

Effect Of Postnatal Kegel Exercises on Episiotomy Pain and Wound Healing Among Primiparous Women

Summary:

Background: Episiotomy is performed as one of the most common procedures that facilitate delivery and prevent complications. Pain and discomfort related to episiotomy interfere with women's daily activities during postpartum period. Kegel helps to keep blood flowing to the perineal areas, as well as helps to tone and firms the muscles in the vagina. **Aim of the study:** To examine the effect of postnatal Kegel exercises on episiotomy pain and wound healing among primiparous women.

Design: An intervention research design (time series) was adopted. **Setting:** The study was conducted firstly at postpartum department, Fayoum Public Hospital, which is affiliated to the Ministry of Health as well as at mother's home for follow up. **Sample:** A total of 152 postnatal mothers were randomly recruited for the study, only 138 completed the study. **Tools:** Three data collection tools were used: 1) A structured interviewing questionnaire, 2) Wound healing assessment tool "Standardized REEDA scale; 3) Numerical analog scale (NAS).

Results: revealed that, no statistically significant differences between the two groups were found in relation to maternal characteristics. Concerning the primary outcome in relation to wound healing, a statistically significant difference was found ($P=0.00$) between groups, (study& control) at 8th and 14th days after the intervention. Regarding to pain intensity, postpartum mothers in the study group had less mean score regarding to pain intensity than those in the control group, statistically significant difference was found between both groups at 8th and 14th day after the intervention.

Conclusion: Practicing of postnatal Kegel exercises had a significant effect in decreasing perineal pain after episiotomy and accelerating healing of the incision. **Recommendation:** Integrate the Kegal exercises as a main part of the routine hospital postnatal instructions for the women for its important role in improving the quality of women life in postnatal period