

原作者及出處 (Original):

Yates, Charlotte C.; Mitchell, Anita J.; Booth, Melissa Y.; Williams, D. Keith.; Lowe, Leah M.; Whit Hall, Richard.

Winter 2014 - Volume 26 - Issue 4 - p 405-410

doi: 10.1097/PEP.0000000000000081

題目 (Title):

按摩療法對早產兒入睡的成效

(The Effects of Massage Therapy to Induce Sleep in Infants Born Preterm)

翻譯者 (Translator):

林珮如 (Pei-Ju Lin, PT, MS)

臺北市立文山特殊教育學校 復健組長 台北 台灣

(Section Chief of Rehabilitation, Wenshan School of Special Education, Taipei, Taiwan)

校閱者 (Reviewer):

廖華芳 (Hua-Fang Liao)

台灣大學醫學院 物理治療學系暨研究所 兼任副教授 台北 台灣

(Adjunct Associate Professor, School of Physical Therapy, College of Medicine , National Taiwan University, Taipei, Taiwan)

目的 (Purpose):

本研究目的為確認按摩療法是否能作為幫助早產兒入睡的一種輔助療法。

(The aim of this study was to determine whether massage therapy can be used as an adjunct intervention to induce sleep in infants born preterm.)

方法 (Methods):

30位懷孕週數至少28週的早產兒，在介於32和48週的矯正懷孕週數期間，被隨機分配為兩組，採交叉研究設計，逐一分別介入一天的按摩療法，以及另一天未接受按摩療法。本研究每天早上採用Motionlogger Micro睡眠活動紀錄儀

(Motionlogger Micro Sleep Watch Actigraph)記錄下肢活動。

(Thirty infants born at a minimum of 28 weeks gestational age, who were at the time of the study between 32 and 48 weeks adjusted gestational age, were randomly assigned to receive massage therapy on 1 day and not receive massage on an alternate day. The Motionlogger Micro Sleep Watch Actigraph recorded lower

extremity activity on the morning of each day.)

結果 (Results):

兩組在研究期間的睡眠效率並無顯著差異($P = 0.13$)，在按摩結束後的睡眠狀態有顯著差異，有較多的嬰兒在未按摩日入睡 ($\chi^2 = 4.9802, P = .026$)。

(No significant difference was found between groups for sleep efficiency ($P = .13$) during the time period evaluated. Groups differed significantly during the time period after the massage ended with more infants sleeping on the nonmassage day [$\chi^2 = 4.9802, P = .026$].)

結論 (Conclusions):

早產兒對按摩有好的耐受性，按摩後的早產兒不會比未按摩者較快入睡。

(Massage is well tolerated in infants born preterm and infants do not fall asleep faster after massage than without massage.)

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