

## The effectiveness of the abdominal binder in relieving pain after cesarean delivery: A systematic review and meta-analysis of randomized controlled trials

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**Background:** Abdominal binder is a non-pharmacological method of relieving pain after surgical procedures.

**Objectives:** To evaluate the effectiveness of the abdominal binder in relieving pain and distress scores after cesarean delivery (CD).

**Search strategy:** The following terms were searched: cesarean section, cesarean, caesarean, abdominal deliveries, C-section, abdominal delivery, abdominal binding, binder, and abdominal binder.

**Selection criteria:** Randomized controlled trials (RCTs) with patients undergoing CD receiving an abdominal binder compared with non-users of the abdominal binder.

**Data collection and analysis:** Five electronic databases were searched until November 2019. Records were screened for eligibility. Data were extracted independently and analyzed. The main outcomes were pain and distress scores.

**Results:** The final analysis included six RCTs. Overall effect estimate favored the abdominal binder group over the control group in the following outcomes: VAS pain scores after 24 h (mean difference [MD] -1.76; 95% confidence interval [CI] -3.14 to -0.39; P = 0.01), VAS scores after 48 h (MD -1.21; 95% CI -1.51 to -0.90; P < 0.001), distress score after 24 h (MD -1.87; 95% CI -3.01 to -0.73; P = 0.001), and distress score after 48 h (MD -1.87; 95% CI -3.07 to -0.67; P = 0.002).

**Conclusion:** The abdominal binder could be an effective, simple, non-pharmacological option of relieving pain and distress after CD.

What will audience learn from your presentation?

- ▶ The audience will acknowledge the value of abdominal binder in reducing pain and distress after CD
- ▶ The audience could utilize abdominal binder in postpartum care of women delivered by cesarean delivery.
- ▶ The abdominal binder could reduce the workload of nursing staff in postpartum care of women delivered by CD as the need for additional analgesia is reduced.

### Biography

Dr. Ashour studied MEDICINE at Cairo University, Egypt, and graduated as MBChB in 2005. He then joined the obstetrics and gynecology residence program at obstetrics and gynecology hospital, faculty of medicine, Cairo University, from 2007-2010. He obtained Master's degree in OBGYN, at Cairo University in 2011, then MD degree in OBGYN in 2013. He worked as a lecture of OBGYN at Cairo university from 2013 to 2019 and as an assistant prof. OBGYN from 2019 till now. He has published more than 30 research articles in indexed journals.

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