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- Cultural pain relief measures and prophylactic taboo practices during the childbearing process: A case for Mozambican women living in Swaziland**
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Presentation Outline

- ☐ **Brief country profile**
 - ☐ **Introduction**
 - ☐ **Objectives of the study**
 - ☐ **Methods used**
 - ☐ **Sample description**
 - ☐ **Findings and interpretation**
 - ☐ **Conclusion**
 - ☐ **Recommendations**
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Brief profile of Swaziland

- ❑ Smallest country covering an area of about 17000 square kilometers**
 - ❑ Located in Southern Africa**
 - ❑ Shares borders with the Republic of South Africa in the north, west and south and by Mozambique in the east**
 - ❑ Divided into four administrative regions**
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Map showing location of Swaziland with neighbouring countries



INTRODUCTION

- ☐ This study was undertaken to determine the culturally preferred pain relief measures during labour by Mozambican women living in Swaziland.
 - ☐ Culture determines an individual's expectation of pain relief during labour through socialisation
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INTRODUCTION

- Physical reactions to the experience of labour pain as assets are important as these are the entry points for the involvement of health care Professionals as they indicate the need of pain relief during the labour process.**
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Methodology

- ☐ Qualitative research approach.
 - ☐ It develops an understanding of people's opinions about their lives and the lives of others.
 - ☐ It also helps the researcher to generate an in-depth account that will present a lively picture of the research respondents' reality
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Methodology cont'd

- ❑ **A qualitative research approach was used in this study because:**
 - ✓ **Qualitative research adopts a person-centred and holistic perspective.**
 - ✓ **It develops an understanding of people's opinions about their lives and the lives of others.**
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Methodology cont'd

- ✓ **Qualitative methodology is dialectic and interpretive.**
 - ✓ **During the interaction between the researcher and the research participant, the informant's world is discovered and interpreted by means of qualitative methods.**
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Methodology cont'd

- ✓ **It also helps the researcher to generate an in-depth account that will present a lively picture of the research respondents' reality.**
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Purpose

- **This study was undertaken to determine the culturally preferred pain relief measures by Mozambican women.**
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Objectives

The main objective of the study was to describe the preferred pain relief measures by Mozambican women living in Swaziland.

Methods-design

- **An exploratory, descriptive and contextual phenomenology design was utilized for the purpose of this study.**
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Data collection methods

□ Methods of data collection utilized were:

- ✓ participatory observation**
 - ✓ interviewing**
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Participant observation

- ☐ **Observation methods provide researchers with ways to check for**
 - ✓ **non-verbal expression of feelings,**
 - ✓ **determine who interacts with whom,**
 - ✓ **grasp how participants communicate with each other,**
 - ✓ **and check for how much time is spent on various activities**

In-depth interviews

- The in-depth interviews took place after the identified participants had delivered their babies and had rested for a period of one hour.**
 - in-depth interviews offered interviewees the opportunity to express themselves in a way ordinary life rarely affords them.**
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Sample description

- ☐ **Five (5) Mozambican women aged between 18 and 35 years participated in the study.**
 - ☐ **Their parity was:**
 - ✓ **primigravidae (1)**
 - ✓ **Para 1(2)**
 - ✓ **Para 2(1)**
 - ✓ **Para 3(1)**
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FINDINGS/RESULTS

1.1 Natural pain relief methods “self-treatment”(also found in the literature review):

- 1. Position and movement**
 - 2. Massage**
 - 3. Standing or walking**
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FINDINGS/RESULTS

□ 1.2 *Cultural herbal remedies*

- 1. “Dried herbs with animal portions”**
 - 2. “Herbal extracts mixed with mercuric droplets”**
 - 3. “Holy water”**
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FINDINGS/RESULTS

□ 1.3 Prophylactic taboo practices

- 1. “Not standing at the doorway while pregnant”**
 - 2. “Not to sleep during the day during pregnancy”**
 - 3. “Not to eat meat in early labour”**
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Conclusion

- This study on cultural pain relief measures during labour and childbirth found that personal and cultural meanings are equally important in the experience and treatment of labour pain.**
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Conclusion cont'd

- ☐ To provide effective care, midwives should:
 - ✓ practise culturally congruent care.
 - ✓ understand the influence of cultural practices on communication about the experience of pain.
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Conclusion cont'd

- ☐ **Cultural orientation and differences significantly affect both the assessment and management of women in labour pain.**
 - ☐ **Cultural bias or orientation might also lead to ethnocentrism, placing the midwife in a judgmental position.**
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RECOMMENDATIONS

- ❑ To improve the Swazi midwives' understanding of Mozambican cultural practice in an attempt to render culturally congruent care the following research topics are proposed:**
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RECOMMENDATIONS

contd

- ✓ **Research into possible detrimental practices surrounding pregnancy, during the antenatal period and the effect hereof in promoting safe delivery.**
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RECOMMENDATIONS

contd

- ☐ Research into the contents of culturally prepared medicine and the effect hereof on both the mother and the unborn child.**
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THE END

THANK YOU
