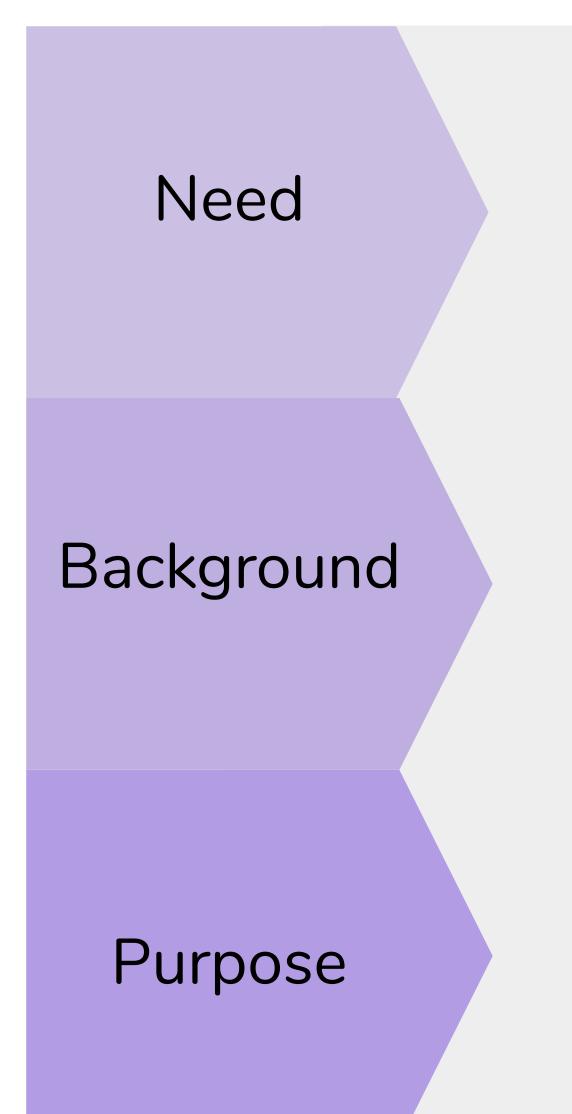
THE UNIVERSITY OF

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PICO Question

Is infant massage effective for increasing social-emotional bonding for infants in acute care settings?

Background & Rationale



Acute care settings do not facilitate caregiver-infant interaction, which is key to proper development.

Infant massage is a soothing tactile stimulation between caregiver and infants under one year of age.

This project aims to appraise evidence of the effectiveness of infant massage for increasing social-emotional bonding.

EBP Process

Step 1	PICO question developed based on practiti need
Step 2	Databases searched for relevant articles
Step 3	Articles selected based on inclusion/exclusi criteria
Step 4	Evidence appraised and individual CAPs per
Step 5	Integrated into CAT portfolio, reviewed by

Infant Massage and Bonding

Databases

CINAHL, Cochrane, TRIP, PubMed, Google Scholar, Scopus

Inclusion/Exclusion Criteria

Children under 1 year of age; NICU or acute care; Attachment and bonding for the outcome

Search Ter

Infant, babies, N acute care; Infar massage, baby massage, massa therapy, tactile stimulation; Attachment, bonding, social-emotional attachment

Main Findings & Limitations

Level of Evidence	Quality	Main Findings	Limitations
	Hartanti, et al., 2019 (70% Quality Score)	↓ in mother's depressive symptoms ↑ infant sleep	-Completed in a different country -Inclusion/exclusion criteria not included
	Holditch-Davis, et al., 2013 (80% Quality Score)		-Mothers in control group could have applied other interventions -Attrition
	Shongai et al., 2018 (84% Quality Score)	<pre> ↑infant massage accelerates the rate and ↑ attachment</pre>	- Small sample size -Hallway noise in NICU during assessment -Presence of research member
	Gurol, et al., 2012 (82% Quality Score)	↑ attachment	-Sample was self-selected -Lack of randomization -Mothers in control group could have applied intervention
	Kim, et al., 2017 (82% Quality Score)	 ↑ paternal attachment ↑ stabilization of infant's physiological state 	-Short period of time between pr and post-intervention data collection -Lack of randomization -Small sample size

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NICU, ant	Full text,	increases
411L ,	English-only, published in	
sage	the last 10 years	Infant mass on the evid for 10 minu

Recommendations for Implementation

Recommend using infant massage in an acute care setting and in the home to increase social-emotional bonding and attachment

References





Clinical Bottom Line

vidence supports that infant massage s social-emotional bonding and attachment.

sage can be effective in a range of doses. Based dence, implementation varied from once per day utes to 2-3 times per day for 15 minutes.

Infant massage may have positive effects on sleep quality and physiological states.

> There is certification available to provide infant massage. Once you are trained you can teach caregivers and providers.



