Effects of an Infant Massage Training Program on Nurses’ Knowledge and Skill *

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Abstract

Purpose: The study purpose was to determine the effects of an infant massage training program on knowledge and skill among nurses.

Design: A quasi-experimental research.

Methods: The study sample included 28 nurses who took care of infants and children. All participants attended the infant massage training program. Before the program, data collection was performed by using a demographic data form and the knowledge of infant massage questionnaire (pretest). One month after the program, all participants were asked to complete the questionnaire (posttest) again. In addition, the research team evaluated nurses’ infant massage skill by using an observation form of nurse’s infant massage skill. Study data were analyzed by using descriptive statistic and paired t-test.

Main findings: An average score of nurses’ knowledge at 1 month after the training was statistically higher than that before the training (p < .001). Additionally, an average score of infant massage skill was in a good level.

Conclusion and recommendations: The study revealed that the infant massage training program can enhance knowledge and skill of infant massage among nurses. Therefore, professional nurses should integrate infant massage into routine nursing activities for taking care of these infants. Also, nurses should train parents or caregivers to be able to massage their children efficiently.

Keywords: infant massage, nurses, training program