



Effects of deep tissue massage on pain and comfort after cesarean

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Abstract

Statement of the Problem: In this study, it was aimed to determine the effect of deep tissue massage (DTM) applied by midwife on pain and comfort after cesarean section. **Methodology & Theoretical Orientation:** This study was designed as a randomized controlled trial conducted with experimental and control groups. The data were collected using a personal information form, visual analogue scale (VAS), the Postpartum Comfort Questionnaire (PPCQ). DTM was applied to participants in the experimental group twice (at the 10th and 22nd h) after cesarean. No applications were performed in the control group. **Findings:** According to the measurements, the mean VAS score of the mother in the experimental group was lower than that of the control group (17.51 ± 6.15 , 56.16 ± 9.53 ; respectively) and PPCQ total and sub-dimension mean scores were found to be statistically significant in favor of the experimental group ($p < 0.001$). **Conclusion & Significance:** It was indicated that DTM application decreased the levels of pain and increased the comfort levels of the women who had cesarean sections.

Biography

Esra GÜNEY has a PhD in midwifery from Inonu University. She is working as a fulltime Assistant Professor at midwifery department in İnönü University Faculty of Health Sciences



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