



Research Article

EFFECTIVENESS OF ACUPRESSURE APPLICATION IN RELIEVING MORNING SICKNESS AMONG PREGNANT WOMEN

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ABSTRACT:

Background: Nausea and vomiting of pregnancy (NVP) is a common and challenging problem in early pregnancy, affecting 70% of pregnant women.¹ NVP symptoms usually begin at 4–6 weeks of gestation, peak at 8–12 weeks, and often disappear naturally at 20 weeks.² Evidence exists that all NVP types affect the quality of life of pregnant women, and the degree of impact increases with an increase in the frequency of symptoms. The cause of emesis gravidarum is still not known with certainty but is generally associated with hormonal changes. According to several studies stating that the HCG hormone is the cause of emesis gravidarum, the results show that women who experience nausea and vomiting have HCG hormone levels of 1600 IU/L and 3200 IU/L, the increase in hormone levels is estimated to be very high because in women who do not Pregnant women have an average hormone level of 5 IU/L. Pharmacology and non-pharmacology treatment modalities are available but Acupressure is a non-drug treatment that stimulates the body to release chemicals, such as β -endorphins, dopamine, and adrenaline, adequately by applying appropriate pressure to acupoints on the meridians to maintain the normal function of the body and reduce nausea and vomiting symptoms. Hence a study was undertaken to assess the effectiveness acupressure application in relieving morning sickness among pregnant women. Method: It was a quasi-experimental study conducted on pregnant women using structured questionnaire prepared. The Sample size was 60 control group consist of 30 samples and experimental group 30 samples. A convenient sampling technique was used. Result: In the Control group majority of samples (31)



had mild symptoms of morning sickness in post-test. In the Experimental group majority samples 36 were having mild symptoms after 1 month of acupressure in post-test. Conclusion: The effectiveness of acupressure in reducing morning sickness was effective in the experimental group as compared with control group in which acupressure was not given. Hence it is necessary to advise all pregnant women to practice acupressure to reduce symptoms related to morning sickness. Moreover, awareness about acupressure can be given to family members of pregnant women which help to control symptoms as well can reduce severity of symptoms of morning sickness.

INTRODUCTION

Morning sickness is nausea and vomiting during pregnancy. It's a common condition affecting up to 70% of pregnant people in the first trimester of pregnancy (the first three months). Despite its name, "morning" sickness can happen at any time of the day. There are various at-home treatments for morning sickness, including diet and lifestyle changes. Some obstetricians recommend over the counter (OTC) medications for nausea. Symptoms tend to improve by the second trimester (beginning at 14 weeks) for most people. Acupressure is a type of massage therapy in which manual pressure is applied to specific points on the body. It is a practice of traditional Chinese medicine (TCM) practice that is similar to acupuncture, except that it uses fingertip pressure instead of needles. Acupressure is said to help with a range of conditions, from motion sickness to headache to muscle pain. TCM practitioners say acupressure benefits are achieved by using pressure points along the energy pathways in the body, to encourage the free flow of energy, or qi. The therapy options have largely remained unchanged for the past several decades. The choices include parenteral antiemetic medications, electrolyte repletion, and nutritional support. The interventions are decided and adjusted according to the frequency and severity of the symptoms. With the support of primary care professionals, mild NVP (PUQE score of ≤ 6) can be self-managed in the community. Moderate NVP (PUQE score of 7–12) may respond to complementary therapy, but antiemetics should be provided in cases without improvement. Severe nausea and vomiting and HG (PUQE score of >13) generally needs either ambulatory or inpatient hospital care to provide fluid and nutritional treatment. Lifestyle modifications such as small, frequent meals and avoidance of spicy and oily food may provide some symptom relief. The effectiveness of P6 acupressure on nausea and vomiting has been demonstrated in numerous conditions. It has been applied for pain and vomiting control post craniotomy, for its antiemesis effect in post gynecological surgery, and for improvement of nausea and vomiting in pregnant women.



NEED OF THE STUDY

Nausea affects approximately 70-80% of the pregnant population, and additional vomiting is experienced by about 50%. Nausea and vomiting in pregnancy can lead to worsening of symptoms like hyperemesis gravidarum and it leads to nutritional imbalance in pregnant women. In some cases, if these symptoms are worse than they could affect growth and development of fetus. Managing and controlling morning sickness is very important and there are lots of treatment modalities available like drug therapy or non-invasive methods. Acupressure is one of these treatment modalities which has shown best results in minimizing symptoms of morning sickness. Many studies has shown that acupressure is very effective in reducing symptoms of morning sickness.

Ms Shubhangi gaikwad and Supriya chinchpure conducted a study to assess the effectiveness of acupressure on morning sickness among antenatal mothers. a randomized control group design was used. The population comprises of antenatal mothers within 20 weeks of gestation with morning sickness of selected communities. Inclusion criteria included antenatal mothers within 20weeks of gestation, suffering from morning sickness and who are willing to participate. The sample size was 40, 20 in each group. The sampling technique was simple random sampling which was randomized by lottery method. In experimental group majority, 80% of the subjects were having moderate morning sickness, 15% of the subjects were having severe morning sickness and 5% of the subjects were having mild morning sickness. In control group 70% of the subjects were having moderate morning sickness, 15% of the subjects were having severe morning sickness and 15% of the subjects were having mild morning sickness. Findings related to morning sickness score before and after acupressure: Before acupressure, average sickness score of antenatal mothers was 12.35 which decreased to 9.05 after the acupressure. The morning sickness score of antenatal mothers was reduced significantly after acupressure; hence acupressure is effective in reducing morning sickness of antenatal mothers.

AIM OF THE STUDY

The main aim of the study was to assess the effectiveness of acupressure application in relieving morning sickness among pregnant women.

METHOD

Research Objective

- To assess the morning sickness among the women of study group before and after one month of acupressure therapy



- To assess the morning sickness among the women of control group before and after one month without acupressure therapy
- To assess the effectiveness of acupressure therapy on morning sickness among the pregnant women.
- To determine the association between effectiveness of acupressure therapy on morning sickness among women with their demographic variables
- To determine the association between morning sickness among pregnant women with their demographic variables.

Study Design & Setting

It was a quasi-experimental research design. In present study, pregnant women those who visit in OPD of selected hospital selected as sample.

Study Population

pregnant women those who visit in OPD of selected hospital selected, present during time framework of the study, were taken for the study.

Sample Size & Sampling Technique

The sample size of the study was 60. The sampling technique used for the study was purposive sampling.

Tool & Data Collection

A structured questionnaire was prepared, and it was divided into two sections. The section I includes basic demographic variables of Pregnant women and Section II contains questions on ‘assessment of the morning sickness among the women of study group before and after one month of acupressure therapy’.

Reliability

Reliability is the extent to which the measurements of a test remain consistent over repeated tests of the same subject under identical conditions.

The “Test retest method” by using “Karl Pearson’s formula” is used to check the reliability by collecting 40 samples. According to Karl-Pearson Correlation Coefficient if “r-value” is more than +0.70 then the tool is reliable.



RESULTS

The data collected was checked for completeness and were analyzed using descriptive statistics.

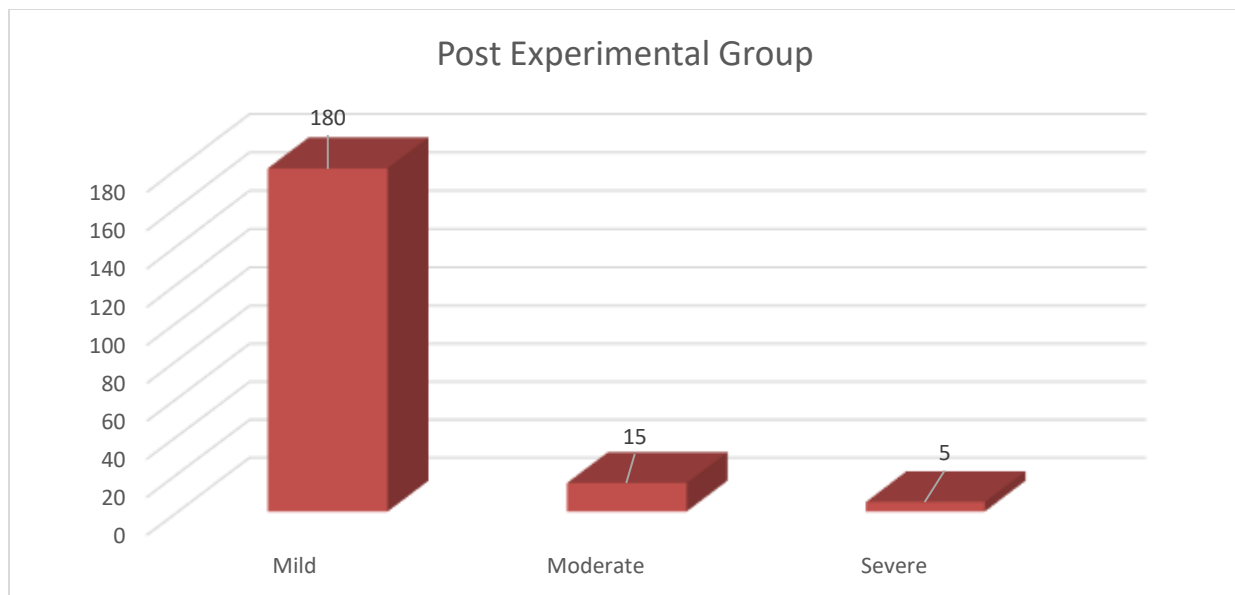


Figure 1: sickness among the women of study group before and after one month of acupressure therapy in Post Experimental Group'

Effectiveness Control Group	Mean	SD	T value	P value	Remark
Pre-Test	30.55	11.22	0.4	0.68	NS
Post Test	29.85	14.18			

Table 1 effectiveness of acupressure therapy on morning sickness among the pregnant women in Control Group

Effectiveness Group	Experimental	Mean	SD	T value	P value	Remark
Pre-Test		61.55	11.46	14.77	<.0001	S
Post Test		25.28	8.28			



Table 2 effectiveness of acupressure therapy on morning sickness among the pregnant women in Control Group

Figure 1 shows that majority 36 (180%) pregnant women were experience mild sickness, 15% moderate symptoms and 5% severe symptoms after 1 month application of acupressure. Table 1 shows that in control group Pretest mean score was 30.55, SD 11.22. The Posttest mean score was 29.85, SD 14.18. t value was 0.4 and p value was 0.68. Table 2 shows that Experimental group Pretest mean score was 61.55, SD 11.66. Posttest mean score was 25.28, SD 8.28. t value was 14.77 and p value was <.0001 which shows the effectiveness of acupressure to relieve symptoms of morning symptoms.

DISCUSSION

Tara et al, (2020) conducted a study to assess The Effect of Acupressure on the Severity of Nausea, Vomiting, and Retching in Pregnant Women. Results of the study indicated that the PC6 pressure intervention was significantly more effective than the drug therapy intervention. This is consistent with a study that the frequency of vomiting, nausea, and vomiting, as well as discomfort caused by nausea and vomiting was significantly lower in the PC6 acupoint pressure treatment group than in the control group undergoing drug therapy.

Another study by Mobarakabadi et al. used acupressure bracelets Sea-Band by applying permanent pressure on P6 pressure point to reduce nausea and vomiting in pregnant women. There were differences in the mean value of nausea with respect to the frequency, duration, and severity after the interventions with a P value <0.001. The investigators also found a significant difference in the frequency of vomiting with a result of P = 0.02. This means that P6 acupressure using Sea-Band can reduce the frequency and severity of nausea and the frequency of vomiting.

In Dewi and Saidah's research, (2020) which had pregnant women respondents before the acupressure intervention there were 3 people who experienced mild nausea and vomiting, 10 people experienced moderate nausea and vomiting, and 3 other pregnant women experienced severe nausea and vomiting. The pregnant woman was then given acupressure therapy at point P6. After given the therapy, it was found that 10 pregnant women (62.5%) experienced mild changes in nausea and vomiting, while 6 other pregnant women experienced moderate nausea and vomiting with a result of 37.5%. So, the researchers concluded that acupressure therapy at point P6 is a complementary therapy that can reduce complaints of nausea, vomiting or emesis gravidarum in first trimester pregnant women.



CONCLUSION

The research includes to accomplish the goals of the study, quasi experimental research design was used. The purposive sampling technique was used to gather the data from 80 pregnant women. The aim of the study was to assess effectiveness of acupressure in reducing morning sickness among pregnant women. Samples are divided into 2 groups, experimental and control group. Participants' information was gathered utilizing a two-part instrument. structured questionnaire to assesses the morning sickness among the women of study group before and after one month of acupressure therapy. The research committee of the faculty of nursing established the validity and reliability of the tool. Data was collected and analyzed. In this study the majority of the samples 36 experienced mild symptoms of nausea and vomiting after 1 month of acupressure therapy in the experimental group. Whereas in the control group majority of samples 31 experienced mild symptoms of nausea and vomiting without any application of acupressure therapy. It shows that acupressure is helpful in reducing the symptoms and severity of morning sickness in pregnant women.

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