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# Pregnancy pillow interventions to support the pelvis, lower back, gravid uterus and a left lateral recumbent maternal sleeping position: A rapid systematic review protocol

Delyth Wyndham<sup>1</sup>,

Gwenllian Wynne-Jones<sup>1</sup>

<sup>1</sup>Keele University



Delyth Wyndham  
Keele University

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## ABSTRACT

***Objective:***

The objective of this rapid review is to provide a systematic overview of the literature on the use of pregnancy pillow interventions during pregnancy to support the pelvis, lower back, gravid uterus and left lateral recumbent maternal sleeping position.

***Introduction:***

Symptoms and complications experienced during pregnancy are often individualised. They can vary over time and in intensity during the antenatal period. The prevalence rates of physiological pregnancy symptoms or complications highlights the need for interventions that ideally address multiple issues. It is unclear whether pregnancy pillow interventions offer support for pregnancy-related pelvic girdle pain; pregnancy-related lower back pain; abdominal ligament/muscle weakness; and/or facilitate a left lateral recumbent maternal sleeping position.

***Inclusion criteria:***

This review will consider cross-sectional, longitudinal, prospective or retrospective studies; reviews of any type; and syntheses featured in peer reviewed journals or developed by highly regarded organisations. Outcomes will include supporting the pelvis; supporting the lower back; supporting the gravid uterus; and/or supporting a left lateral recumbent maternal sleeping position.

***Methods:***

The review aims to find published research studies, reviews of any type and syntheses (practice or evidence-based recommendations or practitioner guidelines).

The key information sources to be searched are the Cochrane Central Register of Controlled Trials (CENTRAL); EBSCO; and EMBASE (Ovid). Two reviewers will screen the titles and abstracts for inclusion. The full text of publications meeting the inclusion criteria will then be examined for eligibility. Meta-data will be extracted using a standard template.

Eligible publications will be critically appraised using the relevant JBI Critical Appraisal Tool as appropriate to the publication type. Reviewer two will evaluate the assessment made by reviewer one in line with rapid review practice. The results will be synthesised as a narrative synthesis of the publications.

**Keywords:** Rapid Systematic Review Protocol; Pregnancy Pillow Interventions; Pelvis; Lower Back; Gravid Uterus; Maternal Going-To-Sleep Position; Left Lateral Recumbent Sleep.

## ATTACHMENTS

Maternity Pillow - Rapid  
Review - PRISMA-P.pdf