

00371 **Determining the Stimulation of Acupressure Point LI4 “He Gu” Relieved Pain Intensity During 1st Stage Labour: An Evidence-based Review.**

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**Aims:** The aim of this project was to determine whether applying acupressure point LI4 on pregnant women during 1st stage labour would be beneficial in relieving the pain intensity.

**Methodology:** The authors conducted computerised literature searches and generated a set of abstracts based on text and index words selected to reflect the key issues to be addressed. Articles were abstracted to determine whether there were sufficient data to recommend the applying of acupressure point LI4 on pregnant women during 1st stage labour. Other research studies were evaluated to determine whether there was value in promoting satisfaction in pregnant women during the process of labour. Finally, positive results for recognising the effectiveness of applying acupressure point LI4 on pregnant women were reviewed.

**Result:** There were insufficient data to make any recommendations regarding the applying acupressure point LI4 on pregnant women during 1st stage labour, improved pain management during the process of labour. Pregnant women who had applied acupressure on acupressure point LI4 were characterised in the literature as having reduction in labour pain. These subjects were shown positive results in satisfaction during the process of labour and there were no adverse effects on mother or fetus.

**Conclusion:** There were insufficient data to recommend the application of applying acupressure point LI4 on pregnant women during 1st stage labour due to no description in the literature the subjects were analysed in the groups to which they were randomised. Positive results, e.g., increase in satisfaction during the process of labour and no adverse effects on mother or fetus were found to be useful to the clinician for assessing the degree of effectiveness of applying acupressure point LI4 on pregnant women during 1st stage labour.