

Compare The Effect of Lumbar Rotation and SP6 Acupuncture in The Active Phase on Pain Severity: A Randomized, Controlled Trial

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Abstract:

Background: This study was performed to compare the effect of lumbar rotation and SP6 acupuncture in the active phase on pain severity.

Methods: In this randomized clinical trial, 126 nulliparous women who met the inclusion criteria and were hospitalized in the delivery ward of Bentolhoda Hospital in Bojnourd town from February 2021 to May 2021 were assigned into two intervention groups and one control group via blocking method. Lumbar rotation was performed in a standing position for the intervention groups, and SP6 acupuncture was performed at dilatation 4 and 8 cm for 30 min and during each contraction. The severity of pain was measured before and immediately after the intervention using the VAS.

Results: The mean Pain intensity immediately after the first and second period of intervention was lower in the intervention groups than in the control group ($P<0/001$). According to the independent t-test, the pain intensity after the intervention was not significantly different from the pre-intervention in dilatation 4 and 8-cm stages. This shows that these two methods have no preference over each other for pain mitigation.

Conclusions: Lumbar rotation in standing position and pressure of SP6 acupuncture can be used as two simple, easily

accessible, and complication-free methods for alleviating mothers' labor pain.

Key-words: changing position, SP6 acupuncture, pain severity.

I. INTRODUCTION

Labor is an important event a woman experiences in her lifetime, and its memory always remains in her mind (1). The common and inseparable part of any labor process is pain. Labor and its resulting pain have various physical, physiological, social, cultural, and psychological dimensions (2) which can be considered a critical experience throughout a woman's life (3). Severe labor pain can cause serious emotional disturbance for the mother and impair her psychological health. This, in turn, affects her relationship with the neonate and her spouse. The fear and anxiety experienced during pregnancy peaks during the delivery, causing increased mother reactivity to pain. Meanwhile, elevating the epinephrine level leads to contraction of the pelvic vessels and impairs fetal oxygenation (4). According to the study by Pizode, the resulting pain and fear appear to cause contraction of skeletal muscles. As a result, reactive