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PRIMI-MOTHERS' EXPERIENCES ON NORMAL VAGINAL DELIVERY AT LABOR ROOM

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Background: A primi-mother who delivered a baby in the first time has to face many experiences including labor pain, fear, anxiety and loneliness which surprisingly transferred into love with birth of the baby. Understanding of these experiences is paramount important to provide better care for pregnant mothers.

Aim: To explore the primi-mothers' experiences in normal vaginal delivery at labor room.

Method: A qualitative phenomenological approach was used to assess 15 primi-mothers selected purposefully at Sri Jayewardenepura General Hospital, Sri Lanka and, were interviewed to get an in-depth understanding of the experiences on normal vaginal delivery. Data was analyzed using thematic analysis method.

Results: Mothers were aged between 18 and 35 years, with low risk and full term pregnancy (>37 weeks) and the majority were educated up to (GCE) Ordinary Level. Three themes were derived from the data as physical, emotional and environmental suffering. As physical suffering, unbearable labor pain and pain due to episiotomy, suturing, and positioning with holding legs were identified. Breathing and antenatal exercises were less helpful to reduce pain. Mothers preferred doing suturing immediate after birth. Furthermore, participants suffered emotionally with thinking of getting an abnormal baby, death of baby, herself or both and need of surgical intervention. **Mothers believed religious activities were helpful.** Under environmental suffering, getting afraid with screaming with labor pain, seeing performing episiotomy and suturing, and labor illustrated diagrams at labor room.

Conclusion: Primi-mothers suffered physically, emotionally and environmentally in the labor room and used pain relieving techniques were less useful, while religious activities were helpful. It is highly recommended to introduce new effective pain relieving methods, enhancing mothers' awareness on labor process, and improving nurses' awareness regarding mothers' experiences to provide better care.

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