EFFECTIVENESS OF INFRARED LAMP THERAPY ON EPISIOTOMY WOUND HEALING AMONG POSTNATAL MOTHERS

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ABSTRACT
A surgical planned incision on the perineum and on the posterior vaginal wall during the second stage of labour is called episiotomy. (Perineotomy). The purpose is to enlarge the vaginal orifice so as to facilitate easy and safe delivery of the foetus & to minimise overstretching and rupture of the perineal muscles & fascia; to reduce stress & strain on foetal head. The objective of the study is to assess the effectiveness of Infrared Lamp Therapy on Episiotomy Wound Healing among postnatal mothers admitted in selected hospitals of Amritsar. The study was carried out on 60 postnatal mothers admitted in Dhingra Maternity Hospital and Aggarwal Nursing home, Amritsar. (Punjab). According to sample Characteristics, majority was in age group 23-27 years, had family income between Rs.10,001- Rs.15,000 per month and were Primipara. Majority of them had 3 cm length of episiotomy wound and number of sutures was 4-5. Most of the postnatal mothers performed self perineal care while changing perineal pad. All variables in experimental group and control group were homogenous in characteristics except Frequency of Self perineal care which is well proved with chi-square and was non-significant at p<0.05. In pre-interventional episiotomy wound healing, all (100%) postnatal mothers in the control group and experimental group had mild infection i.e. (Slow episiotomy wound healing). According to post-interventional episiotomy wound healing, majority (80%) of the postnatal mothers in experimental group had no infection, (10%) had mild infection and remaining (10%) had moderate infection, whereas in the control group (50%) had no infection and (50%) had mild infection. There was a significant difference between the ‘t’ values of pre-interventional & post-interventional episiotomy wound healing among postnatal mothers of control and experimental group at p<0.05 level of significance. Hence, it was concluded that infrared lamp facilitates episiotomy wound healing.

Key words: Infrared lamp therapy, Episiotomy wound healing, postnatal mothers.

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