

Pediatric Massage for Improving Asthma and Quality of Life of Elementary School Children

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Abstract

Background: Because asthma attacks repeat, preventing the recurrence of symptoms is extremely important. **Purpose:** This study evaluated the effects of pediatric massage on asthmatic symptoms, pulmonary function, and quality of life in elementary school children with asthma. **Methods:** A before-and-after quasi-experimental design was used. Subjects with mild to moderate asthma were recruited from elementary schools. The experimental group ($n = 35$) was given a 15 min massage twice a week for 5 weeks; the control group ($n = 39$) did not receive massages. Data were collected using the pediatric asthma symptom scale, pulmonary function test, and Childhood Asthma Questionnaire Form B. **Results:** No statistical differences existed between the two groups in asthmatic symptoms, pulmonary function, and quality of life. However, differences from pretest to posttest in the experimental group existed in FEV1 ($t = -4.87, p < .00$), FEV1/FVC ($t = -3.32, p < .00$), PEFr ($t = -6.31, p < .00$), and quality of life ($t = -5.05, p < .00$). **Conclusions:** Although no significant immediate effects were found, a future study should verify the effects of pediatric massage in children with asthma.

Key words: Pediatric message, asthmatic symptom, pulmonary function, quality of life.

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