



Massage an adjunct to nursing care of premature and very low birth weight infants for weight gain.

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Outline of presentation

- Introduction
- Methods
- Findings
- Conclusion
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Background to study

- Infant (1 day to 12 months) mortality remains high especially among the premature and very low birth weight (neonate).
- Main causes – immaturity of organs and inability to protect from infections.



Introduction.

- VLBW infants (1000 – 1500 gms) – at high risk for neonatal deaths. Systems immaturity, infection risks.
- Almost always admitted to NICU for close management and weight gain. Usually takes 22-25 days if gained 15gm/kg/day.
- NICU – stressful environment, frequent disturbances, contribute less weight gain.



Introduction

- Longer stay – potential to nosocomial infections and other associated complications.
- Studies on massage among infants has positive evidence to weight gain, increase immune function, sleeps longer for growth promotion.
- Other benefits of massage– early discharge from hospital, relaxed, bonding between infant and carers.



Objectives of study

- Investigate weight gain between VLBW infants of experimental and control groups.
- Identify factors that contribute to weight gain of VLBW infants in the NICU



Study

- Conducted in 2 selected hospitals in Indonesia, meet all sample criteria.
- One was a referral center for the public and the other a private hospital.
- Country popular for adult massages but none initiated for infants.
- Rate of VLBW infants delivered high and costly for hospitalization.



Literature review

- Massage is manipulation of soft and connective tissue, increases the physiological and psychosocial well beings like relaxation, circulation and induce sleep (Braun & Simonson, 2008).
- Popular techniques are Swedish and Thai massage. Strokes include gliding, compression, friction and range of movements.



Literature review

- Braun (2008), Beachy (2003), Mendes & Procianoy (2008), Dieter (2003) reported increase weight gain with infants given massage than those with no massage. Hospital stay reduced 7 days.
- Garmson (2007) and Zulkifli (2008) reported massage enhances communication between brain and body of infants, promoting parent-infant communication.
- Abu-Osba et al (2009) – NICU care very costly, increases with decreasing gestational age.



Methodology

- Quasi- experimental study. An experimental and a control group.
- Total of 20 VLBW selected. 10 for each group.
- Daily massage for experimental group.
- Inclusion criteria
 - Weight 1000-1500 gms
 - Gestation age <36 weeks
 - Medically stable, not on ventilator
 - No central lines and no surgical interventions.