

عنوان مقاله:

The effect of Quercus infectoria pair cream on the severity of episiotomy pain in nulliparous women

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خلاصه مقاله:

Introduction: Episiotomy is an incision in the perineal area during the second stage of labor to facilitate delivery. Complications of perineal injuries are one of the most important health issues. Oak pair has long been used experimentally to heal wounds and reduce pain. The present study was performed to investigate the effect of oak pair (Quercus infectoria) cream on pain due to episiotomy in nulliparous women. **Methods:** This double-blind clinical trial experimental study was performed on ۱۲۰ nulliparous women in Asali hospital in ۲۰۱۸. Individuals were randomly divided into oak pair cream, placebo, and normal saline groups. Data were collected by demographic and midwifery information questionnaires and numerical pain scales. The creams were used by the participants every ۱۲ hours for ۱۰ days, and the pain intensity was evaluated before the intervention and on days ۱, ۵, and ۱۰. Data analysis was performed by SPSS using chi-square, Kruskal-Wallis, and one-way analysis of variance (ANOVA) tests. **Results:** There was no statistically significant difference in pain intensity scores among the three groups of oak pair, placebo, and normal saline before the intervention ($P = ۰.۲۰$). Pain intensity on days ۱, ۵, and ۱۰ after the intervention showed a significant difference between the three groups in favor of oak cream ($P < ۰.۰۰۱$). The results showed that there was a significant decrease in the mean pain intensity score of the oak pair receiving group over time ($P < ۰.۰۰۱$). **Conclusion:** Oak cream might be effective in reducing pain caused by episiotomy due to analgesic properties

کلمات کلیدی:

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