

P-910 - EFFECT OF AROMATHERAPY ON LABOR PAIN: A RANDOMIZED CONTROL TRIAL STUDY IN BANDARABBAS, YEAR 2010

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Aromatherapy is the art and science of utilizing naturally extracted aromatic essences from plants to balance, harmonize and promote the health of body, mind and spirit and may alleviate stress, anxiety and labor pain. It could be use in form of massage, and are often used with an oil burner or vaporizer so that the scent is carried in the air.

Objective: To evaluate effect of Rosacea and Jasminum Sambac Sol essence on labor pain and duration of active phase.

Methods: In this randomized control trial study, which had done in Insurance hospital of Bandarabbas (2010), 240 healthy volunteer 17-35 years old primiparas during physiologic labor were involved. They randomly divided into three groups (Rosacea, Jasminum Sambac Sol, Routine physiologic labor). The essences were used in the environment by lightening the aromatherapy candle. The tools had three main parts of personal characterizes, check list of labor control chart, and Visual Analog Scale of pain score.

Results: There were significant differences between duration of active phase in three groups ($P < 0.05$) and no significant differences between labor pains.

Conclusion: Aromatherapy during physiologic labor could promote clients' satisfaction, useful for shortening of Lobar, which may be because of more relaxation.