

# ICN 2013 - Concurrent / Poster Submission

*Topic:*

*Technology supporting equity and access*

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## A PRELIMINARY STUDY OF DIFFERENT ACUPRESSURE AND MERIDIAN MASSAGE ON INCREASING BODY WEIGHT IN LOW BIRTH WEIGHT PREMATURE INFANT

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**Abstract Content: Background** The studies have proved that body weight of premature infant can be increased by acupressure and meridian massage. For a better application for caregiver, the procedure of acupressure massage needs to be simplified.

**Objective** The purpose of study is to compare the different acupressure and meridian massages on the effectiveness of increasing body weight in low birth weight premature infant.

**Methods** The 5 subjects in acupressure group were given a standard procedure of massage included Kneading Zhongwan (RN-12), Zusanli (ST-36), Yongquan (KI-1), abdomen rubbing, spleen and stomach meridian pushing, and kneading the points along spine of bladder meridian. The 5 subjects in control group were given a simplified procedure, which diminished 3 steps, Zusanli, Yongquan, and abdomen rubbing from standard procedure. Infants in both groups were intervened acupressure and meridian massage three times a day and 15 minutes each time for 15 days. The data were collected including demographic data, infants' sleep-wake stats in every 10 seconds for 5 minutes before and after intervention, and infant's intake, elimination, body weight every day until discharged.

**Results** The subjects' demographic data were homogeneous between two groups. The daily average weight-gain of infant in standard massage was significantly higher than those on simplified massage group ( $34.1\text{gm} \pm 5.1$  vs.  $28.6\text{gm} \pm 1.9$ ;  $p < 0.05$ ). The infants' wake states were increased in two groups after intervention.

**Conclusion** The result of study provides a model of acupressure and meridian massage as a reference for nurse in caring very low birth weight premature infants.

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**National Nurse Association:** Taiwan: Taiwan Nurses Association

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**Keywords:** Acupressure, body weight, meridian massage, very-low- birth-weight premature