

Tactile-kinesthetic Stimulation to the Premature Infant in Neonatal Intensive Care: Psychophysiological effects in infants and parents

ABSTRACT:

This study aimed to evaluate an intervention program with parents of premature infants who were hospitalized at a Neonatal Intensive Care Unit. The intervention program included daily tactile-kinesthetic stimulation, separately provided by the mother and the father to the infant during the hospitalization period and at home for 12 months. Selected outcome indicators for this evaluation were the infant's health and well-being (increasing weight and body mass index and reduction of hospitalization time) and psychomotor development. The reduction of the parents' psychological distress, as well as the promotion of the quality of their involvement, care, and interaction provided to the infant were also goals and positive outcomes of this intervention program.

Keywords

Prematurity, Massage, Intervention program, Neonatal Intensive Care Unit

Published Work:

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Figueiredo, B. (2007). Massagem ao bebé. *Acta Pediátrica Portuguesa*, 38(1), 29-38.

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