

## 91 - PRELIMINARY SURVEY OF THE NUMBER OF ARTICLES THAT SHOW BELLY DANCE PRACTICE APPLIED IN CANCER PATIENTS

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### INTRODUCTION

The American College Of Sports Medicine-ACSM-(2015) says that cancer occurs when there is a Division and abnormal proliferation of cells in the body. This event can generate a total loss of control of cell multiplication and this is what will lead to the emergence of neoplasms.

Silva and Mazo (2007) state that the dance is an art that develops in space and time, expresses sensitivity through body movement and uses of sound, visual and tactile languages. Therefore, this type of exercise is also an activity of expression, in which moves the body, but also allows the individual to externalize their feelings and emotions.

According to Biancovilli et al. (2016), the Brazilian associates the words death and pain when you think about cancer, which makes clear the fear that the disease causes today. In this respect and have a good receptivity, the dance shows as a viable intervention method. Studies show significant results when using the dance for the cancer treatment, giving patients not only physical, such as psychosocial stress relieve.

HO (2015) States that the improvement of psychological well-being may help speed the recovery of patients who are receiving treatment or have completed radiation sessions, representing an aid in your resume normal life after treatment.

Almeida (2005) confirms the above when punctuation that dance allows the articulation between the mind and the body, in addition to providing the interaction between various physical and psychosocial variables, that is, goes beyond the physiological, enters the world of emotions and feelings of these patients who have lived surrounded by anguish, fear and pain.

Doro et al. (2015) complement that dance can bring positive results to the patient, showing the improved sense of well-being, lessening emotional tension, providing tranquility. This study of Doro et al. (2015) showed that the dance provided psychoactive experiences, which were produced through musicals often offered in the patient rooms. Such intervention offered the rescue of sometimes forgotten memories and oral narratives in order to restore the lost hopes.

This research is justified because of the importance of broadening the research benefits of belly dancing for the treatment of cancer patients, whereas according to the authors mentioned above, there is evidence that this practice can serve as therapy for several diseases, including cancer.

Therefore, this research is important to investigate the amount of duly published studies showing the relationship between belly dance mode, specifically, and the treatment of patients with cancer, being a sensual dance, which influences directly the imagination of its practitioners, which is directly related to the self-esteem of these people. In this way, can be a significant tool in this recovery of body image of cancer patients.

### OBJECTIVE

This study had as main objective to carry out a preliminary bibliographical survey about articles that present the belly dance practice applied in cancer patients.

### METHODOLOGY

This study is a bibliographic survey, through review of the literature, that is, reading works of some authors have duly published studies on the topic. According to Severino (2016, p 131) in the bibliographical research "the texts become sources of themes to be searched. The researcher works from the contributions of the authors of the analytical studies of texts".

For this study, we used the coordenação de aperfeiçoamento de pessoal de nível superior (CAPES). Access to the data base of the CAPES took place on October 26 2017, from the 18 hours and 47 minutes, using the access offered by Amazon-FAMAZ Metropolitan College. Were selected only articles, of all languages, published in the last 10 years (2007 to 2017).

To the selection of keywords, we decided to use the descriptors "cancer" and "belly dance", both translated into the English language. As an aid to the most appropriate choice of this translation, we used the Integrator component of the Virtual Health Library, health sciences descriptors (DECS). In this way, the descriptors used in the survey were cancer and belly dance.

The first level of stratification was the search of the terms. Already the 2nd level of stratification was the result of the combination of the two terms, using the Boolean operator (AND) and peer-reviewed journals. After being read, the articles of this process have been debugged according to the criteria of inclusion and exclusion from research, which resulted in the final product, that is, the third level of stratification of the survey.

As inclusion criteria of the study, were used to treat the items proposed theme, cross-sectional and longitudinal studies, with and without intervention, with and without control and experimental group, review articles and/or meta-analysis. As exclusion criteria were used repeated and unrelated articles directly to the matter at hand, that is, items that don't treat about belly dance applied to cancer patients were excluded from the final sample.

### RESULTS AND DISCUSSION

Through the methodological procedures of the research described, the following results were obtained: 1st level of stratification-isolated terms- cancer (n = 2,775,318); belly dance (n = 3,244). 2nd level of stratification-combination of the two terms- cancer and belly dance: (n = 390). 3rd level of stratification, after being debugged according to the criteria of inclusion and exclusion from research- cancer and belly dance (n = 02).

In this way, it is observed that the isolated terms showed a significant number of articles in both cases. However, when

combined, these numbers have been reduced significantly and these, in your time, when they were cleaned according to the criteria of inclusion and exclusion from research, presented an even lower value, with only two articles which complied with the requirements of the study.

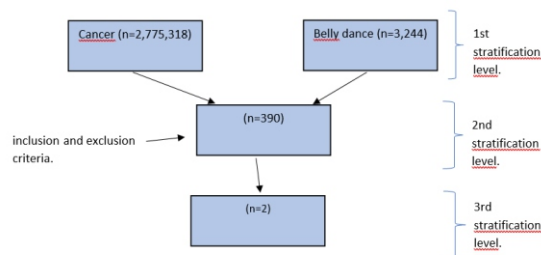


Figure 01: representative Flowchart of the three levels of stratification of the survey.

The first study analyzed from SZALAI et al. (2015), it was found that belly dance has a significant role in the treatment of some diseases, especially in cancer treatment, since it influences directly on the physical and psychosocial effects of individuals affected by the disease, through a form application of special dance and movement therapy for these individuals.

SZALAI et al. (2015) also noted that the effects of belly dance influence directly on improving self-esteem and body image of the practitioners, establishing behavioral changes through the socialization and mutual support between them, confirming that this dance can be a supplementary pharmacological treatment tool that presents significant impacts in the lives of these patients.

In the study of SZALAI et al. (2016), it was found that belly dance improves vitality, fatigue and mood of patients with cancer, as well as decreases the levels of depression and anxiety. Completed stating that the belly dance practitioners are more active, are more inserted into the labour market and are more likely to live alone, suggesting a greater autonomy to carry out the activities of daily living.

In this study of SZALAI et al. (2016), it was identified that the practice of belly dancing has significant impacts, both physical and psychosocial problems in the lives of these patients, because it improves the quality of life and well-being, as well as encourage them to practice other types of exercise and not just the dance, which demonstrates that there is an increase in the provision of these patients associated with motivation and pleasure in moving.

#### FINAL CONSIDERATIONS

After the analysis of the results, one could infer that belly dance can be an effective dance style in the list of non-pharmacological treatments of cancer, since it was designed as a tool to compare the physical and psychosocial aspects related to health in two studies recent on the subject.

After careful review of the research reviewed, it is concluded that belly dance can be a method of rehabilitation for improving the quality of life of cancer patients, representing significant impacts in these patients after the intervention period.

However it is necessary to carry out major studies on the subject, so that the knowledge be systematized with regard to groups from the disease, as practical applications and intervention studies in groups by type of treatment, cancer staging, location, age, gender and other relevant aspects.

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#### PRELIMINARY SURVEY OF THE NUMBER OF ARTICLES THAT SHOW BELLY DANCE PRACTICE APPLIED IN CANCER PATIENTS

The dance can be a tool among non-pharmacological treatments linked to cancer. This research is justified because of the importance of broadening the research benefits of belly dancing for the treatment of these patients, since it is a sensual dance, which influences directly the imaginary and the self-esteem of its practitioners. This study had as main objective to carry out a preliminary bibliographical about articles that present the belly dance practice applied in cancer patients. The research conducted bibliographic survey, through review of the literature. It was used the coordenação de aperfeiçoamento de pessoal de nível superior (CAPES), by access offered by University of Amazônia – UNAMA. Were selected only articles, of all languages, published in the last 10 years (2007 to 2017). The descriptors used were cancer and belly dance, translated by Virtual Health

Library, health sciences descriptors (DECS), divided into three levels of stratification: 1°-2°-isolated; terms terms combined; 3°-debugged according to the criteria of inclusion and exclusion from research (articles that cover not repeated and the theme proposed were excluded). The results obtained were as follows: 1st level of stratification- cancer (n = 2,775,318); ballroom dance (n = 3,244). 2nd level of stratification- cancer and ballroom dance: (n = 390). 3rd level of stratification-n = 02. Only two articles answer the requirements of the study and reported that belly dance improves vitality, fatigue and mood of patients with cancer, as well as decreases the levels of depression and anxiety. After the analysis of the results, one could infer that belly dancing was conceived as a significant tool in improving physical and psychosocial aspects related to the health of people with cancer.

Keywords: dance; cancer; belly dancing.

#### ENQUÊTE PRÉLIMINAIRE SUR LE NOMBRE D'ARTICLES QUI MONTRENT LA PRATIQUE DE LA DANSE DU VENTRE APPLIQUÉ

La danse peut être un outil entre les traitements non pharmacologiques liée au cancer. Cette recherche est justifiée en raison de l'importance d'élargir les avantages de la recherche de baladi pour le traitement de ces patients, étant donné que c'est une danse sensuelle, qui influe directement sur l'imaginaire et l'estime de soi de ses praticiens. Cette étude avait pour objectif principal d'effectuer une enquête préliminaire bibliographique sur des articles qui présentent la pratique de la danse du ventre appliquée chez les patients cancéreux. La recherche menée une enquête bibliographique, par le biais de revue de la littérature. On l'utilisait la coordenação de Aperfeiçoamento de pessoal de nível superior (CAPES), par l'accès offert par l'Université de Amazônia – MANUA. Étaient seulement des articles sélectionnés, de toutes les langues, publiés au cours des 10 dernières années (de 2007 à 2017). Les descripteurs utilisés ont été le cancer et la danse du ventre, traduit par Bibliothèque virtuelle de la santé, descripteurs de sciences de la santé (DECS), divisé en trois niveaux de stratification : 1°-2°-isolé ; conditions termes combinés ; 3°-déboqué selon les critères d'inclusion et d'exclusion de la recherche (article qui couvrent ne pas répété et le thème proposées ont été exclus). Les résultats obtenus étaient les suivants : 1er niveau de stratification - cancer (n = 2 775 318) ; danse de salon (n = 3 244). 2ème niveau de stratification - cancer et danse de salon: (n = 390). 3e niveau de stratification-n = 02. Seulement deux articles répondent aux exigences de l'étude et a signalé que la danse du ventre améliore la vitalité, fatigue et l'humeur des patients atteints de cancer, ainsi que diminue les taux de dépression et d'anxiété. Après l'analyse des résultats, on pourrait en déduire que la danse du ventre a été conçue comme un outil important dans l'amélioration des aspects physiques et psychosociaux liés à la santé des personnes atteintes de cancer.

Mots-clés : danse ; cancer ; baladi.

#### ESTUDIO PRELIMINAR DEL NÚMERO DE ARTÍCULOS QUE MUESTRAN LA PRÁCTICA DE LA DANZA DEL VIENTRE APLICADO EN PACIENTES CON CÁNCER

La danza puede ser una herramienta entre tratamientos no farmacológicos relacionados con cáncer. Esta investigación se justifica debido a la importancia de ampliar los beneficios de la investigación del vientre bailando para el tratamiento de estos pacientes, ya que es un baile sensual, que influye directamente en el imaginario y la autoestima de sus practicantes. Este estudio tuvo como objetivo principal llevar a cabo un preliminar bibliográfica sobre los artículos que presentan la práctica de la danza del vientre aplicada en pacientes con cáncer. La investigación llevó a cabo estudio bibliográfico, a través de la revisión de la literatura. Se utilizó la coordenação de aperfeiçoamento de pessoal de nível superior (CAPES), por el acceso ofrecido por Universidad de la Amazonia – UNAMA. Eran artículos seleccionados solamente, de todas las lenguas, publicados en los últimos 10 años (de 2007 a 2017). Los descriptores utilizados fueron el cáncer y la danza del vientre, traducido por Biblioteca virtual en salud, descriptores en Ciencias de la salud (DECS), dividido en tres niveles de estratificación: 1°-2°-aislado; términos condiciones combinan; 3° depurados según los criterios de inclusión y exclusión de la investigación (artículos que no repetidas la cobertura y el tema propuestas fueron excluidos). Los resultados obtenidos fueron los siguientes: 1 ° nivel de estratificación - cáncer (n = 2.775.318); baile de salón (n = 3.244). 2 ° nivel de estratificación - cáncer y baile de salón: (n = 390). 3 ° nivel de estratificación-n = 02. Sólo dos artículos las exigencias del estudio y reportó que la danza del vientre mejora la vitalidad, fatiga y estado de ánimo de pacientes con cáncer, así como disminuye los niveles de depresión y ansiedad. Tras el análisis de los resultados, uno podría deducir que la danza del vientre fue concebida como una importante herramienta en la mejora de aspectos físicos y psicosociales relacionados con la salud de las personas con cáncer.

Palabras claves: danza, cáncer, danza del vientre.

#### LEVANTAMENTO PRELIMINAR DO QUANTITATIVO DE ARTIGOS QUE APRESENTAM A PRÁTICA DA DANÇA DO VENTRE APLICADA EM PACIENTES ONCOLÓGICOS

A dança pode ser uma ferramenta dentre os tratamentos não farmacológicos ligados ao câncer. Esta pesquisa justifica-se devido a importância de se ampliar a investigação dos benefícios da dança do ventre para o tratamento desses pacientes, visto que é uma dança sensual, que influencia diretamente o imaginário e a autoestima dos seus praticantes. Este estudo teve por objetivo principal realizar um levantamento bibliográfico preliminar acerca dos artigos que apresentem a prática da dança do ventre aplicada em pacientes oncológicos. A pesquisa realizou levantamento bibliográfico, por meio de revisão da literatura. Foi utilizada a base de dados da coordenação de aperfeiçoamento de pessoal de nível superior (CAPES), por acesso oferecido pela Universidade da Amazônia - UNAMA. Foram selecionados apenas artigos, de todos os idiomas, publicados nos últimos 10 anos (2007 a 2017). Os descritores utilizados foram cancer e belly dance, traduzidos pela Biblioteca Virtual em Saúde, Descriptores em Ciências da Saúde (DECS), divididos em três níveis de estratificação: 1° - termos isolados; 2° - termos combinados; 3° - depurados segundo os critérios de inclusão e exclusão da pesquisa (artigos repetidos e que não abordassem o tema proposto foram excluídos). Os resultados obtidos foram os seguintes: 1° nível de estratificação - cancer (n = 2.775.318); ballroom dance (n = 3.244). 2° nível de estratificação - cancer and ballroom dance: (n = 390). 3° nível de estratificação - n = 02. Apenas dois artigos atenderam às exigências do estudo e relataram que a dança do ventre melhora a vitalidade, a fadiga e o humor dos pacientes com câncer, bem como diminui os níveis de depressão e ansiedade. Após a análise dos resultados, pôde-se inferir que dança do ventre foi concebida como ferramenta significativa na melhoria dos aspectos físicos e psicossociais relacionados à saúde de pessoas com câncer.

Palavras-chave: dança; câncer; dança do ventre.