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
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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.

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.