

“Nurturing touch is involved in the mother-infant attachment process where contact behaviours are integral features of emotional communication and secure positive attachment.”

(Shripwright & Dryden, 2012)





**“CONSENSUS ON AN INFANT MASSAGE PROGRAMME FOR HIGH RISK INFANTS FROM
RESOURCE CONSTRAINED CONTEXTS: A DELPHI STUDY WITH PHYSIOTHERAPISTS AND
OCCUPATIONAL THERAPISTS.”**

WFOT CONGRESS 2018

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3. Programme: considerations and massage strokes
4. Conclusion



1. BACKGROUND

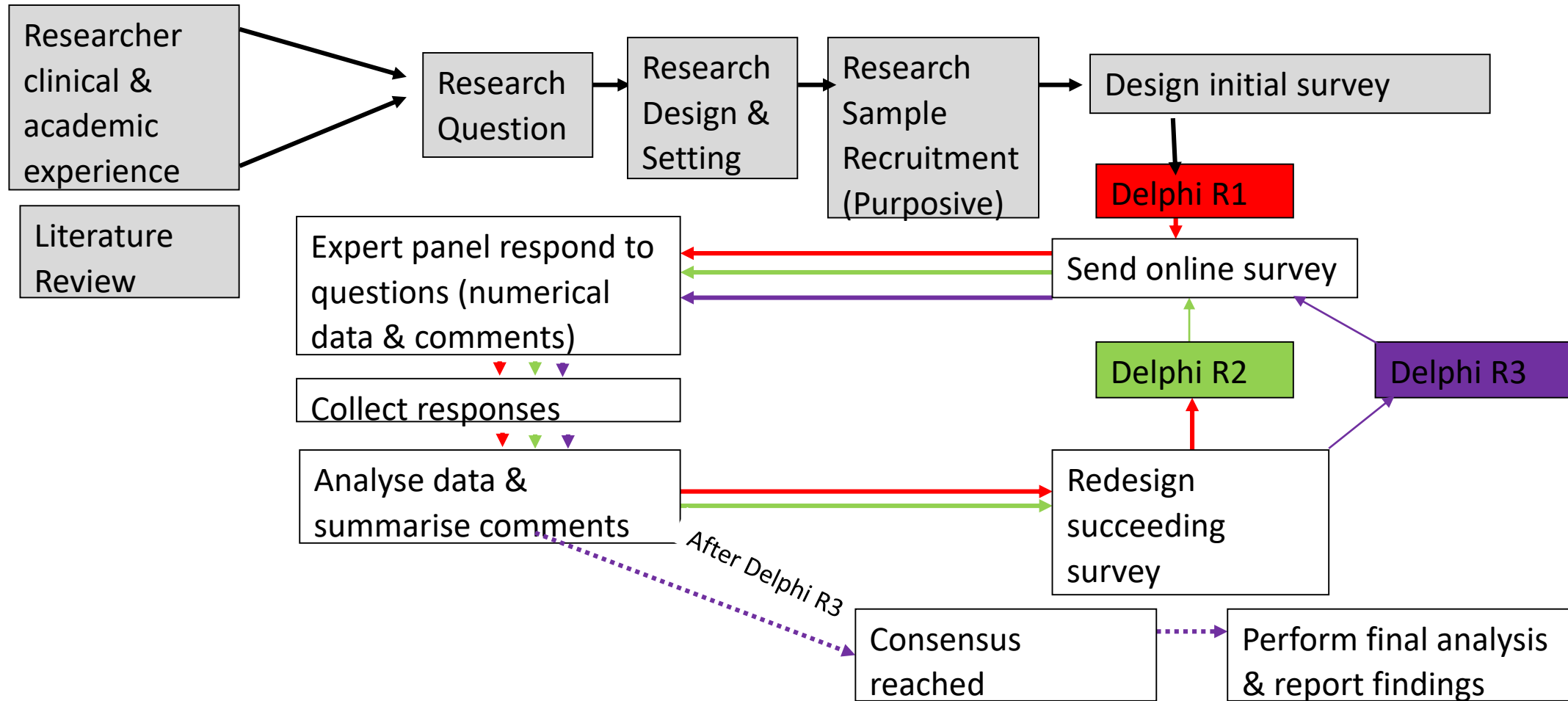


POPULATION:

- High risk infants spend a significant amount of time in hospital (Pizur-Barnekow, 2010)
- Greater deficits in their first year (Beck, 2010)
- Lower sensory threshold (Miller & Quinn-Hurst, 1994)
- Require extra sensitive handling and emotional support (Pick, 1999)
- Poor response to caregiver's cues (Mclure, 2000)
- Caregiver's perception of failure (Minde, 1993)
- Caregivers in the rural setting present with various extraneous factors
(Salojee, Rosenbaum, & Stewart, 2011)
- Limitations in rehabilitation care (Salojee, Rosenbaum, & Stewart, 2011)

2. RESEARCH DESIGN

FIGURE 1: THE METHODOLOGICAL PROCESS BASED ON DU PLESSIS & HUMAN, 2007 & SKULMOSKI, HARTMAN, & KRAHN, 2007



3. PROGRAMME: CONSIDERATIONS

- Medical considerations
- Inclusion of other sensory stimulation
- Duration of massage routine
- Conclusion considerations
- Use of oils/creams

3. PROGRAMME: MASSAGE STROKES

- 23 strokes
- Caregiver initiated
- Activation of the DCML system
- Use of resting hands: limbs, chest, back
- Use of deep pressure: toes, ankles, stomach, face, back



4. CONCLUSION

- Provision of a guideline
- Publishing of the research: SAJOT
- Design of a user friendly format
- Training in and provision of the programme to therapists
- Further research into the benefits of this programme



MASSAGE STROKES

| Body part | Stroke |
|------------------------------------------------------------------------------------------------|---------------------------|
| Lower limbs (Complete all strokes on one limb before progressing to the next limb) | Circles around the ankle |
| | Resting hands on the limb |
| | Resting hands on the foot |
| | Adapted indian milking |
| | Hug and glide |
| | Adapted Swedish milking |
| | Touch each toe |

MASSAGE STROKES

| Body part | Stroke |
|-----------|-----------------------------------------------------------------------------------------|
| Stomach | Deep pressure on the stomach |
| | Clockwise sweeping movement below naval |
| | Sweeping movement from left hip to right hip |
| | Using deep pressure move up from the right hip, across from right to left and then down |

MASSAGE STROKES

| Body part | Stroke |
|-----------|-------------------------------------------------------------------|
| Chest | Resting hands |
| | Using both hands, draw the shape of a book on the infant's chest. |
| | Use butterfly |

MASSAGE STROKES

| Body part | Stroke |
|------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------|
| Upper limbs (Complete all strokes on one limb before progressing to the next limb) | Resting hands on the limb |
| | Adapted indian milking |
| | Hug and glide |
| | Try and open the infant's hand gently with your thumb and press your thumb into the palm |
| | Roll each of the infant's fingers separately |

MASSAGE STROKES

| Body part | Stroke |
|-----------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Face | Apply deep pressure around the perimeter of the infant's face following the facial contours using your thumbs, your left thumb on the left side while your right thumb concurrently moves on the right side |
| | Using your fingertip, apply small circles around the infant's jaw |

| Body part | Stroke |
|-----------|-----------------------|
| Back | Resting hands |
| | Combing deep pressure |

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