

INTERNATIONAL MEETING ON

# NURSING RESEARCH AND EVIDENCE BASED PRACTICE

JULY 31- AUGUST 01, 2017 MELBOURNE, AUSTRALIA

## Impact of modified breath holding techniques in reduction of perineal tear during labour

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**Introduction:** Vaginal births are often associated with perineal tears, which can be associated with significant short- and long-term problems for the woman. This may in turn result in considerable economic burden to healthcare providers and women. Women are frequently concerned about their risk of perineal laceration at the time of delivery. It is important to explore positive health practices for maintaining perineal integrity that can be done by improving practice, training and provision of high quality care.

**Methods:** A quasi-experimental study was done on 600 primigravid women. Education on selected antenatal exercises including modified breath holding / pushing techniques provided with the help of 3D animation.

**Results:** The result was assessed according to the degree of perineal injury. The condition of perineum was for 20.7 % in experimental group was intact, only for 1.7 % in control group. In experimental group 66.3 % had episiotomy and 76.0 % in control group. First degree tear had for 11.3 %, 1.0 % had 2<sup>nd</sup> degree and 0.7 % had 3<sup>rd</sup> degree tear or extended. In control group 14.3 % of women had 1<sup>st</sup> degree tear, 1.7 % had 2<sup>nd</sup> degree ,6.3 % had 3<sup>rd</sup> degree tear and. The X<sup>2</sup> test was used to determine whether there was a statistically significant difference between the two groups in terms of condition perineum. The obtained Chi-square value of 65.7\*\* at p <0.000 is highly significant.

**Conclusion:** Evidence from this study supports that educating and providing support for primigravid women on pushing / modified breath holding techniques during pregnancy and labor can be a good technique in order to reduce perineal damage in laboring women. Midwives/ healthcare providers should appreciate and strongly recommend the breath holding techniques during labor.

### Biography

Emi John Prince, Associate Professor, has completed her PhD in Nursing Science from Vinayaka Missions University, Tamil Nadu. She is nationally and internationally recognized in the areas of Maternity Nursing. Dr. Emi John Prince is the course coordinator for Postgraduate studies in Nursing at Institute of Health and Management, at NSW. As a midwife, she works part time at Royal Brisbane Hospital, Brisbane. Her research and scholarly pursuits are in the areas of maternal health and women's health. She has published her work widely and had written many articles. Dr. Emi John Prince is also actively involved in extended professional role as External Examiner (Adjudicator) for PhD thesis for many of the universities.

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