



EFFECTIVENESS OF REFLEX ZONE THERAPY AMONG PRIMI PARAE AT SELECTED HOSPITAL

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ABSTRACT

Motherhood play a very important role in child birth and lactation. The childbirth is a process that follows the baby's essential need for maintenance of health. Puerperium is a period which mother experiences physical and emotional stress due to exhaustion and anxiety. Breast milk remain the ideal nutritional source for the baby through the first year of life. Breast feeding is practiced by health care professionals for benefitting the mother and her child in all health aspects. Few mothers were unable to produce breast milk; it affected the health of the child. Reflex zone therapy which is one among the complementary and alternative therapies helps to produce breast milk and its initiation. This study concludes that reflex zone therapy is a simple, innovative and effective method for early initiation of breast feeding among primi mothers.

Keywords: Reflex zone therapy, Primi, Lactation, Parae.

INTRODUCTION

Breast milk is the best nutritional source for baby and it provides immunity. Reflexology works on pressure points on feet, human feet consists of 10 zones each zone reflect each organ like breast, eyes, nose, stomach, neck in our body. By giving pressure on the toe it gives signal to hypothalamus it stimulate pituitary and produce oxytocin which helps in increases breast milk available for the baby. Reflexology natural method which benefits mother and baby

Objectives of the study

1. Assess the effectiveness of Reflex Zone therapy on lactation among primi parae
2. To associate the lactation with selected background variables of primi parae.

Hypothesis of the study

There will be a significant difference in lactation among primi parae who participate in Reflex Zone therapy than who do not.

MATERIAL AND METHODS

The research design is Quasi experiment-pretest

posttest in nature. The study was conducted at Sri Ramachandra hospital, the samples were 60 -primi parae. 30 in control group 30 in study group. The tool consists of two parts, part I - demographic variables, part II was Modified LATCH Breast feeding assessment tool. The total score was 36. 0 -12 inadequate lactation, 13 - 24 moderately adequate lactation, 25 -36 adequate lactation. The participants were explained about the tool and were asked to answer for the questionnaire given.

Conceptual Framework

The main aim of conceptual framework is to communicate clearly the relationship between various concepts. It guides an investigator to know what data needs to be collected and directs the entire research process- Kiplinger (1996). The present study is aimed to improve the initiation of breastfeeding by the primi parae during postpartum period. So the investigator has adopted the Wiedenbach's Helping Art of Clinical Nursing Theory (1964) as a base for developing the conceptual framework for this study to assess the effectiveness of reflex zone therapy (foot reflexology). Wiedenbach's Helping Art of

Clinical Nursing Theory (1964) has three factors:

Step II Identification

This step involves determining the need for help primi parae, her experiences and recognition and perception of her condition. As per the inclusion and exclusion criteria, the mothers were selected, convenient sampling technique was used for both study and control group. The demographic variables, obstetrical variables were identified.

Step II: Ministration

Written consent was obtained from the mothers. The selected nursing intervention reflex zone therapy was given for 20 minutes morning, afternoon and evening for three consecutive days along with routine care for the study group and control group received only routine care

Step III: Validation

It involves breastfeeding assessment for both the study and control group after giving reflex zone therapy for the study group. It is followed by the analysis of the findings and provides evidence statistically that reflex zone therapy was effective in the breastfeeding.

Data Analysis

Descriptive and Inferential statistics is been used in this study for data analysis. Descriptive statics - Frequency and percentage is been used to describe the demographic variables. Frequency, percentage, means and standard deviation was used to describe the lactation of primi parae among study group and control group. Inferential statistics - Chi-square test were used to find out association of lactation of primi parae between study group and control group with selected demographic variables.

Ethical Consideration

Institutional Ethics Committee approved to conduct the study. The purpose of the study was clearly explained to participants. Confidentiality was maintained throughout the study.

RESULTS

Table 1 reveals the lactation among primi parae in the pretest 3(10%) in the study group and 2(6.7%) in the control group had inadequate amount of breastfeed, 27(90%) in the study group and 28(93.3%) in the control group had moderately adequate amount of breastfeed. In posttest, 1(3.3%) in the study group and 28(93.3%) in the control group had inadequate amount of breastfeed, 29(96.7%) in the study group and 2(6.7%) in the control group had adequate amount of the breastfeed, which is statistically significant at $p < 0.001$. Table 2 reveals the comparison between the pretest and posttest on lactation parameters among primi parae between study and control group. During pretest the mean was 17.50 with the SD of 2.76 and during posttest the mean was 30.40 with the SD of 1.19, were it shows statistically significant at the level of $p < 0.001$ were found in the study group. In the control group, during pretest mean of 16.93 with the SD of 2.532 and during posttest mean of 17.87 with the SD of 2.543. It was statistically non significant. Table 3 depicts that during pretest the mean was 17.50 with the SD of 2.764 in the study group and 16.93 the mean was with the SD 2.532 in the control group which was not-significant. During Posttest 30.40 the mean was with the SD of 1.192 in the study group and the mean was 17.87 with the SD of 2.543, which showed statistically significance at the level of $p < 0.001$.

DISCUSSION

The study findings clearly states that the reflex zone therapy was effective in initiation of lactation among primiparae mothers which is evident during pretest the mean value was 17.50 with the SD of 2.76 in the study group and the mean was 16.93 with the SD 2.53 in the control group, which showed non-significance. Whereas, during posttest the mean was 30.40 when comparing control group mean 17.87 which proved a statistical significance at $p < 0.001$. Thus it correlates with similar study by Siu-lan Lurch, 2009; "effect of foot reflexology among 100 primi mothers, where foot reflexology was given within 30 hours after delivery for 10 to 15 minutes a day for 5 days.

Table 1. Frequency, percentage distribution and chi square value on lactation among primi parae in the study and control groups (N=60)

Lactation	Study Group (n=30)		Control Group (n=30)		χ^2 df p value
	No.	%	No.	%	
Pretest					
Inadequate	03	10.0	02	06.7	0.218 1 0.640(NS)
Moderately Adequate	27	90.0	28	93.3	
Adequate	00	00.0	00	00.0	
Posttest					
Inadequate	00	00.0	00	00.0	48.654 1 0.000***
Moderately Adequate	01	03.3	28	93.3	
Adequate	29	96.7	02	06.7	

NS-Non Significant, *** $p < 0.001$

Table 2. Mean and standard deviation and paired 't' test value on lactation among primi parae between the study and control group (N=60)

Lactation	Pretest		Posttest		Paired t test Df p value
	Mean	SD	Mean	SD	
Study group	17.50	2.764	30.40	1.192	24.0329 0.000***
Control group	16.93	2.532	17.87	2.543	2.51 0.185(NS)

NS-Non Significant, *** p<0.001

Table 3. Mean, standard deviation and independent 't' value on lactation among primi parae in the study and the control group (N=60)

Lactation	Study Group (n=30)		Control group (n=30)		Independent 't' test Df p value
	Mean	SD	Mean	SD	
Pretest	17.50	2.764	16.93	2.532	0.828 58 0.411(NS)
Posttest	30.40	1.192	17.87	2.543	24.447 58 0.000***

NS-Non Significant, *** p<0.001

Fig 1. Frequency distribution of lactation among primi parae during post test in the study and the control group (N=60)

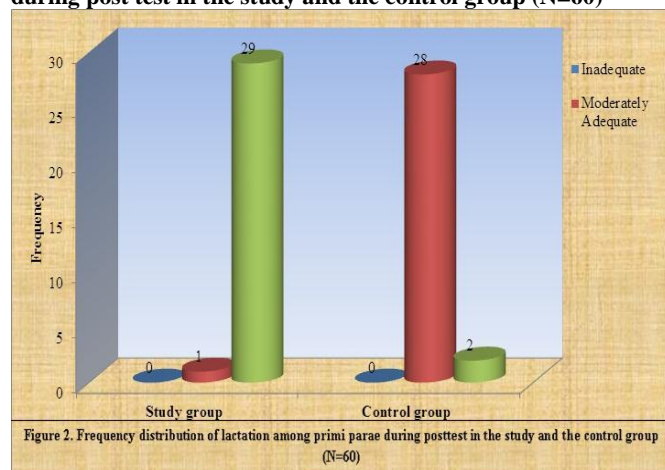


Fig 2. Mean value on lactation among primi parae in the study and control groups (N=60)

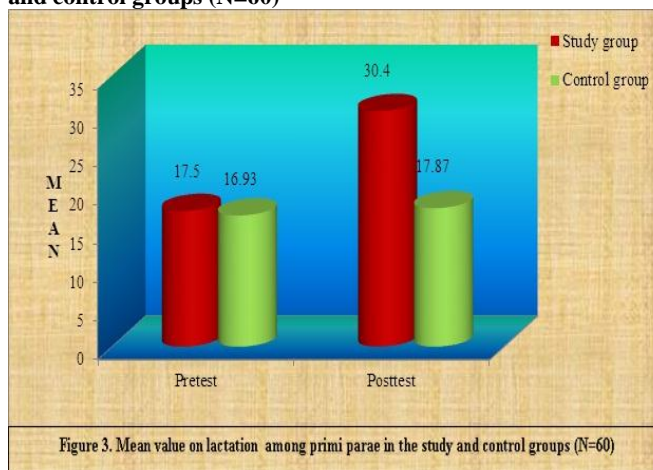
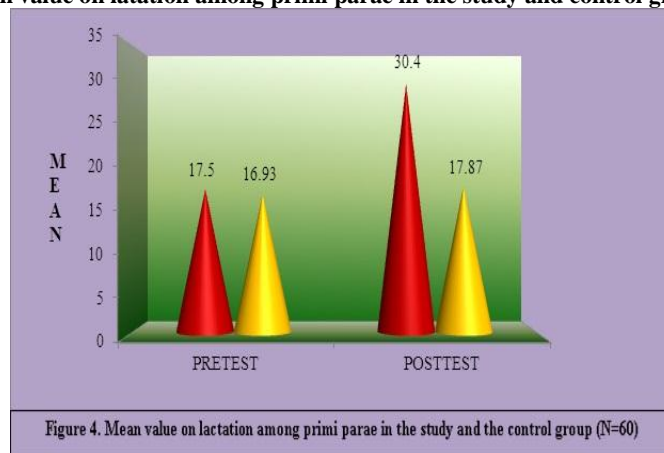


Fig 3. Mean value on lactation among primi parae in the study and control groups (N=60)



It is proved that the reflex zone therapy was effective in Improving the lactation among primi parae. So the hypothesis was accepted. There was no association between the demographic variable and the lactation during pretest in the control group. There was an association between the sex of the baby and lactation at $p < 0.005$. There was no association between the demographic variable and lactation during posttest in the study group. There was no association between the demographic variable and the lactation during posttest in the control group. The present study recommended that the reflex zone therapy can be implemented for the primi parae.

Nursing Implication

Nurse midwives could be trained regarding the application of reflex zone therapy. The nursing curriculum should be prepared and updated with the inclusion of reflex zone therapy traditional methods to take care of the mothers during the postnatal period in order to prevent lactation failure. The nurse administrator should take up the responsibility to inculcate knowledge on reflex zone therapy to nursing staffs regarding measures for improving the initiation of breast feeding. Nurse researchers should be aware about the needs and problems of the primi parae. Special emphasis should be laid down on research in the area of non-pharmacological and cost effective measures for the early initiation of breast feeding with the help of reflex zone therapy.

Recommendation of Future Study

1. A study can be conducted among postnatal mothers who had given birth through the caesarean section.
2. Different theories and models can be incorporated.
3. Comparison on reflex zone therapy between normal vaginal delivery and caesarean mothers can be carried out.

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CONCLUSION

Nowadays breastfeeding and its importance is being fostered in many ways through various policies. Breast feeding is practiced by health care professionals for benefitting the mother and her child in all health aspects such as preventing the mother from breast complications, promoting mother-child bonding, enhancing immunity, growth and development in the child etc. Despite all its benefits certain mothers were unable to produce breast milk, which in turn affected the health of the child. Reflex zone therapy which is one among the complementary and alternative therapies helps to produce breast milk and its initiation. In this study the researcher has used this intervention for initiating the breast milk that helped the primi mother and her child to attain its benefits. This study concludes that reflex zone therapy is a simple, innovative and effective method for early initiation of breast feeding among primi mothers.

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