ABSTRACT

Although various positions adopted during labor and delivery have been studied over the past 40 years, controversy still surrounds the results regarding obstetric variables. The aim of this study was to compare the effect of maternal semi-sitting or dorsal recumbent versus lithotomy positions on maternal and fetal conditions, as well as on the progress of the second stage of labor. This comparative quasi-experimental study was done in the labor ward of the General Hospital and the Health Insurance Hospital in Beni Suef Governorate. Eighty parturient women were recruited in each of the three labor positions: semi-sitting (SS), dorsal recumbent (DR), and lithotomy (LI) positions. Data were collected using a structured interview sheet, an observation checklist, and a satisfaction sheet. The study findings revealed that the mean duration, frequency, and intensity of the uterine of the contractions were highest in the SS group, and lowest in the LI ($p<0.001$). The mean duration of the second and third stages in the SS group were lower than those in the DR and LI groups, ($p<0.001$). Women in the SS group had significantly lower rates of episiotomy, labial injury, vaginal edema, perineal lacerations, and postpartum hemorrhage ($p=0.001$). Their newborns had the highest Apgar scores at the first and fifth minutes, and none of them had fetal complications ($p<0.001$). Most (88.8%) women in the SS group were satisfied with the position, had less problems, preferred to assume this position in the next labor, and will recommend the position to others ($p<0.001$). It is recommended that the utilization of the semi-sitting labor position must be encouraged, with randomized clinical trial to provide further confirmation of the study findings.

Keywords Semi-sitting, Dorsal recumbent, Lithotomy, Apgar