Investigating the Effect of Maternal Elective Position during Active Phase on the First Pregnancy Outcome

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Abstract:

Introduction: Final hours of human pregnancy are diagnosed with floored uterine contractions that induce the dilatation of cervix and pushing of the fetus throughout the delivery passage. Mother's position during labor can influence uterine contractions as well as the mother's psychological status. This study aimed at investigating the effect of maternal elective position in labor stage on the pregnancy outcome.

Methods: In this randomized controlled trial (quasi-experimental study), a total of 100 people were randomly selected from the population of first pregnancy women referring to Zahra Maternity Hospital and they were randomized into a 50-person usual care or control group and a 50-person elective position or case group. At admission (4 cm dilatation), women in the control group remained confined to the labor bed and received the usual medical care. But women in elective position were allowed to choose their preferred position such as walking, sitting, standing, knee-chest, etc. The Data were collected through information forms, scale, clock, Burford pain scale and observation record forms, and they were analyzed by t-test and Chi-square statistical tests.

Results: The results indicated that relative length of the active phase in the case and control groups was 142.2 and 212.4 minutes, respectively, which shows a significant reduction. The mean labor scores in the case and control groups were respectively reported as 6.9±1.1 and 8.7±1.2 which indicate a significant difference. The need for oxytocin augmentation reduced (8% vs 64%) and mothers' satisfaction of childbirth experience significantly increased. The incidence of fetal heart rate abnormalities was significantly smaller in the case group. When asked whether they would choose elective position during future labors, 76% of women in the case group answered positively.

Conclusion: Maternal elective position during active phase not only has no adverse effects on the pregnancy outcome but it also improves many of pregnancy outcomes and it can, therefore, be used as an appropriate and harmless method in normal deliveries.

Keywords: Maternal elective position, Active phase, Pregnancy outcome, labor.