

Abdominal massage

To assess whether abdominal [massage](#) impacts enteral feeding tolerance in mechanically ventilated patients.

Methods: Patients were randomized to receive standard or intervention care (standard care plus a 15-minute abdominal massage twice daily) for three days. We recorded the vomiting, reflux, gastric retention, aspiration, diarrhea, abdominal distension, gastric residual volume, and abdominal circumference from days one to three. A P-value of less than 0.05 was statistically significant.

Results: Seventy-four patients (37 per group) were recruited (intervention vs control: age 58.03 ± 10.44 vs 55.33 ± 12.45 years; %M: 69.70 % vs 69.70 %). The aspiration, gastric retention, and abdominal distension incidence in the intervention group was 3.03 %, 6.06 %, and 9.09 %, whereas in the control group it was 24.24 %, 30.30 %, and 27.27 % ($P < .05$). The vomiting, reflux and diarrhea incidence for patients in the intervention group were all 3.03 %, whereas in the control group they were 3.03 %, 9.09 % and 9.09 % ($P > .05$). From day 1 to day 3, the gastric residual volume decreased from 87.23 ± 3.29 mL to 72.59 ± 5.40 mL in the intervention group and increased from 91.94 ± 3.45 mL to 105.00 ± 6.94 mL in the control group. Similarly, the abdominal circumference decreased from 84.41 ± 1.73 cm to 82.44 ± 1.73 cm in the intervention group and increased from 87.90 ± 1.60 cm to 88.90 ± 1.75 cm in the control group. The differences in time, group, and interaction effects between the two groups were statistically significant for abdominal circumference and gastric residual volume ($P < .05$).

Conclusions: Abdominal massage can effectively reduce gastric retention, abdominal distension, aspiration, gastric residual volume, and abdominal circumference in mechanically ventilated patients, but not the incidence of vomiting, reflux, and diarrhea ¹⁾.

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Zhang W, Zhou W, Kong Y, Li Q, Huang X, Zhao B, Su H, Chen S, Shen X, Qiu Z. The effect of abdominal massage on enteral nutrition tolerance in patients on mechanical ventilation: A Randomized Controlled Study. Intensive Crit Care Nurs. 2022 Dec 15:103371. doi: 10.1016/j.iccn.2022.103371. Epub ahead of print. PMID: 36528462.

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