

· 论 著 ·

王不留行籽穴位按压联合自由体位分娩的效果观察

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摘要:目的 探讨王不留行籽穴位按压联合自由体位分娩的效果及作用机制。方法 选择2014年3月—2016年3月于海南省三亚市妇幼保健院行自由体位分娩的产妇250例,均足月妊娠且无阴道分娩禁忌证并同意进行自由体位分娩。按随机数字表法分为观察组和对照组各125例。两组产妇均根据自己意愿采取舒适的自由体位分娩。观察组在此基础上联合王不留行籽行合谷、内关、太冲和三阴交穴位按压。观察比较两组产妇产程中的疼痛程度、疼痛变化情况、产程时间以及分娩结局。**结果** 观察组在减轻疼痛、缩短产程和促进阴道分娩方面皆体现出明显优势,与对照组相比,差异有统计学意义($P < 0.05$)。**结论** 王不留行籽穴位按压联合自由体位分娩效果肯定,无不良反应,是一种操作简便易行且能有效促进自然分娩的方法。

关键词:分娩;穴位按压;自由体位;分娩结局;王不留行籽

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Effect of Wangbuliuxing seed acupoint pressure combined with free position during labor (*Maternity and Child Health Care Hospital of Sanya, Sanya 572000, China*)

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Abstract: Objective To explore the effect of Wangbuliuxing seed acupoint pressure combined with free position during labor. **Methods** A total of 250 full-term pregnant women without vaginal delivery contraindications were chosen in Maternity and Child Health Care Hospital of Sanya from March 2014 to March 2016. They all agreed to take free position during labor. According to random number table method they were divided into the treatment group (125 cases) and control group (125 cases). All women took free position in a comfortable way. The treatment group received additional acupoint pressure of Hegu, Neiguan, Taichong and Sanyinjiao with Wangbuliuxing seeds. The degree and changes of pain, labor time, birth outcomes between the two groups were compared. **Results** The treatment group had better outcomes regarding alleviating pain, shortening labor process and promoting vaginal delivery than the control group ($P < 0.05$). **Conclusion** Acupoint pressure with Wangbuliuxing seeds combined with free position during labor has no adverse reactions. It is a kind of easy and effective method to promote natural childbirth.

Key Words: Labor; Acupoint pressure; Free position; Birth outcome; Wangbuliuxing seed

产妇分娩过程中的分娩痛是一种较为复杂的生理

心理状态,主要来源于宫颈扩张和子宫收缩。尤其在第二产程,由于胎儿头部已降至骨盆,胎头承受阻力较大,导致产妇疼痛加剧,甚至可引发各种并发症。有系统研究资料显示,各种母婴并发症在第二产程最易发生^[1-2]。目前,大多数干预研究主要聚集于第二产程,

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