

Comparison 2: Warm pack compared with usual care (no warm packs)

Source: Smith CA, Levett KM, Collins CT, Dahlen HG, Ee CC, Suganuma M. Massage, reflexology and other manual methods for pain management in labour. Cochrane Database Syst Rev. 2018:CD009290 (in press).

Quality assessment							No. of women		Effect		Certainty (GRADE)	Importance
No. of studies	Study design	Risk of bias	Inconsistency	Indirectness	Imprecision	Other considerations	Warm pack	Usual care	Relative (95% CI)	Absolute (95% CI)		
Pain intensity												
3	RCTs	very serious ^a	serious ^b	not serious	serious ^c	none	95	96	-	SMD 0.59 lower (1.18 lower to 0 lower)	⊕○○○ VERY LOW	critical
Length of labour												
2	RCTs	very serious ^d	not serious	not serious	serious ^e	none	64	64	-	MD 66.15 lower (91.83 lower to 40.47 lower)	⊕○○○ VERY LOW	critical

CI: confidence interval; MD: mean difference; RCT: randomized controlled trial; SMD: standardized mean difference.

^a Most of the pooled effect derived from studies with a moderate or high risk of bias but without a substantial proportion (i.e. with < 50%) from studies with a high risk of bias.

^b Severe unexplained heterogeneity.

^c Small sample size and wide confidence interval just touching the line of no effect.

^d Most of the pooled effect derived from a study with a high risk of bias.

^e Small sample size.