

GLOBAL VIRTUAL SUMMIT ON **WORLD NURSING**

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**The effect of yoga on pregnancy outcomes- results from a systematic review****Anjali Raj Westwood**

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**Background :**Yoga is gaining popularity among pregnant women and evidence about effectiveness is needed

Objective: Identify obstetric and mental health benefits or harms attributable to prenatal Yoga

Design: Systematic review and narrative synthesis. 4 databases searched- AMED, EMBASE, MEDLINE and CINAHL, using the search terms 'Yoga' AND 'Pregnancy' in the title or as keywords. Studies were included if they were written in English and reported randomised controlled trials (RCTs) with Yoga as the primary intervention in either low or high-risk populations. Quality was assessed with the Delphi checklist

**Results:** 15 RCTs were identified, (1037 participants in total) reported in 16 papers. Study quality varied from low to moderate. Most studies focused on mental and psychological health outcomes and most of these reported beneficial effects. Further trials showed benefits to duration of and pain in labour, obstetric complications and physiological markers of stress. Results did not vary by population risk status or approach to intervention. **Results :** were related to sample size; small (<60 participants) trials showed no effect on psychological health. No harms to mother or baby were reported in any trials.**Conclusion:** The benefits of Yoga during pregnancy suggested by these trials are important and the practice appears safe for mothers and babies. Whilst trials that are more robust are attempted, these studies provide sufficient evidence for obstetricians and midwives to encourage pregnant women who are interested in Yoga, and even to recommend Yoga in health promotion literature offered in antenatal clinics.**Biography**

Anjali is an Associate Lecturer at York St John University, London. She leads the module on healthcare management and the venture creation lab programme. Anjali completed her PhD from Warwick Medical School. Her research interests are maternity, breastfeeding, infertility, Yoga, infant health, telehealth, and healthcare entrepreneurship. Anjali is an entrepreneur who co-founded a maternity health start-up in India in 2016. Her start-up, ilove9months, offers solutions to women and families across socio-economic groups.

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