

Hand Massage: An Alternative Pain Control Measure for Post-cesarean Mothers

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ABSTRACT

Cesarean delivery rates are increasing worldwide. The WHO recommends the cesarean rate was 17.2% in India. Pain is a distressing feeling often caused by intense or damaging stimuli. Pharmacological and nonpharmacological therapies are essential components of post-birth pain control. "Alternative therapy" is widely defined to denote any medical procedure or technique used in place of traditional pharmaceutical products. Massage therapy is an excellent alternative method that helps in general health, relaxation, and pain relief. A hand massage is a massage that targets specific muscles in the hand, stimulating nerve endings to various organs in the body, which feels good and even reduces pain. A hand massage has the potential to improve the health and well-being in a number of ways. This method can be used for mother who has undergone the cesarean section.

Keywords: Alternative therapy, Hand massage, Post-cesarean pain.

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INTRODUCTION

There are few occurrences still more magical in life than the child's birth. It has been the trend throughout recorded history, but new parents have advanced delivery choices to make the process more comfortable.¹ The possibilities how conception is generally affected by individual's experience, family background, clinical or maternity problems, and feedback from care providers.² Among that, cesarean delivery rates are rising globally. The WHO reports the cesarean rate was 17.2% in India.³ Effective postoperative pain control is a crucial concern for women who seek cesarean surgery.⁴ Post-cesarean pain is still the most significant issue experienced by mothers in the earlier period of cesarean and may struggle with the ability to take care of her child and herself.⁵ Mothers with pain often interact with physicians and use many medical therapies as they seek relief.⁶ Unmanaged pain is significantly linked with high risk of opioid use, postnatal complications, and chronic pain growth.⁵

AN ALTERNATIVE PAIN CONTROL MEASURE FOR POST-CESAREAN MOTHERS

Pain is a distressing feeling often caused by intense or damaging stimuli.⁷ Intensive pain control after the cesarean section increases the capacity to cope and improves the bond with her baby.⁴ Pharmacological and nonpharmacological therapies are essential components of post-birth pain control.⁵ The term "alternative therapy" is widely defined to denote any medical procedure used in place of traditional pharmaceutical products. There are some range of fields like acupuncture, guided visualization, chiropractic care, meditation, hypnosis, biofeedback, aromatherapy, calming, herbal remedies, massage, some herbal therapies, and nutritional strategies that have the ability to relieve pain.⁸ Healthcare providers need to develop experience in the practice of nonpharmacological pain management methods, so they can be fully incorporated into medical practices.⁹

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HAND MASSAGE ON POST-CESAREAN PAIN CONTROL

Massage therapy is an excellent alternative method, which helps in general health, relaxation, and pain relief.¹⁰ A hand massage is a massage that targets specific muscles in the hand, stimulating nerve endings to various organs in the body.¹¹ Since the highest percentage of pain receptors are in the hands (each of the extremities has more than 7,000 nerve endings). Stimulation of "neurons" may be a good technique for assuaging pain after the cesarean section.¹²

It can be done as a solo treatment or combined with other treatments that are provided only by healthcare professionals like physiotherapist and nurses for at least 10 minutes in each extremities.¹¹ Several research studies have shown that hand massage begins after the mother comes out of the anesthetic effect.¹³

In the current literature, there is some evidence about the benefits of hand massages in relieving cesarean pain.¹⁵ Hand massage feels good, it can also help ease muscle tension, and it

may even reduce pain. Studies have shown that only once a week getting a professional hand massage and doing self-massage once a day will help to relieve pain. A hand massage has the potential to improve the health and well-being in a number of ways. The benefits of a hand massage may include reduced pain, less anxiety, better mood, improved sleep, and greater grip strength. Getting a regular massage may also help in lowering blood pressure and reduction in the stress levels.¹⁴

The purpose of hand massaging is to assist the treatment procedures by affecting the nervous system as well as the cardiovascular system. This results in a variety of comforts such as general relaxation in the body, deep breath, resting, and drowsiness.¹⁵

Indications of Hand Massage

- Pain
- Muscle spasm
- Trigger points
- Insufficiencies of circulation
- Specific or general relaxation

Contraindications of Hand Massage

- When increased circulation is not desired
- Massage too soon
- Areas of decreased sensation
- Over recent surgery
- Sometimes trigger points may lead to postpartum hemorrhage¹⁶

CONCLUSION

There are few occurrences still more magical in life than the child's birth. Healthcare providers need to develop experience in the practice of nonpharmacological pain management methods, so they can be fully incorporated into medical practices. Nowadays, there many alternative therapies are available in a collection, which is effective in reduction of cesarean pain. A hand massage has a potential benefit in improving the health and well-being of mothers during the post-cesarean period. Alternative therapies are now finding more substantial increase in the healthcare settings. Therefore, the health professional must explore alternative approaches to provide better care and promote a healthy environment.

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