VAGINAL BREECH DELIVERY: USE OF NON-PHARMACOLOGICAL MEASURES FOR PAIN RELIEF.

Aníbal Báez-Suárez 1; Estela Martin-Castillo 2; Josué García-Andújar 3; José Ángel García-Hernández 4; María del Pino Quintana-Montesdeoca 1; Juan Francisco Loro-Ferrer1.

3.Nurse. Complejo Hospitalario Universitario Insular Materno-Infantil. Spain

Introduction
Most countries recommend planned caesarean section in breech deliveries, which is considered safer than vaginal delivery. As one of few countries in Spain has continued to practice planned vaginal delivery in selected women. There are several non-pharmacological analgesic methods to relieve pain during labour, that is among the transcutaneous electrical nerve stimulation (TENS). TENS is a low frequency electrotherapy technique, analgesic type, generally used in musculoskeletal pathology, but it has also come to be used as an alternative treatment during labour. In many countries, it is included in Clinical Practice Guide of Standard Delivery Care. It is also a safe, cheap and useful treatment, even more; it should be included during the obstetric management in the conventional way during the delivery.

Purpose
The aim of this study was to evaluate the pain relieving effect of a TENS application during the vaginal delivery in breech presentation.

Method
We conducted a randomized, double-blind, placebo-controlled trial. Participants were randomly assigned to three groups: active TENS 1, active TENS 2 and placebo TENS. We enrolled 63 women from the Department of Gynaecology Service. The data of a visual analogue scale and a satisfaction questionnaire were also collected.

Results
63 women (21 per group) participated in the study. We observed that 10 women had a delivery in breech presentation, so they were studied. All patients experienced pain relief, except the placebo group. There were no side effects. The active group 2 was found to be more effective in pain relief.

Conclusions
Transcutaneous electrical nerve stimulation reduces pain and increases patient satisfaction during vaginal breech delivery.

References
