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## A systematic review and meta-analysis of randomized clinical trials on the effect of aromatherapy with lavender on labor pain relief

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**Background & Aim:** Labor is a painful process and labor pain management is one of the essential aspects of obstetrical services and the main goal of intrapartum care. Aromatherapy is one of the traditional medicine methods for labor pain relief. This systematic review and meta-analysis aimed to critically evaluate and summarize all the available evidence from randomized clinical trials (RCTs) on the effect of aromatherapy with Lavender on labor pain relief.

**Methods:** Scientific search was performed in MEDLINE/PubMed, Cochrane library, Cochrane Central Register of Controlled Trials (CENTRAL) and Scopus from their inception until September 2015 using keywords Lavender or Lavandula or silexan and labor, birth and childbirth. In Persian language databases of SID, IranMedex and Magiran, the search was performed using key words aromatherapy, ostokhoddus, lavender, lavandula, childbirth, labor pain and labor. Data extraction was done by two authors independently. Cochrane tool was used to evaluate the quality of citations. Comprehensive meta-analysis version 2 was used for statistical analysis.

**Results:** Based on the search strategy, 177 primary papers were found. Finally, 4 RCTs involving 421 women were included in the systematic review. Overall, the quality of the studies included in the review was moderate and mixed. The meta-analysis showed that lavender aromatherapy provided statistically significant improvements to labor pain in active phase of labor (pooled mean difference -0.472 (-0.217, -0.728); P=0.00001; I<sup>2</sup>=9.618%).

**Conclusion:** Although the results of this review showed the labor pain relief with lavender aromatherapy, but more rigorous RCTs with higher quality is required to achieve a precise result.

### Biography

Khadigeh Mirzaii Njamabadi received her PhD in Reproductive Health from QUT(2004) and completed postdoctoral research fellowship at QUT(2009). She is a member of National Board of Reproductive Health of the Health Ministry of Iran. She is a full-time academic member of Midwifery department at Mashhad University of Medical Sciences, Mashhad, Iran. She has 22 years experience in clinical and research area and more than 70 publications in well recognized conferences and journals. Several PhD and M.Sc. students have graduated under her supervision. Her interested areas are midwifery and sexual health in both education and clinical research areas.

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