
Giving A Warm Compress To Overcome Back Pain In Pregnant Women

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Abstract

Back pain is one of the most common discomforts, during pregnancy many pregnant women experience back pain. Back pain is the most common complaint with a prevalence rate of 49%. However, about 80-90% of those who experience back pain say that they do not make any effort to overcome the onset of these symptoms, in other words only about 10-20% of those who seek medical care from health care workers. The purpose of this Community Service is to empower pregnant women in doing warm compresses. This Community Service activity was carried out on 20 pregnant women in the Sukajadi Health Center Area, Talang Kelapa District. First, a pre-test was carried out using VAS to measure pain and explained how to do a warm compress, then was carried out through WA group by being given a warm compress video and then given a VAS questionnaire. Results The mother seemed enthusiastic in participating in the service activities, actively asking questions related to complaints during pregnancy. The result was pain, which was 25% mild pain and 75% moderate pain. While in Wa Group, mothers are active in responding and learning videos. The results were 75% mild pain and 25% moderate pain. Mommy understands and understands how to do a warm compress on the back area. The mother's pain is reduced.

Keywords: Pain, Warm Compress, Pregnant Women.

INTRODUCTION

Pregnancy is a process of fetal development that can cause discomfort that can interfere with daily activities (Wahyuni & Prabowo, 2016). According to (Asrinah, 2010), one of the discomforts that arise in the second and third trimester of pregnancy is low back pain During pregnancy women will experience changes both anatomically, physiologically and psychologically causing discomfort during pregnancy. This discomfort is mostly related to the anatomical and physiological changes that occur and others are related to the emotional aspects of pregnancy (Prawirohardjo, 2020).

One of the discomforts of pregnant women in the third trimester is back pain. Back pain is pain that occurs in the lumbosacral area. Back pain will increase in intensity as you get older in pregnancy because this pain is the result of shifting the center of gravity and changes in posture (Varney, 2015). Back pain is one of the discomforts that are often experienced by pregnant women. This is due to the process of enlargement of the uterus so that it causes the center of gravity to move forward, and the standing position becomes lordosis. Improper posture will force additional stretching and fatigue in the body, especially in the back, so that it will cause pain in the back (Putra, 2016).

The reaction of back pain felt in pregnant women depends on the stage of gestational age (uterine growth) which is in line with the development of the fetus and the older the gestational age, the greater the risk of back pain. Hormones released during pregnancy play a role in causing back pain in the mother (Curtis, 2015). This is caused by the occurrence of stretching in the joints and ligaments in the spine (Purwati & Agustina, 2017). Back pain, if not treated properly, can cause the quality of life of pregnant women to be poor. This problem

will continue in the form of recurrent injuries or appear continuously in worse conditions according to the age of conception (Richard SD, 2017).

The high prevalence of low back pain during pregnancy is reported to occur in Europe, America, Australia, China, including the mountainous regions of rural areas of Taiwan and Africa as well as among upper-class women in Nigeria (Kristiansson, 2015).

Back pain in Indonesia is more common in pregnant women and in the 40-year-old age group. Overall, back pain is the most common complaint with a prevalence rate of 49%. However, about 80-90% of those who experience back pain say they do not make any effort to overcome the onset of these symptoms, in other words, only about 10-20% of those who seek medical care from health professionals (Kreshnanda, 2016).

Back pain that occurs in pregnant women is influenced by several factors, namely changes in posture during pregnancy, curves in the lumbar bones accompanied by rounding of the shoulders and hanging chin so that it can cause muscle imbalance around the pelvis, and additional tension. It can be felt on the ligament, activities during pregnancy are also a factor in the occurrence of back pain during pregnancy, many household tasks such as ironing or preparing food that can be done in a sitting position, are done by standing for a long time, including if the pregnant woman has to lift a heavy object then there is tension on the pelvic muscles, all rotational movements while lifting are dangerous movements and should not be done (Nur Arummega et al., 2022).

The severity of lower back pain usually increases with parity (Varney, 2015). Back pain is experienced by pregnant women at 27 weeks, which is supported by reporting 20-28 weeks as the first period in which pain occurs (Bryndal et al., 2020). If back pain is not addressed immediately, it can result in long-term back pain, increasing the tendency of postpartum back pain and chronic back pain that will be more difficult to treat or cure (Nopiska et al., 2019).

Treatment of back pain in the third trimester during pregnancy is very necessary to reduce discomfort. Among them, non-pharmacological therapy is to overcome pain consisting of several handling actions based on physical handling such as mobilization, warm water compresses, rest and yoga. The pharmacological therapy is to cope by blocking the transmission of pain stimulants so that there is a change in perception and reducing the cortical response to pain such as the administration of paracetamol. One of the non-pharmacological methods that can reduce or relieve pain, reduce or prevent the occurrence of muscle spasm, provide a sense of comfort, is with warm compresses (Andreinie, 2016). Based on research (Amalia et al., 2020), it is shown that warm compresses are effective in reducing the intensity of back pain in pregnant women in the third trimester. Warm compresses may be recommended as a complementary therapy for back pain. In partner areas complaints of back pain in pregnant women at the Sukajadi Health Center, Talang Kelapa District, Banyuasin Regency are high. I don't understand how to deal with back pain with warm compress therapy. There has never been a stakeholder who has provided education to pregnant women on how to overcome back pain by providing warm compress therapy. The purpose of this Community Service is to empower pregnant women in doing warm compresses as an effort to reduce back pain.

RESEARCH METHODS

This Community Service activity was carried out on 20 pregnant women in the third trimester in the Sukajadi Health Center Area, Talang Kelapa District, Banyuasin Regency. The activity was carried out at the Sukajadi Health Center. The activity was carried out in

September-November 2021. Before the activity, the service provider took care of the permit and coordinated first with the health center, at the beginning of the activity, a pre-test was carried out using VAS to measure pain in the pregnant woman and explained how to do a warm compress then for monitoring was carried out through the WA group by being given a video of a warm compress then for the assessment of the pain by giving a VAS questionnaire.

RESULTS AND DISCUSSION

In this Community Service Activity, the characteristics are around 10 people aged 25-35 years, 5 people < 20 years old and 5 people > 35 years old. 5 people are Primigravida and 15 people are multigravida. Results The mother seemed enthusiastic in participating in the service activities. Mothers actively ask questions about complaints during pregnancy. The results of the pain score were 25% mild pain and 75% moderate pain. While in the Wa Group, mothers were active in responding and learning videos on how to do warm comprehension. The mother experienced a decrease in pain of 75% of mild pain and 25% of moderate pain. Mommy understands and understands how to do a warm compress on the back area. The mother's pain is reduced.



Picture 1.1.

Responden fill Questionnaire

Mom understands how to do a warm compress. They are capable of doing so. A warm stove is a simple method that is easy, cheap and can be done by anyone. During the activity, the mother paid close attention and a video was also given to pregnant women in the WA group. Giving videos can increase mothers' knowledge (Aryani et al., 2024). Video media is more effective compared to leaflet media because video media uses sound effects and vibrating images that display steps, making it easier for students to receive messages or information conveyed (Puspitasari & Al Ashri Nainar, 2023).



Picture 1.2.
Together with Repsonden and share video warm Compress

Giving warm compresses can reduce the intensity of back pain in pregnant women in the third trimester (Yuliania et al., 2021). Warm compresses are one of the non-pharmacological strategies to treat back pain. The use of warm compresses is highly recommended for back pain problems because it is easy to do and does not cost much to carry out. Warm compresses can provide a warm feeling to meet the needs of comfort, reduce or relieve pain, reduce or prevent muscle spasms and provide warmth to certain areas (Suryanti et al., 2021)

The physiological effects of heat compresses are vasodilating, relieving pain by relaxing muscles, having a sedative effect and relieving pain by getting rid of inflammatory products that cause pain. The physiological effect of cold compresses is vasoconstriction, making the area numb, slowing down the speed of nerve conduction so as to slow down the flow of pain impulses. Warm water (46.5- 51.50C) has a physiological impact on the body, namely softening fibrous tissue, affecting light tissue oxygenation so that it can prevent muscle stiffness, facilitate blood flow, so that it can lower or eliminate pain (Yuspina et al., 2018).

Effect of warm compresses in reducing lower back pain in pregnant women in the third trimester. Warm compresses using water with a temperature of 37-400 C, then use a towel dipped in the water then squeeze and stick it on the back of the pregnant woman for 15 minutes, done once a day for 3 days of visit and then evaluated before and after the intervention (Hanifah et al., 2022).

Warm compress is the act of coating the surface of the skin with a towel that has been moistened with warm water with a maximum temperature of 43°C (Nurriddo, 2022). This technique utilizes a heat mechanism that can lower endorphin hormones, close nerves so that pain impulses that are transmitted to the spinal medulla and medulla oblongata are also inhibited, and can increase blood flow in the mother's body. So that it makes oxygenation circulation smooth so that it can prevent muscle stiffness, spasms and reduce pain intensity (Wahyuni, 2023). The feeling of heat caused by warm compresses can result in dilation and

physiological changes so that they can improve blood circulation and relieve pain (Putri et al., 2023).

CONCLUSION

The activity went Fluently. Respondents seemed enthusiastic about this Community Service activity. Pregnant women can do warm compresses on the back as an effort to reduce pain. The mother's back pain decreased. To pregnant women to make efforts to reduce discomfort in pregnancy independently. Health promotion using video media is more effective in increasing maternal knowledge. It is hoped that health workers, especially midwives, will recommend that mothers apply warm compresses to their backs as an effort to reduce back pain in pregnant women.

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