

Role of Lamaze Breathing in Labour Pain: A Narrative Review

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ABSTRACT

For most women, going through labour is a physically and emotionally taxing event that is frequently marked by severe pain and anguish. Numerous nonpharmacological methods have been developed to assist women in properly managing labour pain and having a happy birthing experience. Lamaze breathing has become one of the most well-known and successful techniques among them. A component of the larger Lamaze approach, which stresses empowerment, knowledge, and natural birthing, is Lamaze breathing. In order to keep women calm, focussed and in control throughout birth, this technique uses rhythmic breathing. Lamaze breathing is essential for lowering pain perception and improving the birthing experience because it increases oxygenation, lowers tension, and creates a focal point. This review aimed to examine how well Lamaze breathing techniques manage labour pain, increase maternal happiness, and lessen the need for pharmaceutical treatments during childbirth. The literature search was performed on PubMed and Cochrane Library. Databases focussed on literature published between 2015-2024 using key words (CLBP OR physical intervention). A total of 120 pregnant women who were in active labour made up the sample for this study, which used a quasi-experimental design.

The participants were split into two groups at random: one that received normal care and the other that practiced Lamaze breathing techniques. The Visual Analogue Scale was used to measure the degree of pain, and a postpartum questionnaire was used to gauge maternal satisfaction. When compared to the control group, the intervention group reported significantly reduced pain levels during the active and transitional phases of labour ($p<0.05$). Furthermore, the Lamaze group's ladies expressed greater happiness ($p<0.01$) with their childbirth experience. In the treatment group, there was a 30% decrease in the need for pharmaceutical pain treatment. One useful nonpharmacological strategy for treating labour pain is the use of Lamaze breathing exercises. They increase overall satisfaction with childbirth, ease maternal discomfort, and lessen the need for medication. Lamaze breathing can enhance natural delivery processes and improve the outcomes in mother, when it is incorporated into prenatal education as a normal practice. It is advised that more research be done to examine its use in a variety of populations.

Keywords: Braething patterns, Labour pain relief, Relaxations, Stress reduction.