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Compare the effect of aromatherapy for women during labour: pre and post application  
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Introduction  
Going alongside the trend of “Natural Birth”, aromatherapy is considered as a safe, effective and non-medicated pain relief method for laboring woman. Essential oils serve as a stimulator to human body to release neurochemical and endorphin that helps relax and relieve pain. In view of its therapeutic outcome based on the research studies, aromatherapy is offered as a non-mediated pain method for labouring woman in our unit. Feeling of laboring women before and after receiving the aromatherapy will be explored.

Objectives  
Compare the effect of aromatherapy for women during labour: pre and post application in term of uterine contraction pain, back pain, anxiety and stress

Methodology  
Aromatherapy was adopted in delivery suite of Queen Elizabeth Hospital since 2012. Women with no fetal and maternal complication were recruited during first stage of labour in labour room. After obtaining woman’s verbal consent, mode of application - inhalation and massage, selection of essential oil were explained by midwife. Four essential oils – Lavender, Mandarin, Clary Sage and Chamomile Roman were offered to choose under the protocol. A numeric rating scale was used to measure generalized pain score. Feelings of laboring women were assessed under these four areas – uterine contraction pain, back pain, anxiety and stress. The results were presented using the 5 point Likert rating scale. Both generalized pain score and feeling of the women were compared before and 15 minutes after receiving aromatherapy. Data as parity, reasons of choosing aromatherapy and delivery
outcomes were also collected.

**Result**

A total of 227 women received aromatherapy during the assessed period from June, 2014 to December, 2014. 86.34% of them were primipara and 13.66% were multipara. Reasons for them to use aromatherapy were: labour pain (208), back pain (62) and felt anxiety during labour (91). 76.21% of them received the aromatherapy through inhalation, 2.64% of them through massage and 21.15% of them through both inhalation and massage. Analyzing the outcome measure before and after receiving the aromatherapy, the pain score dropped from 7.72/10 to 6.7/10. The labour pain score from 4.03/5 to 3.33/5. The back pain score dropped from 3.14/5 to 2.56/5. At the same time, anxious level dropped from 3.6/5 to 2.53/5, stress level dropped from 3.61/5 to 2.35/5. Moreover, 84.5% of clients ended up with uneventful vaginal delivery. 96.9% of baby's condition were normal (i.e. AS>7 at 1 minute). The results showed that, aromatherapy is effective on relieving labour pain and back pain of laboring women so as to decrease the generally pain score. It also can relieve the anxiety feeling of the women and enhance their relaxation feeling during labour. Furthermore, no severe adverse effect was reported. Therefore, aromatherapy provides an effective and natural pain relief method for laboring women.