

Effects of combined acupressure and meridian massage on increasing body weight in low birth weight premature infants

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Background:

Message therapy has been administered to facilitate weight gain for preterm infants.

Aims:

The purpose of study was to explore the effect of combined acupressure and meridian massage on body weight in premature infants with low birth weight.

Table1. Comparison of baseline data of the experimental and control groups (N=41)

Items	Acupressure G (n= 19)		Observation G (n= 22)		t	p-value
	Mean	SD	Mean	SD		
Gestational Age	209.32	24.29	206.73	16.54	0.403	0.689
Birth Weight	1183.47	275.55	1131.36	279.24	0.600	0.552
BW 1 D before study	1585.21	61.67	1569.50	60.25	0.824	0.415
Total feeding volume-14days	3888.21	573.33	3731.23	207.86	1.131	0.270
Day of Birth	38.37	23.62	42.50	20.85	-0.595	0.555
Admission length	65.11	26.58	80.05	27.30	-1.724	0.093
Apgar Score						
1	7.16	2.24	7.09	2.29	0.094	0.925
5	8.63	1.50	8.91	1.34	-0.626	0.535

Noticed : t- test

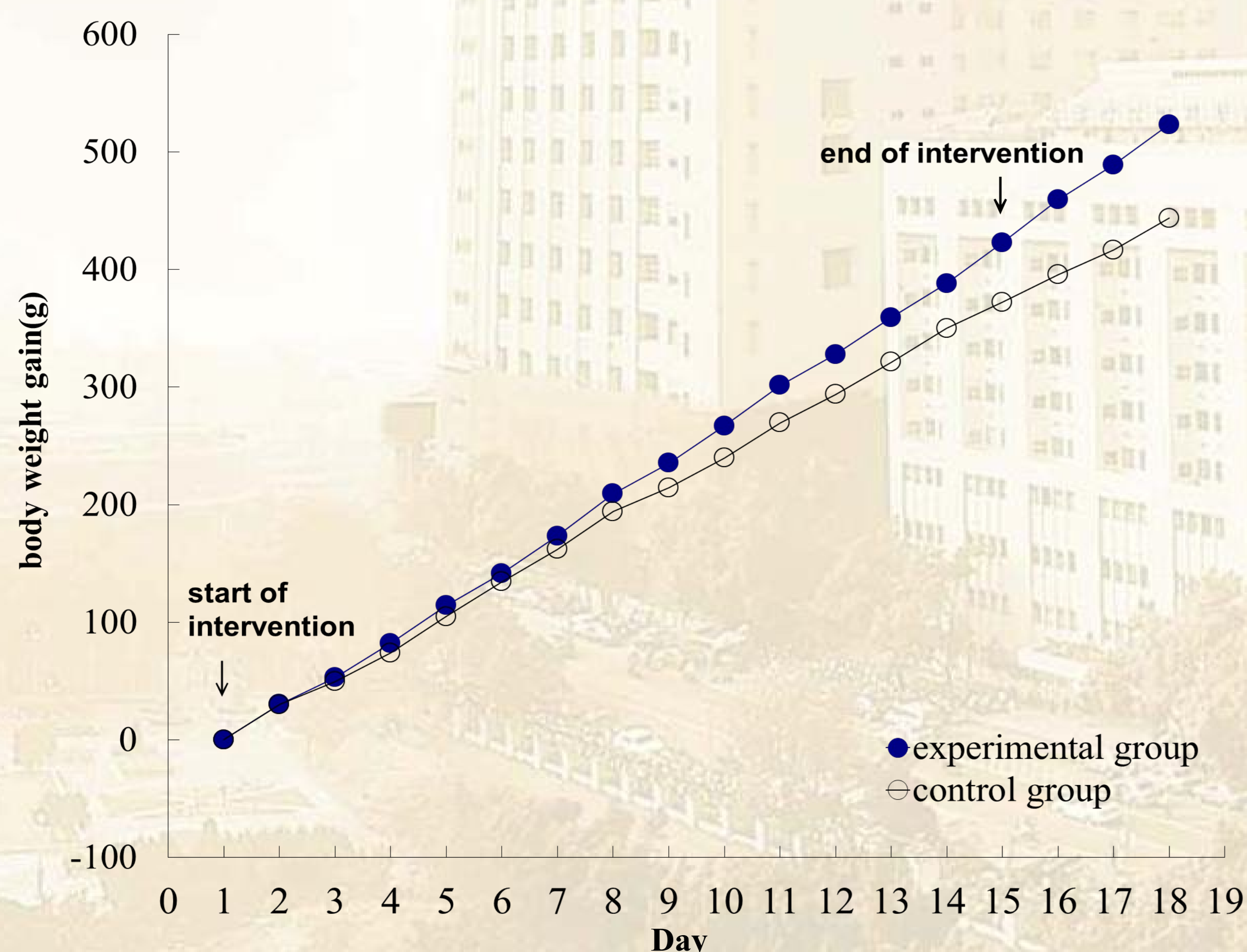


Figure 1. Total weight gained per day by the experimental group and the control group

Results:

There was a homogeneous result on subjects' demographic data and volume of milk ingested between two groups. The daily average weight-gain of infants in the experimental group was 30.6gm (SD=6.7) compared with 26.4gm (SD=6.5) in the control group. The weight gain observed in the experimental group was significantly higher than that observed in the control group.

Methods:

A double-blind clinical trial was conducted in a medical central in Taiwan. Forty one subjects were randomized into two groups. The 19 subjects in the experimental group were given a standardized procedure of intervention which included acupressure on Zhongwan, Zusanli, Yongquan points, abdominal rubbing, spleen and stomach meridian massage, and kneading the acupoints along spine of the bladder meridian. The intervention was administered one hour before meal, 15 minutes each time, three times a day, and continually for 15 days. The 22 subjects in control group underwent routine care and were observed. The data of infants' body weights and volume of milk ingested were recorded.

Conclusion:

The study reveals that acupressure and meridian massage have a significant effect on weight-gain in premature infants with low birth weight. The study suggests that acupressure and meridian massage techniques could be a strategy for improving quality care of premature infants with low birth weight.



Key Word:

Acupressure, Meridian Massage, low birth weight Premature, Body weight gain

