

Role of Kegal Exercise and Prone Position in Enhancing Uterine Involution and Reducing After pains among Postnatal Mothers with Twin Delivery: An Interventional Study

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Abstract

This study aimed to assess the effectiveness of Kegel exercises associated with prone positioning to postpartum recovery in mothers who have twin delivery. The results showed that there was moderate adherence among the participants, and led to significant improvement in uterine involution and postpartum afterpains. Descriptive results included improvements in uterine firmness, a gradual decrease in abdominal fullness, a decrease in pelvic discomfort, a normalization of the postpartum bleeding and gradual resolution of uterine cramping pain after the intervention. Correlation analysis showed that there was a positive correlation between adherence to the intervention and uterine involution ($r = 0.334$, $p = 0.009$) and between adherence and reduction in afterpains ($r = 0.327$, $p = 0.011$). The results indicate that the more an exercise is performed and prone positioning are adhered to, the better the postpartum recovery outcome will be. The intervention was shown to be simple, safe, cost-effective and feasible to implement in routine postnatal care, without the need for specialized equipment. It also fostered active involvement of mothers and enhanced their postpartum comfort and wellbeing. The findings also provide further evidence for the generalizability of this intervention to various populations of postnatal mothers. Thus, the study findings suggest that Kegel exercises along with prone positioning are effective non-pharmacological interventions for improving recovery from childbirth and should be incorporated into the routine of postpartum nursing practices to facilitate faster uterine involution, decrease afterpains and better outcome of recovery from childbirth.

Keywords

Kegel exercise, prone position, uterine involution, afterpains, twin delivery, postnatal mothers.