

Correspondence

Dancing during labor in the midst of COVID-19 outbreak: as an alternative non-pharmacological treatment after digital interventions

ABSTRACT

As a result of this writing, I encourage future academics to conduct further study on what sorts of music and movements are acceptable for women during birth, as this is a highly intriguing issue, especially in the midst of the COVID-19 outbreak. Music and dance can also be used as an alternative to non-pharmacological treatments, so that enough pregnant women can be assisted and their tension and anxiety during delivery can be decreased.

Keywords treatments, non-pharmacological, music therapy, dance therapy, COVID-19

Dear editor,

In response to the latest study on the topic of digital interventions in increasing flu vaccination among pregnant women,¹ I recommend one of the non-pharmacological treatments after digital interventions, namely dancing with music. Dancing during the final weeks of pregnancy and in the first stage of labor are recent social media trends. Few studies have evaluated the effects of low-impact dance during the first stage of labor, particularly for pain management and impact on labor duration, especially in the midst of COVID-19 outbreak. Most women endure numerous stressors, such as emotional, physical, and social changes when they are pregnant. These consequences include spontaneous abortion, premature birth, growth retardation, and reduced maternal-fetal bonding.^{2,3} This might lead to delays or cancellations of medical treatments if pregnant women feel higher stress and pain.⁴

In addition, pharmaceutical treatment, massage, aromatherapy, and reflexology have been used to alleviate and reduce stress and enhance relaxation in pregnant women.⁵ The pharmacology of both mother and fetus should be handled with caution, in line with current recommendations.

As a result, music and dance as a therapeutic modality is a non-pharmacological nursing intervention that is safe enough to be used by pregnant women.^{6,7} Many studies and ideas have been published in the recent decade that

demonstrate that music has a healing impact on the body and mind.^{8,9} Music and dancing can assist patients attain a state of relaxation and reduce tension.¹⁰ Aesthetic pleasure is absorbed by the right brain, which releases dopamine and reduces physiological reactions.¹¹

Aside from this, music and dancing can impact emotions, bodily muscles, and autonomic processes such as blood pressure and heart rate.¹² This is a really fascinating issue, especially in light of the COVID-19 outbreak. As a result of this writing, I encourage future academics to conduct further study on what sorts of music and movements are acceptable for women during birth, as this is a highly intriguing issue, especially in the midst of the COVID-19 outbreak. Music and dance can also be used as an alternative to non-pharmacological treatments,^{13,14} so that enough pregnant women can be assisted and their tension and anxiety during delivery can be decreased.¹⁵

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Conflict of interest

The author declares no conflict of interest in this paper.

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