



KEY WORDS

- ✓ Phototherapy
- ✓ Bilirubin
- ✓ Massage
- ✓ Newborn Care
- ✓ Nursing Intervention

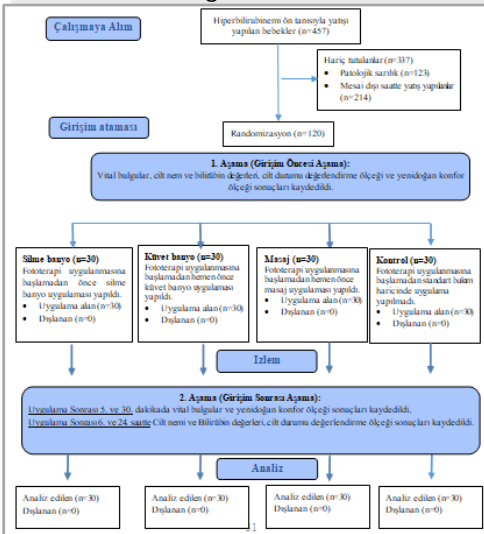
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THE EFFECTS OF MASSAGE, TUB BATHING, AND SPONGE BATHING METHODS ON BILIRUBIN LEVELS, SKIN BARRIER, NEONATAL COMFORT, AND PHYSIOLOGICAL PARAMETERS: A RANDOMIZED CLINICAL TRIAL

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THESIS ABSTRACT

This study aimed to determine the effects of massage, sponge bathing, and tub bathing on physiological parameters, comfort level, skin integrity, and bilirubin levels in term newborns receiving phototherapy. Conducted with a randomized controlled experimental design, 120 term newborns were divided into four groups. Interventions were applied before phototherapy, while the control group received standard care. The massage group showed longer sleep duration, more frequent urination and defecation, higher comfort levels, and shorter phototherapy duration. Massage and tub bathing effectively maintained skin integrity, and both contributed more significantly to bilirubin reduction than other groups.

APPLICATION AREAS OF THE THESIS RESULTS

The findings of this study can guide neonatal nurses in integrating massage, sponge bathing, and tub bathing into clinical care alongside phototherapy. The results support that these interventions help reduce phototherapy duration, improve comfort, maintain skin integrity, and lower bilirubin levels. This evidence can inform nursing practices in the management of hyperbilirubinemia. The study's holistic evaluation approach contributes uniquely to the literature and provides a methodological basis for future evidence-based research in neonatal care.

ACADEMIC ACTIVITIES

- Öztürk, R., Ergün, D., & Özyazıcıoğlu, N. (2022). Effect of antenatal educational intervention on maternal breastfeeding self-efficacy and breastfeeding success: A quasi-experimental study. *Revista da Escola de Enfermagem da USP*, 56, e20210428. <https://doi.org/10.1590/1980-220X-REEUSP-2021-0428>
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