

LEA VS NON LEA FOR REDUCING LABOR PAIN AND SHORTENING AT THE FIRST STAGE OF ACTIVE PHASE IN LABOR PROCESS

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3RD ICMHS UMY 2018

BACKGROUND

- For most women labor causes severe pain, similar degree to that cause by complex regional pain syndromes. Although severe pain is not life threatening in labour women but pain in labor can have neuropsychological effect.
- Most of previous research talked about the effectiveness of LEA for reducing labor pain.

OBJECTIVE

- Purpose of this study was to compare the effectiveness of the Lumbar epidural analgesia technique (LEA) as a modern therapeutic choice and very significant breakthrough in reducing labor pain and shortening at first stage of active phase.

METHODS

- This study was an experimental study with randomized clinical trial design and single blind observation.
- The study was conducted on women who have labor process at Asri Medical Center from period January to June 2018.
- Consist of 24 women with LEA and 24 women without LEA
- In LEA Levobupivacain was given 0,5% 100mg. The duration of active phase is measured by time in hours compared to the normal value of prolonged physiological labor and pain with VAS (Visual Analog Scale)

RESULT

- Result showed that there was a significant difference to the decrease of labor pain in the group with LEA ($P < 0,01$, $RR = 2,5$; $95\% \text{ CI} = 0,282 - 2,464$) and the shortening of stage I active phase in group with LEA vs non LEA ($P < 0,05$; $RR = 2,2$; $95\% \text{ CI} = 0,308 - 0,342$).
- The mean of shortening in LEA group is approximately 3 hours faster than non LEA.