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Efficacy of Lamaze Breathing Technique on Alleviating Pain Perception, Anxiety and Fatigue among Parturient Mothers during First Stage of Labour: A Randomised Controlled Trial

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ABSTRACT

Introduction: Labour involves intense pain, anxiety, and fatigue for parturient mothers. Lamaze breathing, a non-pharmacological method, helps manage these symptoms effectively.

Aim: To assess the effectiveness of the Lamaze breathing technique in terms of pain perception, anxiety and fatigue among parturient mothers.

Materials and Methods: A randomised controlled trial was conducted on 80 parturient mothers in the active phase of labour from public hospitals in Ambala, Haryana. Participants were randomly assigned to experimental and control groups. The experimental group received Lamaze breathing techniques three times for 10 minutes each to reduce pain, anxiety, and fatigue. Pain, anxiety, and fatigue were assessed using the Numeric Pain Rating Scale, Hamilton Anxiety Scale, and Visual Analog Fatigue Scale at three intervals: before and immediately after each intervention. Data were analysed using parametric tests in SPSS version 20.

Results: The study found that after each session of Lamaze breathing, the experimental group showed significantly lower scores in pain perception, anxiety, and fatigue compared to the control group. The experimental and control group significantly different in terms of pain perception t' value (-12.4) and p=**0.001***, anxiety t' value (-7.65) and p=**0.001***and fatigue t' value (-5.83) and p=0.001*, the experimental group showed a significant decrease in pain perception scores at various intervals. The final score in the experimental group OP6 (1.80±1.15) was decreased compared to the control group OP6 (4.62±0.83), with the t-test confirming a statistically significant difference (t=-12.4, p=0.001), highlighting the effectiveness of the intervention.

Conclusion: Lamaze breathing techniques were effective in reducing pain, anxiety and fatigue among parturient mothers during the first stage of labour. Parturient mothers were moderately satisfied with Lamaze breathing during labour.

Keywords: Effectiveness, Non-pharmacological, Numeric pain rating scale.

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