

A STUDY TO ASSESS THE EFFECTIVENESS OF COCONUT OIL MASSAGE THERAPY AMONG WEIGHT OF THE LOW BIRTH WEIGHT BABIES ADMITTED IN NEONATAL INTENSIVE CARE UNIT OF SELECTED HOSPITALS, AT VADODARA DISTRICT OF GUJARAT.

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ABSTRACT

BACKGROUND: Nature massage babies in the womb, where contractions rhythmically squeeze and push, providing stimulation to the baby, studies show that more the babies are touched, nurtured and tenderly massaged, the happier and more balanced they grow. Massage or touch therapy is a natural and almost instinctive way to care. By little touch the entire body of the baby cause comfort. Both physically and psychologically Studies shows that more the babies are touched, nurtured and tenderly massaged the happier and more balanced they grow. It enhances the bonding improves sleep pattern, stimulates food absorption, resulting faster weight.

OBJECTIVE: The objective of the study was to evaluate the effectiveness of coconut oil massage on weight of low birth weight babies among neonatal intensive care unit and find out association between the effects of coconut oil massage on weight of low birth weight babies with selected variables.

METHODS & MATERIALS: An evaluative research approach with pre experimental design was used and the study was conducted at pediatric hospitals of vadodara district of Gujarat. The sample was comprised of NICU low birth weight baby. Sample was selected by using random, sampling technique.

RESULTS: The result of data reveals that Daily assessment of the weight of the baby after giving coconut oil massage to the LBW baby who are admitted in NICU till 7 days. It was found that daily weight gain into baby and coconut oil massage effective in LBW baby. From all the demographic variables, 3- variables were found significant and remaining were non-significant.

KEYWORDS:

Effectiveness, LBW baby admitted in NICU, massage therapy, weight measurement.

INTRODUCTION

Human touch has been shown to be emotionally and physically healing for centuries touch is primary need and the first important mode of communication between a mother and her new baby.

Low birth weight infants are at a disproportionately higher risk of mortality, morbidity, poor growth, impaired psychomotor and cognitive as immediate outcomes. Maternal malnutrition prior to and during pregnancy manifested by low bodyweight, short stature, inadequate energy intake during pregnancy and coexisting micronutrient deficiency are considered major determinants in developing countries where the burden is too high.

Massage is found to be more useful when some kind of lubricant oil is used various oil preparations are used depending on the regional availability; the common oil used are sunflower and coconut oil. Though baby and infant

massage is a tradition in India and other Asian countries now it has been emerged in all terms of weight gain better sleep – wake, emotional bonding, reduced rates of nosocomial infection jaundice, hypothermia, skin disorder.

MATERIALS AND METHODS

An evaluative research approach with pre experimental design was used and the study was conducted at pediatric hospitals of Vadodara district of Gujarat. The sample was comprised of NICU low birth weight baby. 60 Sample were selected by using random Sampling technique. The tools used for data collection were divided into two sections. Section – I includes the socio demographic variables of the subjects of the study. Section – II includes evaluation criteria for assessing the effectiveness of coconut oil massage among LBW babies.

STATISTICS

- Descriptive statistics is used for to assess the Mean, Median, Standard deviation, Frequency and Percentage
- Inferential Statistics like Chi Square test used to find the association

RESULTS

SECTION- A. ASSOCIATION WITH DEMOGRAPHIC VARIABLE OF LOW BIRTH BABIES ADMITTED IN NICU.

(Significant at 0.05 level)

Si.no.	Demographic variables	Chi Square Value	df	Significance
1	Age of Mother	9.81	04	Significant
2	Educational Background	6.837	06	Not Significant
3	Gestational age of Newborn at birth	4.079	04	Not Significant
4	Gender of Newborn	3.935	02	Not significant
5	Birth weight of Newborn	36	02	Significant
6	Type of Feeding	36	02	Significant

SECTION-B. Evaluate the effectiveness of coconut oil massage among the LBW babies.

	Mean	N	SD	t	df	p Value	
Day-1	1.928	40.000	0.289	6.215	39	<0.001	Significant
Day-7	2.010	40.000	0.302				

DISCUSSION

The findings of the study includes the postnatal mothers according to their age, shows that highest percentage (50%) of the sample belongs to age group of 25-34 years and least percentage (7.5%) were belonging to 34-4 year age group. Mother according to their educational level, shows that illiterate (5%), primary education (40%), secondary education (40%), other (15%). According to gestational age of the baby <37 weeks (17.5%), 37 weeks (17.5%), >37 weeks (65%). The new born according to their gender male (47.5%), female (52.5%). The birth weight of the baby 1501-2000 (62.5%), 2001-2499 (37.5%). The new born according to type of feeding direct breast milk (37.5%), expressed breast milk (62.5%). Daily assessment of the weight of the baby after giving coconut oil massage to the LBW baby who were admitted in NICU till 7 days. It was found that daily weight gain into baby and coconut oil massage effective in LBW baby.

CONFLICT OF INTEREST: The authors declare that there is no any conflict of interest.

ETHICAL CLEARANCE: As the study conducted on humans, approval from institutional ethical committee was obtained before commencement of the study.

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