



## A study to assess the effectiveness of clove oil massage on lower back pain among postnatal mothers in Saveetha medical college and hospital, Thandalam

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### Abstract

Lower back pain is a common complaint of postnatal period this is generally. characteristics as axial or para -sagittal discomfort in the lower lumbar region and is musculoskeletal in nature. So the present study is done to assess the effectiveness of clove oil massage on lower back pain among postnatal mother at saveetha medical college and Hospital. A total quantitative approach quasi experimental design of 60 postnatal mothers who met the inclusion criteria were selected by using convenient sampling technique. After selecting the sample, the her introduced herself and explained the purpose of the study to the participants and informed consent was obtained. Demographic variables were collected by used followed by pretest was done by using numerical pain rating scale for both experimental and control group. For experimental group, lower back massage was given twice a day for five days, control group received routine care. At the end of fifth day posttest was done for both experimental and control group. The data were tabulated and analyzed by descriptive and inferential statistics. The experimental group was 6.6% of postnatal mothers in No pain lower back pain, 73.3% of postnatal mother in mild lower back pain, 20% of postnatal mother in moderate lower back pain level, so the clove oil massage is effective on reduction of lower pain among postnatal mothers.

**Keywords:** pain, clove oil massage, postnatal mothers

### Introduction

Child birth is a one of the most marvelous and memorable segments in a women's life. It does not really matter if the child is the first, second of the 3<sup>rd</sup> one. Each experience is unique and calls for a celebration. Even though the labor event gives pleasure for the mother is also gives severe pain. Most of the mother experiences some amount of discomfort after the delivery (Thenmozhi 2016) <sup>[1]</sup>

With the dramatic rise in the rate of cesarean delivery in the last two decades, postoperative pain management of this patient has become a major medical and nursing challenge. Although advances have been made in the understanding of pathophysiology of postoperative pain and development of new analgesics and delivery techniques many patient still suffer from moderate to severe postoperative pain (samina ismail 2016) <sup>[3]</sup>

Lower back pain common complaints in postnatal period, having a great impact on the quality of life. Lower back pain during pregnancy has been now and recognized foe many centuries and was described by Hippocrates in 1962 walde was the first who recognized the differences between pelvic girdle pain and lumbar pain, ostgaard etc. set the criteria for the differentiation between this two entitis. (katonis 2011) <sup>[4]</sup>.

Back pain is experienced by more than half or all pregnant woman during postnatal period. In approximately 80% of women who are back pain is prevalent. There are several treatment for relieving back pain. Pharmacological pain relief methods include non -steroidal anti-inflammatory drugs, oral analgesics, local anesthetic and opioids. But this method is associated with serious adverse effects like

constipation gastric irritation, passage of the drug to maternal milk, and prolonged bleeding time. With regard to non-Muslims pharmacological methods, common practice is the use oil massage. Oil massage after the first 24hours postpartum is a traditional method used for the immediate symptomatic relief of pain. (nethravathi, 2015) <sup>[5]</sup>.

The most frequent concern of patients receiving epidural analgesia for labor pain relief is postpartum back pain. This survey as designed to assess the prevalence of postpartum, backache with and without epidural analgesia among postpartum women (Shemila abbasi, 2014) <sup>[6]</sup>.

Humans have been involved with the phenomena of pain relief from the ancient times. Back pain is the most common pain. In fact, eight out of ten people experience it in their lifetime (Maryam eghbali babadi 2012) <sup>[9]</sup>.

### Objectives

- To assess the level of lower back pain among control group and experimental group.
- To assess the effectiveness of clove oil massage on lower back pain among postnatal mother in the experimental group.
- To find the association between lower back pain scores of postnatal mothers with the selected demographic variables.

### Material and Methods

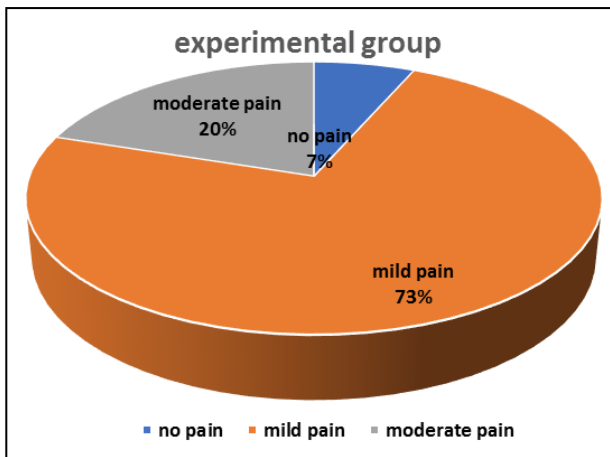
Quantitative approach was used in this study. A quasi experimental design was chosen to assess the effectiveness of clove oil massage on lower back among postnatal mother. The study was conducted in saveeetha medical college and

hospital in postnatal ward. The setting was chosen on the basis of feasibility in term of availability of adequate sample and cooperation extended by management and health care team members. Target population of the study is all lower back pain in obstetrical ward. Who meet inclusion criteria were selected as the sample for the study. The sample size 60(30 experimental group and 30 control group). convenient sampling technique is used by investigator. Inclusion criteria are postnatal mother who are having lower back pain, those who are available at the time of data collection, postnatal mother those who are cooperative to my study. Data was collected using demographic profile and in control group pre -test and post -test was assessed by numerical pain rating scale and in experimental group was applied clove oil massage in the region quadratus lumborum (QL) muscle massage in the morning and evening for 5-6 minutes with 8ml of clove oil after applying clove oil, posttest was conducted after 3 days using the same scale.

**Results**

Out of 30 sample in the experimental group there was 6.6% of postnatal mothers in No pain lower back pain, 73.3% of postnatal mother in mild lower back pain, 20% of postnatal mother in moderate lower back pain. 30 sample in the control group there was 73.3% postnatal mother in moderate lower back pain, 26.6% of postnatal mother in severe lower back pain. (figure1)

Table 2 show mean and standard deviation on effectiveness of clove oil on lower back pain among postnatal mother. In experimental group, pretest value are mean (6.83), SD (1.26). In control group mean (6.83), SD (1.39), post-test value experimental group mean (2.82), SD (1, 12) in control group mean (6.3), SD (0.90) and paired test (5.487). The calculated paired t value of  $t=5.487$  was found to be statistically significant at  $p>0.05$  level.



**Fig 1:** Effectiveness of clove oil massage on lower back pain

**Table 1:** Mean and standard deviation pretest and posttest in experimental and control group

S. No	Group	Pre test scores		Post test scores	
		Mean	SD	Mean	SD
1	Experimental group	6.83	1.26	2.83	1.12

**Discussion**

The findings of the present study proved that that in experimental group there was 6.6% of postnatal mothers in No pain lower back pain, 73.3% of postnatal mother in mild lower back pain, 20% of postnatal mother in moderate lower

back pain. In control group 73.3 % of postnatal mother in moderate in lower back pain and 26.6% of postnatal mother in severe lower back pain. (figure 1)

Another similar study by (Ms. Vijaitha 2015) [7] conducted this study on effectiveness of clove oil massage on lower back pain among postnatal mothers, selected hospital Bangalore, 40postnatal mothers were studied, convenience sampling technique was used to selected the sample modified visual analogue pain scale was used, Results revealed the clove oil massage pretest and posttest mean% in control were 66.5% and 55%, whereas in experimental group 66% and 22% which is statistically significant as obsessed between experimental per and post test score.

Another similar study by (Nitesh Malhotra 2018) [8] conducted this study on effect of pelvic floor exercise on non specific lower back pain in postnatal women's, 30women aged between 30-35 years were studied the sample modified visual analogue scale was used the results depicted that the pelvic floor exercise in combination abdominal exercise with Routine treatment for back pain provide significant benefits in terms of pain relief.

Another similar study by (Dr. Manju chugani 2017) [2] conducted this study on effect of dry cupping therapy at acupoint BL23 on intensity and Quality of postpartum low Back pain, Quantitative experimental research used one test posttest control group design was used, 60 samples were taken purposive sampling techniques, Questionnaire was used to collect Data regarding Demographic variables, the Result in this study findings revealed that the mean intensity of low back pain reached from 8.33 before intervention to 1.97 after 3days of intervention the mean SMPQ scores also Reduced from 29.83 to 4.9 the result showed significant difference between the observations.

Another similar study by (Mrs. Thenmozhi 2016) [1] Conducted this study on Assess the level of Back pain among LSCS mothers, the cross sectional research design was adopted with 30 sample, convenient sampling technique was used, to collected sociology demographic variables using Numerical pain Rating scale and multiple Choice Questions was, the result out 30 sample 6 (20%) had mild pain, 16 (53%) of the had moderate pain and 8 (27%) of them had severe the mean score of back pain level was 5.46 with 2.37.

Another similar study by (Shmila Abbas 2014) conducted this study on prevalence of low back pain experienced after delivery with and without epidural analysis the study was conducted was university hospital teaching hospital and women presenting to Labor Room and labor and delivery formed the target population total of 482 Women's were recrvided study period the results the prevalence of postpartum back pain in epidural analgesics versus non epidural analgesics group was 40.9% versus 40% on day one and 32.2% versus 35.2% after 1week however, after one and 3rd month follow up backache prevalence was less in epidural analysis group (unadjusted odds ratio (oR) :0.63;95% confidence interval (CI) 0.39-0.99) and (unassisted OR :0.32,95% CI:0.15-0.69) Respectively the adjusted odd rate was 0.59 at 1st month and 0.25 at 3rd month There was no significant difference between the two group in pain scores.

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