



Received: 15-01-2024
Accepted: 25-02-2024

ISSN: 2583-049X

To Assess the Effectiveness of Lavender Oil on Episiotomy Wound among Postnatal Mothers Admitted in Selected Maternity Hospitals

Snehal A More

M.Sc. Nursing [OBGY], College of Nursing Wanless hospital, Miraj, Maharashtra, India

DOI: <https://doi.org/10.62225/2583049X.2024.4.2.2446>

Corresponding Author: **Snehal A More**

Abstract

A quasi-experimental study to assess the effectiveness of lavender oil on episiotomy wound among postnatal mothers admitted in selected maternity hospitals.

Objectives:

1. To assess the episiotomy wound among postnatal mothers in control and experimental group.
2. To assess the effectiveness of lavender oil on episiotomy wound in experimental group.

Review of literature:

1. Studies related to episiotomy.

2. Studies related to effectiveness of lavender oil.

Hypothesis:

H₀-There will be no significant difference in the effect of lavender oil on episiotomy wound among postnatal mothers.

H₁- There will be significant difference in the effect of lavender oil on episiotomy wound among postnatal mothers.

Keywords: Lavender Oil, Episiotomy, Maternity Hospitals, India

Introduction

Pregnancy and child birth are special events in a woman's lives. Mothers suffer much distress after child birth due to painful perineum. Perineal pain is most commonly associated with child birth by vaginal delivery. Pain following episiotomy appears to be universal. The mother undergoing episiotomy is characterized by greater blood loss in conjunction with delivery, and there is a risk of improper wound healing and increased pain during early puerperium. Episiotomy, incision of the perineum at the time of vaginal childbirth, is a common surgical procedure experienced by women in the world. Among 1,20,243 vaginal deliveries, episiotomy was performed in 63.4 percent (n=76,305) cases.

Problem Statement

A quasi-experimental study to assess the effectiveness of lavender oil on episiotomy wound among postnatal mothers admitted in selected maternity hospitals.

Objectives

1. To assess the episiotomy wound among postnatal mothers in control and experimental group.
2. To assess the effectiveness of lavender oil on episiotomy wound in experimental group.

Review of Literature

3. Studies related to episiotomy.
4. Studies related to effectiveness of lavender oil.

Hypothesis

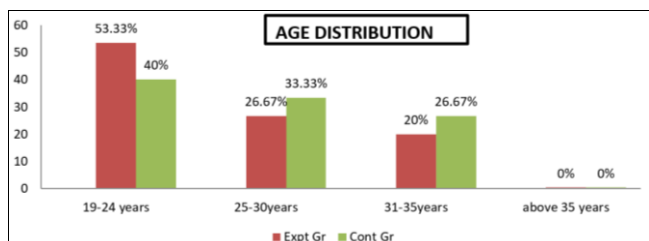
H₀-There will be no significant difference in the effect of lavender oil on episiotomy wound among postnatal mothers.

H₁- There will be significant difference in the effect of lavender oil on episiotomy wound among postnatal mothers.

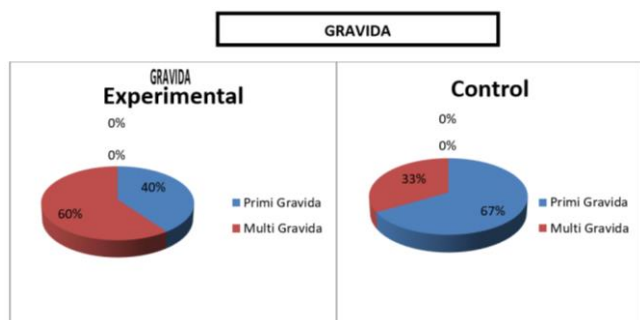
Materials and Methods

The research approach used for the study is Quantitative Evaluative Approach and two group pre-test- post test design is used for the study. Thirty samples (15 experimental group and 15 control group) selected by using Convenient Sampling Technique. Raw data was collected and entered in a master sheet for the statistical analysis. It was interpreted by using descriptive and inferential statistics.

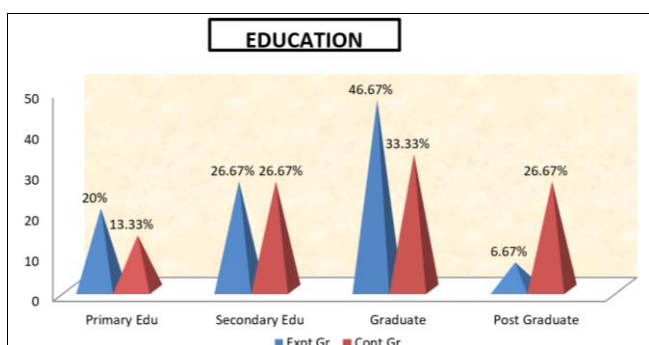
Interpretation



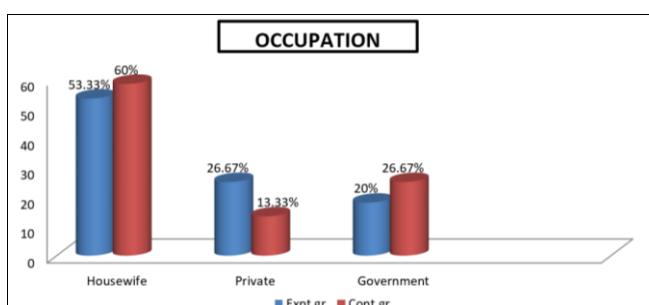
Graph 1: Bar graph showing percentage distribution of subjects as per age in years in control and experimental group



Graph 2: Pie graph showing percentage distribution as per types of gravida in control and experimental group



Graph 3: Cluster pyramid graph showing percentage distribution as per education in control and experimental group



Graph 4: Cylindrical graph showing frequency distribution as per occupation in control and experimental group

Conclusion

The purpose of the study to determine the effectiveness of Lavender oil application on Episiotomy wound healing have proved statistically and found effective in treating episiotomy wound healing amongst post natal mothers. From the study findings i. e, lavender oil application is effective method for episiotomy wound healing in experimental group.

References

1. Venkadalakshmi V, Venkatesan L, Perdita HM. Effect of infrared therapy on episiotomy pain and wound healing in postnatal mothers. *Nursing Journal of Indian*. 2010; 101(9):212.
2. Singh S, Thakur T, Chandhiok N, Dhillon BS. Pattern of episiotomy use & its immediate complications among vaginal deliveries in 18 tertiary care hospitals in India. *The Indian Journal of Medical Research*. 2016; 143(4):474.
3. Dale A, Cornwell S. The role of lavender oil in relieving perineal discomfort following childbirth: A blind randomized clinical trial. *Journal of Advanced Nursing*. 1994; 19(1):89-96.
4. Albers LL, Borders N. Minimizing genital tract trauma and related pain following spontaneous vaginal birth. *J Midwifery Women's Health*. 2007; 52(3):246-253.
5. Lavenderoil. [Online]. [cited in 2012]. Available from: URL: <http://tmeetz.hubpages.com/hub/lavender>
6. Infra red-light therapy, health and personal care. [online], 2012. Available from: URL: <http://www.healdirect.com>
7. Sheikhan F, Jahdi F, Khoei EM, Shamsalizadeh N, Sheikhan M, Haghani H. Episiotomy pain relief: Use of Lavender oil essence in primiparous Iranian women. *Complementary therapies in clinical practice*. 2012; 18(1):66-70.
8. Manjula P, Ranjani P, Rao AC. A Study of Factors Influencing Episiotomy Wound Healing. *International Journal of Nursing Education*. 2012; 4(2).
9. Judith A Noronha. Effectiveness of teaching on episiotomy an perineal care among primipara women of selected hospitals in Karnataka *Nursing Journal of India*, 2004.
10. Effect of lavender cream on perineal pain and episiotomy wound healing [online]. [2004][cited in 2012]. Available from: URL: <http://www.PMID:15314339> [PubMed - indexed for MEDLINE].