INTRODUCTION

Recent social media trends have demonstrated increased interest in dancing during the final weeks of pregnancy and labor.1,2 However, there is limited evidence about dancing during labor and its impact on labor pain and duration, as well as patient satisfaction. To our knowledge, only one randomized controlled trial identified that mean pain and duration, as well as patient satisfaction scores were significantly better in the dance labor group when compared to the control group.3

AIMS

As enrollment is often challenging for prospective research, our primary objective was to determine pregnant women's willingness to participate in a future study that aims to evaluate low-impact dance during labor. Secondarily, our study aimed to evaluate pregnant women's perception of low-impact dance as a non-pharmacological alternative for pain management during labor.

METHODS

Following a review of the literature:5

Eligibility

- English speaking/reading pregnant patients;
- Received prenatal care at one of three clinics;
- During June-July 2019;
- Who were offered a small treat (e.g., granola bar) regardless of participation.

Survey

- The survey was administered through REDCap Cloud:
  - Patients may have had to complete up to 23 questions regarding demographics, pregnancy information, non-pharmacological methods for pain relief during labor, and interest in future study participation.

Statistics

- Descriptive statistics and Fisher's exact test were used as appropriate.
  - \( p < 0.05 \) was considered significant.
  - All data was analyzed using SAS 9.4 (SAS institute, Cary, NC).

RESULTS

- 177 pregnant women were approached to participate
- 33 women declined to participate
- 12 did not meet eligibility requirements
- 132 surveys were completed (74.6% completion rate)
- Only 58 (43.9%) participants had heard of dancing during labor.
- African American patients (\( P = 0.01 \)), as well as patients < 35 years of age (\( P = 0.04 \)), were more likely to be interested in future study participation.
- There were no other statistically significant differences in characteristics (e.g., BMI, current activity level, pregnancy history, etc.).

- Overall, 78% of participants were interested in alternative options for pain relief including low-impact dance and changing positions (Figure 1).
- In a future study:
  - 47.9% (N=56) preferred dance moves were provided
  - 34.2% (N=40) preferred music was provided
  - More than 70% wanted either a video clip or photo of themselves dancing.

CONCLUSIONS

- There is sufficient interest in low-impact dance during labor as a non-pharmacological option for pain management.
- Although there will inevitably be challenges for conducting a sufficiently large, prospective, randomized trial, our survey results identified that women responded favorably to participating and, therefore, enrollment may be more feasible than previously anticipated.
- Ultimately, this study has the potential to inform a prospective study on low-impact dance to strengthen the current evidence available on low-impact dance in laboring women.

REFERENCES

5. Other references include: