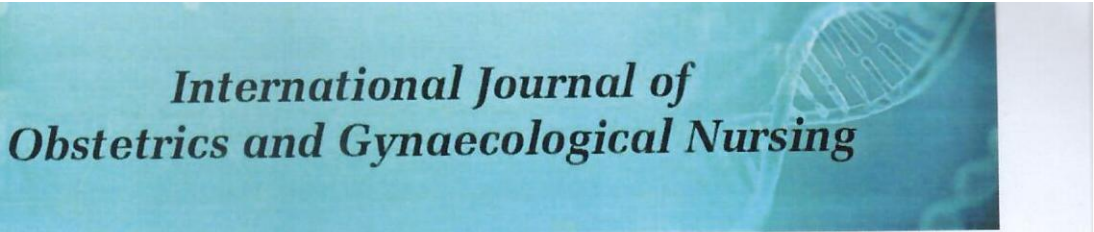


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A quasi-experimental study to assess the effectiveness of infrared lamp therapy on episiotomy wound healing among postnatal mothers in selected hospital Jalandhar, Punjab

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Abstract

Background of the study: Postpartum period is a very crucial period to care especially for mothers who had under gone episiotomy. Episiotomy care is very essential, if neglected it can lead to severe complications like infection, wound gapping etc. Infrared lamp therapy is effective for episiotomy wound healing. Therefore, the study titled “A Quasi-experimental study to assess the effectiveness of infrared lamp therapy on episiotomy wound healing among postnatal mothers in selected Hospital, Jalandhar Punjab.

Methodology: A quantitative research approach and a quasi-experimental, pre-test post-test control group design was used for the research study. The study was conducted at Civil Hospital, Jalandhar, Punjab. The study sample comprised of 60 postnatal mothers. Convenient sampling technique was employed to draw the sample. Mothers who had undergone left medio lateral episiotomy were included in the study and episiotomy wound was assessed by using ‘REEDA scale’. Total 3 days infrared lamp therapy was given to experimental group and routine treatment to control group.

Results: The analysis of data revealed that infrared lamp therapy have significant effect on experimental group and routine treatment to control group. episiotomy wound healing and found statistically significant at $p < 0.05$. On comparing episiotomy wound healing among postnatal mothers in experimental and control group significant difference was observed with ‘t’ value (12.66) at $p < 0.001$ level of significance. The study concluded that infrared lamp therapy has more significant effect on episiotomy wound healing among postnatal mothers. There was no association of episiotomy wound among postnatal mothers in control group, whereas in experimental group only educational status has effected on episiotomy wound among postnatal mothers.

Conclusions: There was significant improvement in wound healing in experimental group as compared to control group. Hence, it revealed that Infrared lamp therapy is an effective method of treatment on healing of episiotomy wound among post-natal mothers.

Keywords: Infrared lamp therapy, episiotomy wound and Post-natal mothers