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The effect of swedish massage on children's sleep during hospitalization: A clinical trial study

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Background:

Hospitalization impairs sleep patterns. The present study aimed to determine the effect of massage on sleep quality and quantity in hospitalized children.

Method:

This was a prospective clinical trial designed according to the CONSORT checklist. The participants were 70 hospitalized girls of 4-12 years of age, randomly assigned to intervention and control groups. The research instrument was Owens' Children's Sleep Habits Questionnaire and the Sleep Quantity Index. The control group received routine care, while the intervention group underwent Swedish massage by a nurse for 30 minutes for three nights. Independent t-test, paired t-test, repeated measures analysis of variance, and the generalized linear model (GLM) were used to analyze the data.

Results:

There was no significant difference in the mean scoresof sleep quality between the two groups before the intervention ($p = 0.3$), but there was a significant difference between the groups in terms of sleep quality ($p < 0.001$) after the intervention. Massage therapy increased sleep quality in all dimensions except for parasomnia ($p = 0.13$). There was no significant difference between the changes in the sleep quantity scores of the control and intervention groups over time ($p = 0.09$).

Conclusion:

Although the use of massage affected sleep quality of sleep, it did not affect sleep quantity. Therefore, in addition to using massage and teaching it to parents and nurses, other factors affecting sleep quantity should be identified and the necessary measures should be taken.

Biography:

Dr. Yosra Raziani is an experienced lecturer with a demonstrated history of working in the higher education industry. Skilled in Philanthropy, Nutrition, Research, Nursing and Public Speaking. Strong education professional with a Master's degree focused in Pediatric Nursing from LUMS (Lahore University of Management Sciences).

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