Effect of therapeutic touch on mortality rate and venous blood gases in premature infants with Respiratory Distress Syndrome

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Background: Therapeutic touch (TT) was developed recently by nurses is an attempt to bring a more humane and also a holistic approach to their practice. TT continues to be practiced in neonatal intensive care units.

Methods & Materials: Design of this study was a randomized clinical trial with intervention and control groups. There were 22 subjects in intervention group and 28 subjects in control group. The settings of study were NICUs in IMAM REZA and QUEM hospitals in Mashhad at 1383. Date collection approaches were: questionnaires and biological measures (VBG). Two questionnaires were used: subject selected questionary and demographic date questionary. VBG were obtained at baseline immediately at birth and first, second and third day after birth. Subjects in the intervention group received TT by a trained TT practitioner when they were in incubator with oxygen therapy. Duration and frequency of TT intervention were determined by this practitioner while assessing the quality of energy flow by scanning during second phase of TT.

Results: There were no significant differences between two in extraneous variables. Chi squire showed Mortality rate of subjects in intervention group decreased significantly in compared to control group (p=006). Repeated measurements showed po2, PH and pco2 increased in intervention group compared to control group but they were not significant (p>05). Pso2 was increased significantly in intervention group. Compared to control group (p=002).

Conclusion: Therapeutic Touch attempts to bring a more humane and holistic approach to nursing practice and other medical services.

Keywords: Therapeutic touch- RDS- Prematurity.