

**Role of Massage Therapy on Reduction of Neonatal
Hyperbilirubinemia In Neonates Admitted at Fayoum University
Hospital.**

Thesis

Submitted For Partial Fulfillment of Master Degree in Pediatrics

By

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(M.B.B.Ch)

Faculty of medicine- Fayoum University

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ABSTRACT

Background: Hyperbilirubinemia is one of the most common clinical phenomena. It is found in 80% of premature infants and 60% of term infants in the first week of life. Most hyperbilirubinemia does not require special therapy, but because of the potential toxic effects, all neonates should be monitored to detect the possibility of severe hyperbilirubinemia. Massage therapy has been commonly practiced as a traditional complementary therapy in neonates.

Objectives: This study aimed to evaluate the effect of neonatal massage on jaundiced infants undergoing phototherapy compared to non-massaged infants regarding reduction of bilirubin, daily stool frequency and weight gain.

Patients & Methods: The study was performed on 70 neonates with evidence of jaundice admitted in neonatal intensive care unit (NICU) of Fayoum University Hospital divided into a massage group (35 neonates) and non-massage group (35 neonates). Detailed history and meticulous general & systemic examinations were done. Complete blood count, reticulocyte count, total, indirect & direct serum bilirubin, blood grouping and RH were done simultaneously at time of evaluation.

Results: The results of our study showed that most of the study population was male neonates (61%). It was also found that the mean value of bilirubin concentration was decreased significantly day-wise after admission and the birth weight of the neonate was significantly increased from admission and after the massage therapy. The study also concludes that the

bilirubin concentration was decreased better with phototherapy and massage. It was also found that, there was an increased frequency of defecation with phototherapy along with massage in day 3 and day 4 of admission. Massage also has a positive effect on normal sleep pattern among massage group.

Conclusions: The massaging of infants reduces bilirubin level and increases the frequency of defecation & weight gain while they are receiving phototherapy for jaundice.

Keywords: neonatal jaundice, Phototherapy, Bilirubin level, Massage.