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Effect of moderate pressure body massage on neonatal jaundice in term neonates



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Background: Neonatal jaundice (NNJ) is one of the most common morbidity encountered in early neonatal period. Infant massage, in which babies are massaged soon after birth, is a tradition that is common in India and many other countries. Currently, few publications supported role of preventing or decreasing need of phototherapy in NNJ.

Aim: The main aim of this study was to investigate the effects of infant massage on neonates with jaundice.

Methods: Full-term neonates after birth at Rainbow Children's Hospital were randomly allocated to either a control group or a massage group. The medical information for each neonate including total feeding amount, body weight, defecation frequency, and bilirubin level, were collected and the outcome was compared between two groups.

Results: A total of 346 babies were initially included in the study. One hundred and seventy-three were randomized as cases and 173 as controls. Reduction in bilirubin levels was more in massage group than the controls (though not statistically significant). Significantly, more weight loss was seen in controls compared to the cases in the study period ($p=0.029$).

Conclusions: This study has noted that massage therapy in infants leads to reduction in bilirubin levels and also significant decrease in weight loss. It is therefore advised to routinely educate all the mothers regarding massage therapy and encourage its practice.

Biography

Swetha Ravi has done her Fellowship in Neonatology from Rainbow Children's Hospital, Hyderabad. She also has worked for four years in the same department. Now, she is the Chief Consultant Neonatologist at Krishna Institute of Medical Sciences, Kondapur, Hyderabad, India, for the last two years.

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