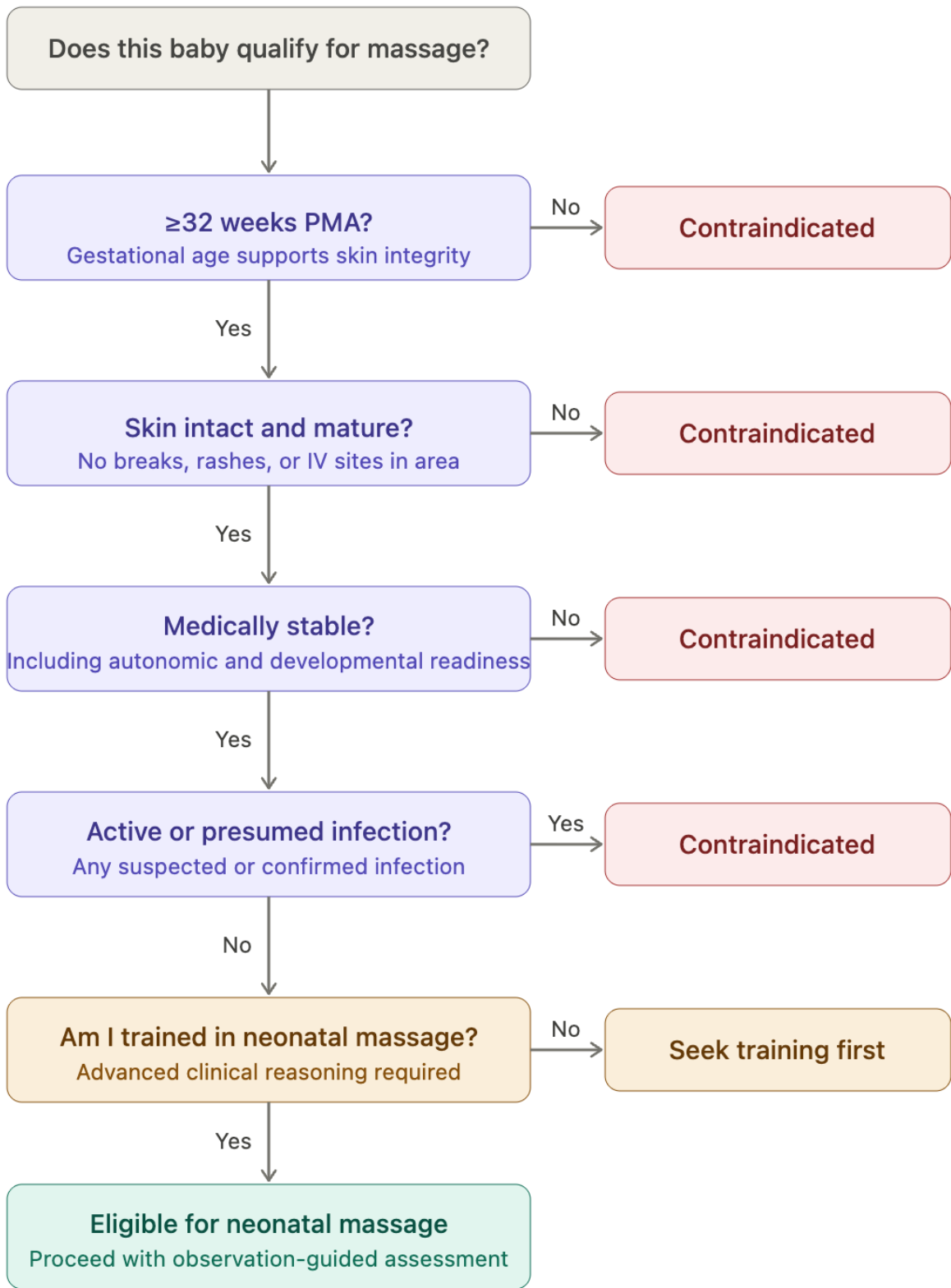




■ Clinical criteria ■ Contraindicated ■ Clinician readiness ■ Eligible to proceed

Certified Infant Massage Therapists at CHN: Mackenzie McQuay, Melissa Manley, Jamie Love

References:

- Abd Elrazek, A., E Abo Zaid, D., & A Hassan, R. (2022). Effect of abdominal massage on feeding intolerance and weight of preterm neonates. *Egyptian Journal of Health Care*, 13(4), 1725–1736.
<https://doi.org/10.21608/ejhc.2022.284291>
- American Academy of Pediatrics & American College of Obstetricians and Gynecologists. (2017). *Guidelines for perinatal care* (8th ed.). Elk Grove Village, IL: AAP; Washington, DC: ACOG.
- Anwr, D., Mohamed, O., & Ayed, M. (2020). Effect of massage on increasing growth parameters and inducing sleep among premature neonates. *Egyptian Journal of Health Care*, 11(3), 530–540.
<https://doi.org/10.21608/EJHC.2020.146733>
- Association of Women's Health, Obstetric and Neonatal Nurses. (2018). *Neonatal skin care: Evidence-based clinical practice guidelines* (4th ed.). Washington, DC: AWHONN.
- Baniasadi, H., Hosseini, S., Abdollahyar, A., & Sheikhbardsiri, H. (2017). Effect of massage on behavioural responses of preterm infants in an educational hospital in Iran. *Journal of Reproductive and Infant Psychology*.
- Doğan, E., Kaya, H. D., & Günaydin, S. (2023). The effect of massage on the bilirubin level in term infants receiving phototherapy. *EXPLORE*, 19(2), 209–213. <https://doi.org/10.1016/j.explore.2022.05.001>
- Düken, M. E., & Yayan, E. H. (2024). A follow-up study on the effects of massage on preterm infants: A randomized controlled research. *EXPLORE*, 20(3), 392–400.
- Elmoneim, M., Mohamed, H., Awad, A., El-Hawary, A., Salem, N., El Helaly, R., Nasef, N., & Abdel-Hady, H. (2021). Effect of tactile/kinesthetic massage therapy on growth and body composition of preterm infants. *European Journal of Pediatrics*, 180, 207–215. <https://doi.org/10.1007/s00431-020-03738-w>
- Elsagh, A., Lotfi, R., Amiri, S., & Gooya, H. (2019). Comparison of massage and prone position on heart rate and blood oxygen saturation level in preterm neonates hospitalized in neonatal intensive care unit: A randomized controlled trial. *Iranian Journal of Nursing and Midwifery Research*, 24(5), 343–347.
- Erçelik, Z. E., Doğan, P., & Yılmaz, H. B. (2022). The effect of massage on growth in premature babies: A systematic review and meta-analysis. *Journal of Education and Research in Nursing*, 19(2), 191–197.
<https://doi.org/10.5152/jern.2022.13285>
- Fontana, C., Menis, C., Pesenti, N., Passera, S., Liotto, N., Mosca, F., Roggero, P., & Fumagalli, M. (2018). Effect of early intervention on feeding behavior in preterm infants: A randomized controlled trial. *Early Human Development*, 121, 15–20.
- Graven, S. (2006). Sleep and brain development. *Clinics in Perinatology*, 33, 693–706.

- Haward, M., Lantos, J., Janvier, A., & the POST Group. (2020). Helping parents cope in the NICU. *Pediatrics*, 145(6), e20193567. <https://doi.org/10.1542/peds.2019-3567>
- Hwu, L. J., Tzeng, Y. L., Teng, Y. K., & Liu, S. J. (2023). Effects of massage intervention on discharged premature infants' weight, parental stress, and parent–child attachment: A randomized controlled trial. *Infant Behavior and Development*, 72, 101867. <https://doi.org/10.1016/j.infbeh.2023.101867>
- Jabraeili, M., Mirghafourvand, M., Montazeri, M., & Farshi, M. R. (2023). The effect of massage on cortisol level in infants: A systematic review and meta-analysis. *Journal of Neonatal Nursing*, 29(5), 720–727. <https://doi.org/10.1016/j.jnn.2023.02.010>
- Jamshaid, A. A., Hamid, M. H., Fatima, T., Noor, M., & Wasim, A. (2021). Emollient therapy in preterm and low birth weight neonates: A randomized clinical trial. *Journal of the College of Physicians and Surgeons Pakistan*, 31(3), 298–301.
- Köse, S., Gözen, D., Aytemiz, Ö. E. K., & Çağlayan, S. (2024). The effect of abdominal massage on bilirubin levels in term infants receiving phototherapy: A randomized controlled trial. *Advances in Neonatal Care*, 24(3), E40–E46.
- Küçüktepe, A., & Canbulat Şahiner, N. (2023). The effect of regional massage performed before blood collection on pain and vital signs in newborns. *Journal of Paediatrics and Child Health*. <https://doi.org/10.1111/jpc.16368>
- Lai, M., D'Acunto, G., Guzzetta, A., Finnigan, S., Ngenda, N., Ware, R. S., Boyd, R. N., & Colditz, P. B. (2022). Infant massage and brain maturation measured using EEG: A randomized controlled trial. *Early Human Development*, 172, 105632. <https://doi.org/10.1016/j.earlhumandev.2022.105632>
- Li, X., Zhong, Q., & Tang, L. (2016). A meta-analysis of the efficacy and safety of using oil massage to promote infant growth. *Journal of Pediatric Nursing*, 31(5), 313–322.
- Liao, Y.-C., Wan, Y.-H., Chen, P.-H., & Hsieh, L.-Y. (2021). Efficacy of medium-chain triglyceride oil massage on growth in preterm infants: A randomized controlled trial. *Medicine*, 100(30), e26794. <https://doi.org/10.1097/MD.00000000000026794>
- Liu, J., Fang, S., Wang, Y., Gao, L., Xin, T., & Liu, Y. (2022). The effectiveness of massage interventions on procedural pain in neonates: A systematic review and meta-analysis. *Medicine*, 101(41).
- Lu, L., Lan, S., Hsieh, Y., Lin, L., Chen, J., & Lan, S. (2020). Massage therapy for weight gain in preterm neonates: A systematic review and meta-analysis of randomized controlled trials. *Complementary Therapies in Clinical Practice*, 101168.

- Nist, M., Harrison, T., & Steward, D. (2019). The biological embedding of neonatal stress exposure: A conceptual model describing the mechanisms of stress-induced neurodevelopmental impairment in preterm infants. *Research in Nursing and Health*, 42(1), 61–71.
- Pados, B., & McGlothen-Bell, K. (2019). Benefits of infant massage for infants and parents in the NICU. *Nursing for Women's Health*, 23(3), 256–271. <https://doi.org/10.1016/j.nwh.2019.03.004>
- Pupala, S., Rao, S., Strunk, T., & Patole, S. (2019). Topical application of coconut oil to the skin of preterm infants: A systematic review. *European Journal of Pediatrics*, 178(9), 1317–1324.
- Rashwan, Z. I., Abohadida, R. M., Khonji, L. M., & Saleh, S. E. S. (2023). Bundling gentle body massage along with regular position change under phototherapy among full-term neonates with hyperbilirubinemia: Is it effective? *Journal of Neonatal Nursing*, 29(3), 464–470. <https://doi.org/10.1016/j.jnn.2022.08.002>
- Saeadi, R., Ghorbani, Z., & Shapouri Moghaddam, A. (2015). The effect of massage with medium-chain triglyceride oil on weight gain in premature neonates. *Acta Medica Iranica*, 53(2), 134–138.
- Seiiedi-Biarag, L., & Mirghafourvand, M. (2020). The effect of massage on feeding intolerance in preterm infants: A systematic review and meta-analysis study. *Italian Journal of Pediatrics*, 46(1), 52.
- Uchitel, J., Vanhatalo, S., & Austin, T. (2022). Early development of sleep and brain functional connectivity in term-born and preterm infants. *Pediatric Research*, 91(4), 771–786. <https://doi.org/10.1038/s41390-021-01497-4>
- Visscher, M. O., et al. (2015). Newborn infant skin: Physiology, development, and care. *Clinics in Dermatology*, 33, 271–280.
- Wang, L., He, J., & Zhang, S. (2013). The efficacy of massage on preterm infants: A meta-analysis. *American Journal of Perinatology*, 30(9), 731–738. <https://doi.org/10.1055/s-0032-1332801>
- Yavas, S., Bulbul, T., & Topcu Gavas, H. (2021). The effect on pain level and comfort of foot massages given by mothers to newborns before heel lancing: Double-blind randomized controlled study. *Japan Journal of Nursing Science*, 18(4), e12421. <https://doi.org/10.1111/jjns12421>