

小児タッチセラピー

利点と参考文献（英文）

利点

● 呼吸器系の機能を向上させる	1,2,3
● 成長と発達を促す	4,5,6,7,8,9,10,62
● 子供と養育者の間の健全な愛着と絆を深める	11,12,13,57
● 入院期間が短縮される	14,15
● 睡眠パターンが改善される	16,17,18,19,59
● 長期的な行動や発達検査のスコアが向上する	20,21,22,23
● 不安を軽減する	24,25,26, 58
● 小児の病状に伴う身体的症状および精神的不快感を和らげる	27,25,26,58
● 小児の病状に伴う身体的症状や精神的不快感を和らげることができる	27,28,29,58,60
● ストレスホルモンを減少させる	30,31,32,33,34
● 免疫機能を向上させる	35,36,37,38,39,40
● 痛みを軽減できる	41,42,43,58
● 注意力を高めることができる	44,45
● 子供のケアに対する家族の満足度が向上する	46,47,48
● 運動機能や筋力の向上を促すことができる	49,50
● ポジティブな癒しの環境に貢献し、それが以下に影響することが示されている ・ 医療チームのメンバーの満足度、専門的な成長	51,52

● 便の回数が増える	55
● 自律神経系の活動を改善する	56

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