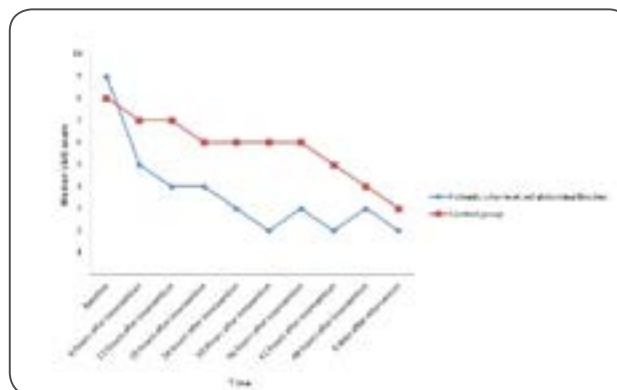5th World Congress on

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Randomized controlled trial of abdominal binders for postoperative pain, distress, and blood loss after cesarean delivery

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Objective: To assess the effect of using abdominal binders on pain, distress, and postpartum hemorrhage after cesarean delivery.

Methods: The present prospective randomized controlled trial enrolled patients undergoing non-emergency cesarean deliveries in Golestan Province, Iran. Patients were randomized in a 1:1 ratio by blocks of four or six to a control group or to use an abdominal binder after delivery; all patients received routine care. The primary outcomes were visual analog scale-assessed pain, symptom distress scale (SDS)-assessed distress and hemoglobin and hematocrit levels. Participants and researchers were masked to treatment assignments until after cesarean delivery and data analysis was unmasked; intention-to-treat analyses were performed.

Results: There were 89 patients enrolled in each group, with no differences in baseline pain scores, SDS scores and hemoglobin and hematocrit levels between the groups (all $P>0.05$). Pain and SDS scores were lower in the binder group at all post-baseline time points compared with the control group (all $P<0.001$). Hemoglobin and hematocrit levels were higher among patients who received binders 36 hours after baseline (both $P<0.001$). There was one patient who experienced hemorrhage in the binders group and one patient requested removal of their binder.

Conclusions: Patients who received abdominal binders reported less pain, lower SDS scores and higher hemoglobin and hematocrit levels following cesarean delivery.

Figure 1: Comparing pain score between two groups

Biography

Sevil Hakimi has completed her PhD in Reproductive Health. She has completed her Bachelor's and Master's degree in Midwifery. At present, she is an Associate Professor at Tabriz University of Medical Science, Iran. Her main research interest includes "Study on maternal and neonatal health as well as menopause and ovarian aging". She is an Expert in management of vaginal delivery, postpartum hemorrhage, grade 2 and 3 perineal tears repair and neonatal resuscitation. In research field, she has conducted several researches and has expertise in study design, statistical analysis and psychometric properties of instruments. She is a Supervisor for master's thesis and doctorate dissertations.

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