Labour pain relief management: Postnatal mothers and healthcare providers' perspectives

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Abstract

Objective: Many women desire optimal pain management during labour and delivery. However, evidence on labour pain management in developing countries, is scarce. This study explores knowledge and perspectives of postnatal mothers and healthcare providers on pain management during labour and delivery. Design: A cross-sectional study. Setting: Maternal and Child clinics. Population or sample: Mothers and healthcare professionals. Main outcome measures: Labour Pain Survey. Results: Over 50% mothers reported severe to excruciatingly unbearable labour pain during recent labour. Age and education level were important predictors on pain relief information and preferences. Health professionals preferred third trimester to hold first discussion regarding preferences of labour pain relief, however not much support was received. Conclusions: This study highlights the need for health professionals in clinics and hospitals to equally provide informed choices on methods of labour pain relief and consider social media as a platform to educate expectant mothers regarding labour pain and its management.

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