

ผลของการนวดปากต่อประสิทธิภาพการดูดนมในทารกเกิดก่อนกำหนด

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Abstract: Effect of Oral Stimulation on Feeding Efficiency in Preterm Infants
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Background

Objective: This quasi-experimental study aimed to investigate feeding efficiency of preterm infants who received oral stimulation and those who did not receive oral stimulation.

Methods: The study sample were preterm infants whose gestational age (GA) ranged from 31 to 34 weeks who were admitted into the neonatal intensive care unit (NICU) and the special neonatal ward (NS4) at Ramathibodi Hospital between February to June, 2013. The sample were 30 preterm infants recruited based on the inclusion criteria. Each preterm infant was randomly assigned to the control group or the experiment group. The preterm infants in the experimental group received oral stimulation developed by Lessen^{1,2} The oral stimulation provides assisted movement for the cheeks, lips, gum, and tongue. The intervention was given once a day, for five minutes, totaling seven consecutive days. Feeding efficiency referred to the average percentage the amount of baby formula the infants could suck and swallow in proportion to the total amount of baby formula specified in the treatment plan. The time was counted as soon as the infants first started to suck to 5 minute. The average amount was measured during two consecutive meals on the first, third, and fifth days. Differences in feeding efficiency between the subjects in the experimental group and the control group were determined with the independent t-test.

Results: When comparing the mean average amounts of formula intake within five minutes on the first day, third day, and fifth day of the subjects in both groups, it was found that there were statistically significant differences ($p < 0.001$).