

00491 **Determining the Effectiveness of Upright Maternal Position in Low Risk, Full Term Primigravidae During Second Stage of Labour: An Evidence-based Review.**

Teo Mei Lian, Faridah Haidir Bte Mohd

KK Women's & Children's Hospital

Aims: The aim of this project was to determine whether upright maternal position in low risk, full term primigravidae during second stage of labour would be beneficial in reducing the duration of second stage of labour.

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 upright maternal position. Other research studies were evaluated to determine whether there was value in the use of upright maternal position on low risk and full term primigravidae. Finally, positive results for recognising the effectiveness of the use of upright maternal position on primigravidae were reviewed.

Result: There were sufficient data to make recommendations regarding the use of upright maternal position on low risk and full term primigravidae. Primigravidae who had used upright maternal position were characterised in the literature as having shorter duration of second stage of labour. These subjects were shown positive results in spontaneous bearing down effort with ease in pushing during the process of labour and there was greater level of comfort and maternal satisfaction.

Conclusion: There were sufficient data to recommend the use of upright maternal position on low risk and full term primigravidae during second stage of labour. Positive results, e.g., greater level of comfort and maternal satisfaction during the process of labour and spontaneous bearing down effort with ease in pushing were found to be useful to the clinician for assessing the effectiveness of the use of upright maternal position on primigravidae during second stage of labour.