



Educational Approaches and Implementation Challenges of the Rebozo Technique in Midwifery Practice: A Scoping Review

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Abstract

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The Rebozo technique is a non-pharmacological method originating from Mexican traditions and increasingly used in modern obstetric practice to improve maternal comfort and reduce labor pain. Despite its effectiveness, the technique faces several challenges in its implementation, including insufficient training for healthcare providers and limited educational resources for both professionals and expectant families. This study aims to explore the education and challenges of Rebozo technique implementation in midwifery practice. This study utilizes a scoping review methodology to evaluate the education, challenges, and the implementation of the Rebozo technique in midwifery practice. A total of 19 articles published between 2020 and 2024 were selected from various international databases and analyzed thematically. The review found that the Rebozo technique significantly enhances maternal comfort, accelerates labor progression, and reduces the need for medical interventions. However, challenges such as a lack of formal training programs for healthcare providers and insufficient resources in midwifery facilities hinder its widespread use. The study emphasizes the importance of comprehensive educational initiatives, including training for healthcare professionals and educational programs involving partners, to support laboring women. Recommendations include integrating the Rebozo technique into midwifery curricula, expanding training opportunities, and ensuring adequate resources are available to facilitate its use in clinical settings. Addressing these educational challenges can help integrate the technique more effectively into midwifery practice, offering a safe and evidence-based option for physiological childbirth.

Keywords: Challenges; Education; Rebozo technique

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INTRODUCTION

The Rebozo technique is one of the non-pharmacological methods that originally originated in the Mexican cultural tradition and is now widely adopted in modern obstetric practice. This technique utilizes a long cloth called *a rebozo*,



which midwives use to perform gentle movements on the pregnant woman's pelvis. The movement aims to increase comfort, reduce pain intensity, and facilitate the delivery process. Research shows that this technique is effective in accelerating the active phase of labor while reducing the pain experienced by the mother.(Wiladatil Qodliyah et al., 2020).

In Indonesia, the implementation of the Rebozo technique has received increasing attention in midwifery practice. Studies at the national level show that this method is not only able to reduce labor pain, but also accelerate the opening of the cervix and help the fetal head lower. This effect contributes to a reduction in the overall duration of labor, providing significant benefits to the mother's well-being during childbirth.(Durrotun Hypocrisy , 2020)

The Rebozo technique is also often used in conjunction with other methods such as hypnobirthing to increase effectiveness. This combination has been shown to be able to accelerate the phase II of labor and increase the Apgar score of newborns. This approach provides real benefits for mothers through a smoother delivery process and for babies through better health conditions after the birth of the baby.(Syswianti & Wahyuni, 2023)

The application of the Rebozo technique in midwifery practice has shown various benefits, especially in improving maternal comfort and smoothing the delivery process.(Yossi Fitria Damayanti et al., 2025) However, its implementation in the field has not been fully optimal. Obstacles that are often encountered include limited formal training for health workers, lack of support resources, and the lack of integration of this technique into midwifery service standards. These constraints indicate the need to strengthen policies and provide structured training so that the Rebozo technique can be widely applied and have a maximum impact in midwifery practice.(Natalia et al., 2023)

Additionally, education plays a critical role in addressing these challenges. Structured educational programs aimed at midwives and health workers are essential in equipping them with the skills needed to effectively apply the Rebozo technique. The evidence suggests that improving the competency of healthcare workers through hands-on training can enhance their ability to use the Rebozo technique, thus improving the quality of care provided to mothers.(Kuo et al., 2022; Leal et al., 2021)Moreover, a community-based approach to education can be a viable solution to expand access to Rebozo training, particularly for healthcare workers in remote areas, ensuring equitable access to this beneficial technique.(Kumala Dewi et al., 2024)

As attention to the Rebozo technique increases, more in-depth research is needed to evaluate its effectiveness as well as formulate strategies to overcome challenges in its implementation. The study, which refers to the results of recent research in the last five years, shows that the development of training programs for midwives and health workers is an important step to improve skills in applying these techniques. The evidence-based approach obtained from the latest study is expected to support the integration of the Rebozo technique into midwifery service standards, both at the national and international levels.

This study aims to identify the challenges in the application of the Rebozo technique in midwifery practice, with a particular focus on the role of education and training in addressing these obstacles. By reviewing the findings of studies

published between 2020 and 2024, this research will provide a solid scientific foundation for the development and application of the Rebozo technique in midwifery services. It seeks to highlight the importance of structured training programs for midwives and healthcare workers, ultimately supporting the integration of the Rebozo technique into midwifery service standards at both the national and international levels.

This study aims to identify the challenges in the application of the Rebozo technique in midwifery practice and explore the role of education and training in supporting its implementation. By referring to the results of studies published in the last five years (2020–2024), this research is expected to provide a strong scientific foundation to support the sustainable development and application of the Rebozo technique in midwifery services.

METHOD

This study uses a scoping review approach developed by Arksey and O'Malley (2005) to explore the Education and Challenges of Rebozo Technique Implementation in Midwifery Practice. The scoping review method was chosen because it was able to provide a comprehensive overview of the topic being studied and answer research questions systematically. The data collection process is carried out by reviewing various relevant literature, then analyzed in depth to produce comprehensive findings.(Utami et al., 2021)

In formulating the research question, the author uses a PEO (Population, Exposure, Outcome) framework. The research question for this study is "what is the role of education and the challenges faced in the implementation of the Rebozo technique?"

Table 1. Mnemonic *PEO Selection*

<i>Population</i>	<i>Exposure</i>	<i>Outcome</i>
Midwife	Challenges of implementing the Rebozo technique	Rebozo technique education

The authors narrow the scope of the research by establishing inclusion and exclusion criteria for the literature to be used (Table 2). The determination of these criteria aims to ensure that the research remains focused and in accordance with the topic being researched. The keywords used include Rebozo techniques, education, challenges.

Table 2. Inclusion and Exclusion Criteria

Inclusion Criteria	Exclusion Criteria
Articles of 2020-2024	Books, blogs
Quantitative and qualitative research	Access paid articles
Articles in Indonesian and English	
Articles have Full-text access	

The author filters the literature obtained from various search engines of the article using predetermined keywords. A total of 5,390 articles were obtained, with the following distribution: 6 articles from PubMed, 22 articles from Scopus, 47

articles from ScienceDirect, 8 articles from CINAHL, 8 articles from the Cochrane Library, 4,340 articles from Google Scholar, and 959 articles from WorldCat. Although most of the articles are obtained through Google Scholar, efforts have been made to leverage highly reputable databases such as PubMed, Scopus, Cinahl and the Cochrane Library to improve the quality of the literature used. Only articles that are really relevant to the research question and inclusion criteria are included in the extraction table.

The writing of this scoping review follows the guidelines of Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) as a guide in documenting the literature search process. A PRISMA flowchart is included to illustrate the number of articles found, the screening stages, the number of studies that meet the eligibility criteria, and the articles included in the comprehensive review (Figure 1).

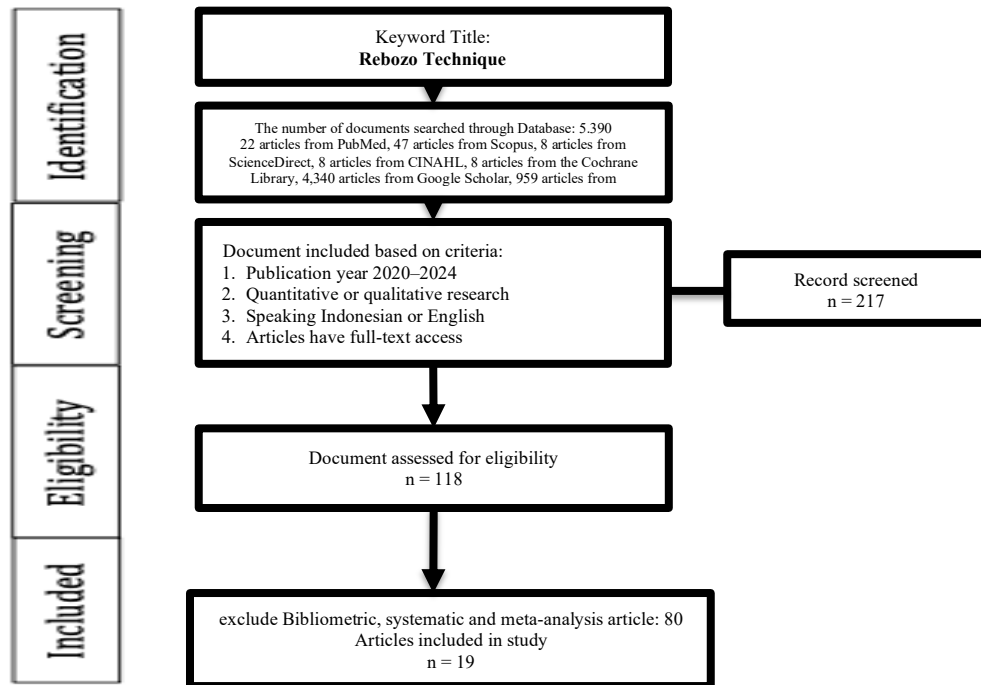


Figure 1. Prism

RESULTS AND DISCUSSION

The data synthesis process in this study is carried out by collecting and summarizing articles that meet the inclusion criteria into a table. Based on the results of the screening and eligibility criteria, 19 articles were declared worthy of in-depth review. The results of the analysis are presented in detail in Table 3.

Table 3. Synthesis of Review Articles

It	Writer	Year	Method	Country	Research Results
1	(Maria Veronika Widiatrilupi, 2023)	2023	Quantitative Experiments	Indonesia	The Rebozo technique accelerates the active phase of labor and reduces pain intensity without pharmacological side effects.

2	(Syswianti & Wahyuni, 2023)	2023	Quantitative Quasi Experiment	Indonesia	The hypnobirthing and Rebozo techniques were shown to help speed up the second stage of labor, but did not have a significant effect on the newborn's Apgar score.
3	(Sinurat et al., 2023)	2023	Qualitative	Indonesia	The Rebozo technique improves maternal comfort during childbirth by providing more space in the pelvis. However, implementation is limited to certain facilities.
4	(Wijayanti & Marfu'ah, 2023)	2020	Quantitative Quasi Experiment	Indonesia	The application of the Rebozo technique significantly accelerates the process of cervical opening and lowering of the fetal head, thereby accelerating the duration of the first stage of labor. .
5	(Tandoğan & Oskay, 2024)	2024	Quantitative Randomized Controlled Trial	Turkey	The Rebozo technique significantly reduces labor pain and increases the satisfaction of the childbirth experience in primipara mothers compared to relaxation massage.
6	(Fumagalli et al., 2024)	2024	Quantitative Cohort Study	Italy	The combination of the Rebozo and Spinning Babies techniques can reduce the posterior position of persistent occiput (POPP) during labor. The results showed that the intervention group had a lower risk of POPP.
7	(Sarli & Putri, 2024).	2024	Quantitative Quasi Experiment	Indonesia	Rebozo technical training for midwifery students increases self-confidence in assisting the delivery process.
8	(Marini et al., 2023).	2023	Quantitative Quasi Experiment	Indonesia	The Rebozo technique has been shown to be effective in shortening the duration of childbirth in primipara mothers, with an average shorter duration than the group without intervention.
9	(Uludağ & Ayar Kocatürk, 2024)	2024	Quantitative Experiments	Turkey	The Rebozo technique significantly reduces the intensity of labor pain and shortens the duration of the active phase. The Rebozo technique is safe and effective to support the delivery process.
10	(Kumala Dewi et al., 2024)	2024	Quantitative Quasi Experiment	Indonesia	The combination of the Rebozo and counterpressure techniques is more effective in accelerating the labor process than pelvic rocking and SP6 acupressure in primipara mothers.
11	(Berg et al., 2022)	2022	Qualitative	Congo	The training program is designed to improve the skills of health workers, including the Rebozo technique, which supports physiological labor, strengthens evidence-based practices, and improves the quality of maternal and infant health services
12	(Hashim Mahmoud Mahmoud Saadoon & Fouad Mohammed, 2023)	2023	Quantitative Quasi-Experiment	Egypt	The application of the Rebozo technique significantly reduced the intensity of pain and anxiety levels in primipara mothers during the active phase of labor compared to the group that received standard care.

13	(Sri Wahyuni & Tridiyawati, 2023)	2023	Quantitative Quasi-Experiment	Indonesia	The Rebozo technique is more effective than counter massage in reducing labor pain in the first active phase, supporting its use as a non-pharmacological method for pain management .
14	(Lopes et al., 2024)	2024	Qualitative	Portugal	Rebozo is used in childbirth training to support mobilization, reduce pain, and physically prepare the mother by involving the partner as an active supporter.
15	(Leal et al., 2021)	2021	Qualitative	Brazil	Rebozo is used as a non-pharmacological method to reduce labor pain in the Rede Cegonha program in Brazil.
16	(Elmore et al., 2020)	2020	Qualitative	America	Rebozo aids pelvic relaxation in favor of manual and digital interventions to address persistent posterior occiput positions
17	(Wahyuni Bahrum et al., 2023)	2023	Quantitative	Indonesia	The rebozo technique is taught to mothers and companions through hands-on education, which has been proven to improve their understanding of the benefits of Rebozo in preparation for childbirth
18	(Kuo et al., 2022)	2022	Quantitative Randomized Controlled Trial	Taiwan	The Rebozo technique is part of an integrated childbirth education program with mindfulness and massage, which aims to reduce anxiety and improve the psychological well-being of mothers through simulation-based learning.
19	(Breman et al., 2020)		Qualitative	United States	Early Labor Lounge (ELL) training includes the use of non-pharmacological methods such as the Rebozo technique, yoga mats, gymnastics balls, and warm compresses to support active labor. Its implementation faces challenges, including limited resources, space, equipment, and resistance of health workers to changes in practices.

Through a careful literature search, 19 articles were found that were relevant to the focus of this research. The articles cover a wide range of perspectives from developed and developing countries, including Indonesia, Italy, Turkey, Congo, Egypt, Portugal, Brazil, the United States, and Taiwan. Each article provides valuable insights and is summarized in the following table for easy understanding:

Table 4. Distribution of Countries in the Reviewed Articles

<i>Country</i>	<i>Freq.</i>	<i>Country</i>	<i>Freq.</i>
Indonesia	9	Portugal	1
Italy	1	Brazil	1
Turkey	2	America	2
Congo	1	Taiwan	1
Egypt	1		

The thematic analysis in this study focuses on identifying challenges in the implementation of the Rebozo technique as well as the role of education in supporting its application to midwifery practice.

Table 5. Thematic Analysis

Theme	Subject
Benefits of the Rebozo Technique	a. Improves maternal comfort during labor (3, 14,16)
	b. Reduces labor pain (5,9,12,13,15)
	c. Accelerate the labor process (1,2,4,6,8)
	d. Reduced need for medical intervention (9,11)
Challenges of Rebozo Technique Implementation	a. Lack of training (7,10,11)
	b. Limited facilities and access (3,7,19)
Education in the Implementation of the Rebozo Technique	a. Competency Improvement with an educational approach (7,11,14,17,18,19)
	b. Couple collaboration in childbirth (14,15)

1. Benefits of the Rebozo Technique

a. Improving maternal comfort during childbirth

The Rebozo technique has been proven to be one of the effective non-pharmacological methods to improve maternal comfort during childbirth. Through gentle movements with a cloth that wraps the mother's pelvis and hips, this technique is able to reduce the intensity of labor pain, especially in the active phase of the first stage. Research shows that this technique not only reduces pain but also provides a significant relaxing effect, helping mothers feel calmer and more comfortable throughout the labor process (Wijayanti & Marfu'ah, 2023).

The Rebozo-based approach not only focuses on pain reduction but also creates more space for the baby to move, thus accelerating the mother's body's adaptation to the labor process. The study at Noemuti Health Center found that mothers who used this technique experienced a significant reduction in pain, and shorter delivery times compared to the control group. This shows that Rebozo not only improves the physical comfort but also the psychological comfort of the mother.(Sinurat et al., 2023)

In addition to comfort, the Rebozo technique supports a positive experience for the mother during childbirth. In education, this technique is often used in simulation programs to provide hands-on experience to mothers and partners. With simulations, mothers not only learn to manage pain, but also gain an understanding of their bodies, which can increase confidence and satisfaction during childbirth.(Kuo et al., 2022)

b. Reduces labor pain

The Rebozo technique has been shown to be an effective non-pharmacological method for reducing pain during labor, especially in the active phase of phase I. Research by Wijayanti et al. (2023) shows that the use of this technique significantly helps reduce pain intensity through rhythmic movements that relax the pelvic muscles and provide comfort for the delivery mother. This technique is also easy to apply and can be an

affordable alternative to labor pain management.(Wijayanti & Marfu'ah, 2023)

Another study by Nurpratiwi et al. (2020) compared two Rebozo techniques, namely "*Shake the Apples*" and "*Sifting While Lying Down*" in reducing labor pain in multigravida mothers. The results of the study showed that both techniques were equally effective in reducing pain intensity and helping the labor process run smoothly. This study confirms the importance of integrating the Rebozo technique in obstetric practice to improve the maternal childbirth experience.(Nurpratiwi et al., 2020)

Research by Bahrum et al. (2022) revealed the effectiveness of the combination of Rebozo and acupressure techniques in reducing pain and increasing uterine contractions during labor. This combination not only supports pain reduction, but also accelerates the labor process physiologically. This study emphasizes the importance of using the Rebozo technique as part of an evidence-based pain management strategy in midwifery services (Wahyuni Bahrum et al., 2023).

c. Accelerate the delivery process

The Rebozo technique is also known to be effective in helping to speed up the labor process by relaxing the pelvic muscles and facilitating the lowering of the fetal head to the birth canal. The use of rhythmic movements from Rebozo fabric has been proven to accelerate the opening of the cervix, especially during the active phase of labor. Studies show that mothers who use this technique experience a shorter duration of labor than those who do not receive similar interventions.(Maria Veronika Widiatrilupi, 2023)

The Rebozo technique has various benefits in supporting the physiological labor process. The swing movements performed with the rebozo fabric help optimize the position of the fetus and facilitate the lowering of the fetal head more effectively, thereby reducing obstacles during the birth process. In addition, this technique is often used in conjunction with other methods, such as massage, to improve maternal comfort and facilitate labor(Uludağ & Ayar Kocatürk, 2024).

Research has also shown that the Rebozo technique can accelerate the first phase of labor by supporting cervical opening more efficiently than conventional methods. An Egyptian study reported that this technique not only helps to shorten the duration of childbirth, but also improves maternal comfort, thus strengthening its potential as an effective non-pharmacological method in supporting physiological labor (Hashim Mahmoud Mahmoud Saadon & Fouad Mohammed, 2023).

d. Reducing the Need for Medical Intervention

The Rebozo *technique* has been shown to provide significant benefits in supporting the physiological labor process. By accelerating the opening of the cervix and facilitating the lowering of the fetal head, this technique helps labor take place more naturally without the need for additional medical intervention. The shorter duration of labor allows

mothers to avoid medical procedures such as induction or augmentation that can potentially increase the risk of complications. Its use also provides greater comfort for mothers, making it a safe and effective approach in supporting a natural childbirth experience. (Uludağ & Ayar Kocatürk, 2024).

The relaxation resulting from the application of *the Rebozo technique* is one of the factors that support its effectiveness during childbirth. This relaxation helps reduce the need for medications such as oxytocin which are often used to stimulate contractions. In primipara mothers, this technique has also been shown to accelerate the active phase of labor without the need for additional intervention. With the ability to efficiently support physiological labor, *Rebozo* contributes to maintaining the well-being of the mother and fetus. (Simanullang et al., 2023).

Optimizing the position of the fetus during childbirth is another benefit of applying *the Rebozo* technique. Better fetal mobility helps reduce the need for invasive medical procedures such as vacuum or forceps, which are often required due to fetal malposition. Its use is also associated with a smoother childbirth experience and a higher sense of confidence in the mother, as the labor process takes place naturally. This effectiveness demonstrates *Rebozo's* important role in supporting physiological-based labor without unnecessary medical intervention. (Tandoğan & Oskay, 2024).

2. Challenges of Rebozo Technique Implementation

a. Lack of training

Rebozo technical training still faces many obstacles in its implementation in health facilities. Although these techniques have been shown to improve the effectiveness of labor support, structured training is often not widely available. Midwifery education institutions have great potential to incorporate this technique into the formal curriculum to improve the competence of health workers. Unfortunately, limited resources and lack of integration of training programs have led to the learning of *Rebozo* techniques only reaching a small part of health workers, especially in areas with limited facilities (Sarli & Putri, 2024).

A community-based approach can be an effective solution to expand access to *Rebozo* technique training, especially for health workers in remote areas. Through local training programs, healthcare workers can acquire skills tailored to the specific needs of their region. This approach also encourages the application of evidence-based practices in physiological obstetric services. However, the implementation of this program faces various obstacles, including the limited number of experienced trainers, lack of training facilities, and lack of institutional support. Collaboration between the government and educational institutions is needed to overcome these obstacles, so that the benefits of *the Rebozo* technique can be felt equally in various regions. (Kumala Dewi et al., 2024).

b. Limited facilities and access

Limited facilities are the main challenge in the application of the Rebozo technique, especially in areas with minimal access. The lack of support equipment such as Rebozo cloths, gymnastics balls, and special rooms in clinics often limits the ability of healthcare workers to apply these methods optimally. Inadequate infrastructure in different regions adds to the gap in best-practice-based childbirth services.(Elmore et al., 2020)

Some clinics also face the problem of limited space for training which reduces the chances of healthcare workers gaining practical experience. The lack of space and tools for simulation makes the implementation of this technique less than optimal in primary care facilities. Therefore, efforts to provide training infrastructure should be a priority in increasing the use of the Rebozo technique.(Simanullang & Dioso, 2020)

In remote areas, access to training is often constrained by distance and inadequate transportation. This obstacle causes many health workers not to have the opportunity to get intensive training. As a result, their ability to use the Rebozo technique to support physiological labor is still limited.(Lopes et al., 2024)

3. Education in the Implementation of the Rebozo Technique

a. Improvement of Competency of Health Workers

Improving the competence of health workers is a strategic step in supporting safer and more effective physiological childbirth. In Brazil, *the Rede Cegonha* program focuses on hands-on, practice-based training to teach non-pharmacological technical health workers such as Rebozo. This approach not only improves technical skills, but also strengthens the ability of health workers to provide emotional support to mothers during the delivery process. Through this practical experience, health workers gain a deeper understanding of the application of this technique in the field(Leal et al., 2021).

The three-pillar training implemented in Congo provides another example of how a hands-on, practice-based approach can improve the competence of health workers. The program combines teamwork and evidence-based techniques to support physiological labor. The collaboration built during the training provides great benefits in increasing the effectiveness and confidence of health workers in handling the needs of mothers giving birth (Berg et al., 2022).

Structured antenatal education programs are also key in building the confidence of health workers when accompanying mothers in childbirth. The program introduces a variety of techniques such as Rebozo, which are designed to help reduce pain and support active labor. In addition to strengthening technical skills, this education also provides practical guidance for health workers to better accompany mothers and their families during the delivery process (Bremner et al., 2020)(Lopes et al., 2024).

Simulation-based training methods are an innovation in the development of health workers' skills. In Taiwan, simulations are used to train midwives in mastery of techniques such as Rebozo, *mindfulness*, and

massage. The simulation allows participants to experience conditions that resemble real situations, thereby increasing their confidence and readiness to work in the field. In addition, this method has also been shown to reduce maternal anxiety and improve psychological well-being during childbirth (Kuo et al., 2022).

b. Couple collaboration in childbirth

Couple collaboration during labor has an important role in the success of the Rebozo technique. In supporting mothers in reducing labor pain, educating couples about these techniques gives them the ability to contribute directly during the labor process. With a better understanding, couples can create a comfortable and supportive environment, helping mothers face labor more calmly. (Wahyuni Bahrum et al., 2023)

The role of a partner is not only limited to emotional support but also includes active involvement in non-pharmacological techniques such as Rebozo. Training programs involving couples allow them to learn the use of tools such as gymnastics balls or cloths to help mothers, thus strengthening their participation in active labor. This approach emphasizes the importance of cooperation between couples to support a more physiological childbirth. (Lopes et al., 2024)

In various antenatal programs, such as *the Early Labor Lounge* (ELL), couples are trained to support mothers with techniques such as Rebozo. Their involvement gives mothers confidence, while helping to reduce the need for unnecessary medical interventions. Through effective collaboration, couples become active partners in creating a more positive childbirth experience. (Bremner et al., 2020)

CONCLUSION

The Rebozo technique is an effective non-pharmacological intervention that provides significant benefits in improving maternal comfort, reducing labor pain, and supporting the physiological progression of labor. Despite its advantages, the technique's application in midwifery practice faces several challenges, including limited training for healthcare workers, inadequate facilities, and the lack of formal integration into midwifery service standards. These barriers underscore the need for structured education and training programs to enhance the skills of health workers and integrate the Rebozo technique into standard practice.

Education plays a crucial role in overcoming these challenges. By implementing comprehensive, practice-based training programs and involving couples in educational initiatives, healthcare providers can gain the necessary competencies to effectively apply the Rebozo technique. Furthermore, increasing access to training, particularly in remote areas, and providing the necessary resources for its application, can help optimize the benefits of this technique. As the evidence suggests, the Rebozo technique has the potential to become a cornerstone of evidence-based, physiological childbirth practices when supported by well-structured education and adequate resources. This research highlights the

importance of addressing these barriers and emphasizes the need for further studies to evaluate the effectiveness and broader application of the Rebozo technique in midwifery practice worldwide.

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