

EFFECT OF MASSAGE ON HEALTH STATUS OF NEONATES WITH HYPERBILIRUBINEMIA

AMNA NAGATY ABO EL-MAGD¹, SOHEIR ABD EL-HAMID DABASH²,
SHADIA RIAD EL-GUINDY³, EMAN SAYED MASOED⁴ & SALMA ZOHEIR EL HOUCHI⁵

¹Assistant Lecturer, Pediatric Nursing, Faculty of Nursing, Minia University, Egypt

^{2,3}Assistant Professor, Pediatric Nursing, Faculty of Nursing, Cairo University, Egypt

⁴Assistant Professor, Pediatric Nursing, Faculty of Nursing, Minia University, Egypt

⁵Assistant Professor, Pediatric Medicine, Faculty of Medicine, Cairo University, Egypt

ABSTRACT

Background

Hyperbilirubinemia affects 60% of term and 80% of preterm infants in the 1st week of life. Massage is a non-invasive therapeutic technique. It does not require any special technology or equipment; can easily be carried out alongside classical medicine and can result in a lowering of treatment costs, shortening of the length of the disease and its side-effects. **The aim** of this study was to assess the effect of massage on the health status of neonates with hyperbilirubinemia.

Methodology

A quasi-experimental design was utilized in this study, a purposeful sample of 64 neonates with hyperbilirubinemia in El Monira Pediatric Hospital of Cairo University admitted to the Neonatal Intensive Care Unit.

Results

Mean of Total Serum Bilirubin (TSB) level in the 2nd, 3rd, and 4th day of the study was decreased among the study group than the control group with statistically significant differences. During 72 hours of admission, more than half of the study group and only six percent of the control group were discharged with a highly statistically significant difference.

Conclusions

Applying massage therapy combined with phototherapy in neonates with hyperbilirubinemia is effective in reducing TSB levels, and hospital stays. Recommendation: apply baby massage as a routine care for full term neonates with hyperbilirubinemia under phototherapy.

KEYWORDS: Health Status, Hyperbilirubinemia, Massage, Neonates