 26-29 yrs of age ,40% in 21-25 years age group and only 1% were in above 35 years age group. While considering socioeconomic status 94% of antenatal mothers were in moderate socioeconomic status and 3% in upper socioeconomic status and 3% in lower socio economic status. Majority (67%) of the antenatal mothers were having graduation and above education and 27% were having Secondary education and only 6% were having primary level education. 60% of antenatal mothers were unemployed,29 % of antenatal mothers were having private job and 11% were having occupation at Government sectors.

Distribution of antenatal mothers according to their Clinical variables

Among 100 antenatal mothers90% were belongs to primi para , most of them (49%)were in second trimester ,22% were in third trimester and 29% were in first trimester. Majority (75%)of the mothers undergone regular antenatal checkups and most (79%)of the antenatal mothers were not having any past chronic medical history.

Section B- level of awareness about epidural analgesia in antenatal mothers

This section explains the level of awareness of antenatal mothers regarding epidural analgesia. The summary of the data is presented below.

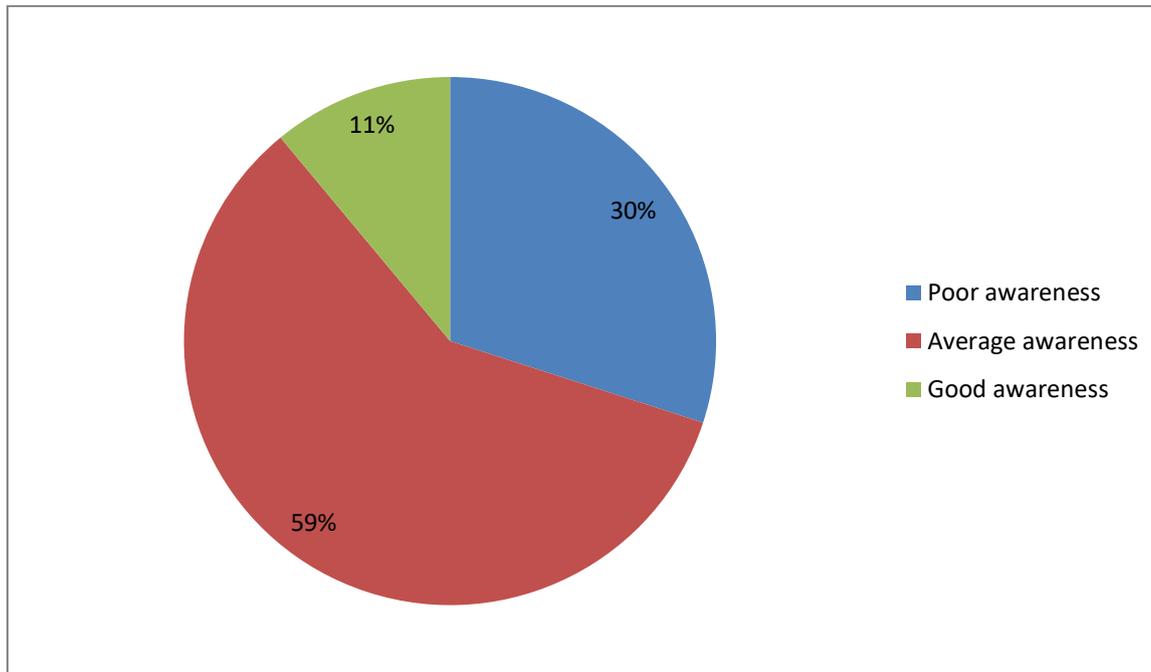


Fig 1:Pie diagram showing percentage distribution of Antenatal mothers based on level of awareness

Figure no 1 shows that among 100 antenatal mothers 30% were having poor awareness regarding Epidural analgesia, Most of them were having (59%) average level of awareness and only 11% were having good awareness regarding Epidural analgesia.

Section C- Description of association between awareness of epidural analgesia with selected demographic variables

This section gives the description on the association between awareness of epidural analgesia and selected demographic variables. Selected demographic variables such as age, Socioeconomic status, Education status and Occupation were selected.

Table 2: Chi square vale,df and P value of association between awareness of epidural analgesia and selected demographic variables

Vaiables	Chi square test(value)	df	Asymp. Sig. (2-sided)
Age and awareness of epidural analgesia	11.114 ^a	8	.195
Socioeconomic status and awareness of epidural analgesia	12.583 ^a	4	.014
Education status and awareness of epidural analgesia	2.455 ^a	4	.653
Occupation and awareness of epidural analgesia	14.455 ^a	4	.006

Table 2 shows that there is a significant association between awareness of epidural analgesia and demographic variables such as Socioeconomic status ($x^2=12.583, p<0.05$) and occupation of antenatal mothers ($x^2=14.455, p<0.05$). However there is no significant association found between awareness of epidural analgesia and demographic variables such as age and education of antenatal mothers as p value is greater than level of significance.

Discussion

Pregnancy is a special time for a woman and her family¹⁰ Labor pain is one of the most severe forms of pain that women experience throughout their lifetime. Many pregnant women decide to have an epidural anesthesia to cope with labor pain.⁹

Present study shows that 42% of antenatal mothers were in age group of 26-29 yrs of age ,40% in 21-25 years age group and only 1% in above 35 years age group.94% of antenatal mothers were in moderate socioeconomic status. Majority (67%) of the antenatal mothers were having graduation and above education and 60% of antenatal mothers were unemployed. Among 100 antenatal mothers 90% were primi , most of them (49%)were in second trimester ,22% were in third trimester and 29% were in first trimester.Majority (75%)of the mothers undergone regular antenatal checkups and most (79%)of the antenatal mothers were not having any past chronic medical history. A descriptive study was conducted among Lebanese women' s regarding awareness and attitude toward epidural anesthesia during labor with a sample of 200 women in childbearing age .Analysis of the socio-demographic data of the study sample revealed that 44.5% of women aged 18to 24 years old, 32.5% aged 25 to 34 years old and 23% aged 35 years and older. The mean age was 32.4years (SD 5.4). Most of the women were employed. With respect to academic achievement, 27% had finished high school and 47% had a university bachelor degree. As for gravidity, 74.5% of the women participating in this research were multi gravida, and 25.5% were primi

gravida. Concerning the income, 60% had a monthly income between 800,000 and 1,200,000 Lebanese Pounds and 32.5% had monthly earnings 41,200,000 Lebanese Pounds.¹¹

Present study shows, among 100 antenatal mothers 30% had poor awareness regarding Epidural analgesia, Most of them had (59%) average level of awareness and only 11% had good awareness regarding Epidural analgesia. A descriptive study was conducted on 60 expectant mothers visiting antenatal OPD at DMC & Hospital, Ludhiana selected by convenience sampling technique. Knowledge assessed by using a structured questionnaire. The findings of the study revealed that 46.7% expectant mothers had below average level of knowledge, 35% had average level of knowledge and 18.3% had good level of knowledge.¹²

Present study had found that there is a significant association between awareness of Epidural analgesia and demographic variables such as socioeconomic status and occupation of antenatal mothers, ($\chi^2=12.583, p=0.014$ and $\chi^2=14.455, p=0.006$ respectively) as p value is lesser than the level of significance (<0.05). Therefore it can be stated that socio economic status and occupation of antenatal mothers has a direct influence on the level of awareness regarding epidural analgesia.

Conclusion

Labour pain is a severe form of pain in a woman's life. There are different pain management techniques available nowadays. Most of the women are not having proper awareness regarding these managements. Present study reveals that there is lack of proper awareness among antenatal mothers regarding Epidural analgesia. Proper health education by healthcare worker can improve awareness of Epidural analgesia among antenatal mothers. To improve antenatal mothers awareness regarding epidural analgesia researchers prepared a leaflet on some aspects epidural analgesia.

Conflicts of interest: There is no conflict of interest

Financial support: Nil

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