

Prophylactic Legs Compression for Reducing Hypotension and Fetal Acidosis as Subsequent For Spinal Anesthesia in Cesarean Delivery

Background: Spinal block gives admirable and excellent anesthesia for cesarean delivery, but it is frequently accompanied by hypotension, which if untreated can pose serious risks to mother and baby. Strategies directed to increasing venous return, such as lifting or mechanically compressing the lower extremities, and aggressive intravascular volume loading are very effective in the treatment of arterial hypotension. **This study aims** to examine leg compression for decreasing maternal hypotension and fetal acidosis subsequent spinal anesthesia in cesarean delivery. **A Quasi-experimental design** used. **Setting:** The research was accomplished at cesarean delivery operating unit, Al-Azhar University Hospital throughout the period from January 2017 to June 2017. **Sample:** A total of 250 full-terms parturients with an uncomplicated pregnancy undergone planned cesarean delivery using spinal anesthesia be recruited in both leg compression group (group A) and control group (group B). A or B were randomly allocated (125 in each one group) to have their compression of leg with socks. Protocol of pre-hydration and anesthetic technique standardized was followed. **Tools:** Three tools were used for collecting the necessary data, structured interviewing questionnaire sheet, maternal record, and neonatal assessment sheet. **Results:** Hypotension was significantly less ($P = 0.001$) in Group A (leg compression group) patients when compared with Group B (non-leg compression) a highly statistical significant difference ($P = 0.001$) was acquired between group managed by leg compression and non-legs compression group considering mean arterial pressure and newly born (neonatal) acidosis. **Conclusion:** Incidence of hypotension can be reduced by legs compression with socks. Since legs compression with socks is easy, noninvasive, available, and no pharmacological method, **Recommendations:** leg compression during cesarean can be recommended for preventing post spinal hypotension

Keywords: Cesarean Delivery, Leg Compression, Hypotension, Spinal Hypotension, Nursing.