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The effect of labor dance on the perceived labor pain, birth satisfaction and neonatal outcomes

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Recently, nonpharmacological methods have been used as well as pharmacological agents in the management of birth pain. Labor dance is a combination of many nonpharmacologic methods. The research has been conducted to determine the effects of labor dance on perceived birth pain, birth satisfaction and neonatal outcomes. The data were collected during the active phase of labor as three groups; Midwife Dance Group (MDG) (40 pregnant), Spouse/Partner Dance Group (SDG) (40 pregnant) and Control Group (CG) (80 pregnant). In Midwife Dance Group, the midwives who are in charge of the delivery room and following the pregnancy; in the Spouse/Partner Dance Group, spouse/partners have danced with pregnant during the active phase (dance with a relaxing/slight/gentle musical accompaniment, wrapped around partner's shoulders, swinging to the right and to the left). For the control group, only routine practices/treatments were implemented in the hospital. In all three groups, perinatal birth pain, birth weight, newborn 1st, 5th and 10th minute Apgar score and oxygen saturation levels were compared. Pain score was lower in Dance Groups than Control Group, 5th minute Apgar score, 5th and 10th minute oxygen saturation level and birth satisfaction score were significantly higher than the Control Group. There is a positive effect on the birth pain, birth satisfaction and neonatal outcomes of the labor dance performed with the spouse or midwife in the intrapartum period. For effective management of birth pain the family should be included in the intrapartum period. Midwife, pregnant and family should act in cooperation.

Biography

Bihter Akin has been working as a Midwife in the maternity unit for about 15 years and is pursuing her PhD education. She has published many articles and book chapters on birth, birth pain, prenatal education.

Notes: