Lorestan University of Medical Sciences

Faculty of Khorramabad Nursing &Midwifery

A Comparative Study on the Effects of Acupressure at Neiguan (PC6) and Sanyinjiao (SP6) Points on Post-Cesarean Pain in Primiparous Women

By:

Pegah Pedram

For the Degree of Master of Sciences In Midwifery

Thesis Supervisor:

Dr. Farahnaz Changaei

June2026

Abstract

Background: Post-cesarean pain is a major challenge in postpartum care. Due to analgesic side effects, safe non-pharmacological methods like acupressure are important. This study compared the effect of acupressure at Neiguan (PC6) and Sanyinjiao (SP6) points on post-cesarean pain in primiparous women.

Methods: This single-blind randomized controlled trial included 108 primiparous women (36 per group) undergoing cesarean section under spinal anesthesia at Shahid Rahimi Hospital, Khorramabad, Iran (2025). Acupressure was applied at 2 and 4 hours post-surgery for 2 minutes (5 seconds pressure, 2 seconds rest). The control group received superficial touch. Pain intensity (VAS) was measured at five time points. Analgesic consumption was recorded. Data were analyzed using ANOVA, Chi-square, paired t-test, ANCOVA, and GLM with repeated measures.

Results: Groups were homogeneous for baseline variables ($P>0.05$). Group, time, and group×time interaction effects on pain intensity were significant ($P<0.001$). At 2 hours, pain reduction in both intervention groups was greater than control ($P<0.001$), with no significant difference between PC6 and SP6 ($P=0.214$). At 4 hours, pain reduction in the PC6 group was significantly greater than SP6 ($P=0.048$). Mean analgesic consumption in the PC6 group (1.42±0.50) was significantly lower than SP6 (2.56±0.50) and control (5.08±0.80) ($P<0.001$). No serious adverse events were reported.

Conclusion: Both PC6 and SP6 acupressure significantly reduce post-cesarean pain and analgesic consumption, but PC6 shows superior sustained effect and greater analgesic reduction. This safe, low-cost method can be performed by trained personnel.

Keywords: Acupressure, Neiguan point (PC6), Sanyinjiao point (SP6), pain, cesarean , Primiparity