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TITLE

PHYSIOLOGIC LABOUR PAIN MANAGEMENT AND EFFECT OF ORAL DATE SYRUP: A RANDOMIZED CLINICAL TRIAL, YEAR 2014- 2015

AUTHOR/S

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ABSTRACT

During natural/ physiologic labor process, oral fluid intake is necessary also its pain must be manage by using one of pharmacologic or non-pharmacologic methods.

Aim: To assess effect of oral Date syrup on active phase labor pain.

Methods: This randomized clinical trial, had been done in one of the public hospital of Khoramabbad city in west of Iran. 80 healthy volunteered nulliparous after signing informed consent had been participated during their active phase, and randomly replaced in Date syrup or control group (40 in each group) (Year 2014-2015). Date syrup group received at least one time, mixture of 6 pieces of date in 150 ml cool water, control group received only water (as a routine). All groups received one to one care by researcher till end of labor in the same environment. The research tools had four main parts of: demographic characteristics, record of usual clinical control in labor, record of drink liquids and pain visual analogue scale. Severity of Pain had been assessed every 30 minute by research assistant during active phase. All ethical points were considered and approved by research ethics committee of Tehran University of Medical Sciences.

Results: Equality of personal characteristics and severity of labour pain had been checked in the beginning of study and there were no significant differences between two groups. Average of Pain after 60 minutes in date syrup group was 7.77 ± 1.57 and in control group was 9.05 ± 1.08 . The severity of labor pain in the Date syrup group were significantly lower than the control group ($p < 0.05$). Its significant effects were during 60-150 minutes after intervention.

Conclusion: Date syrup had significant effect on severity of active phase labor pain in nulliparous. It is suggested to do more studies in this field, also to assess its effect on other pain such as dysmenorrhea, and premenstrual syndrome.

INSTITUTE

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