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# Music Heals: Therapeutic Music to Reduce Pain and Anxiety in Adult ICU Patients

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# Music heals: Therapeutic music to reduce pain and anxiety in adult ICU patients

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## Purpose

To decrease pain and anxiety in adult intensive care unit patients through the use of therapeutic music as compared to no music intervention.

## Synthesis of Evidence

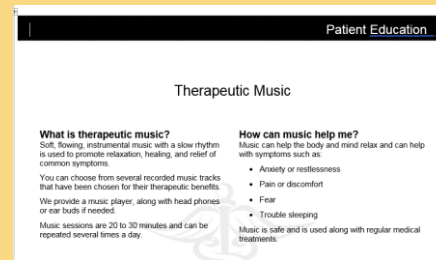
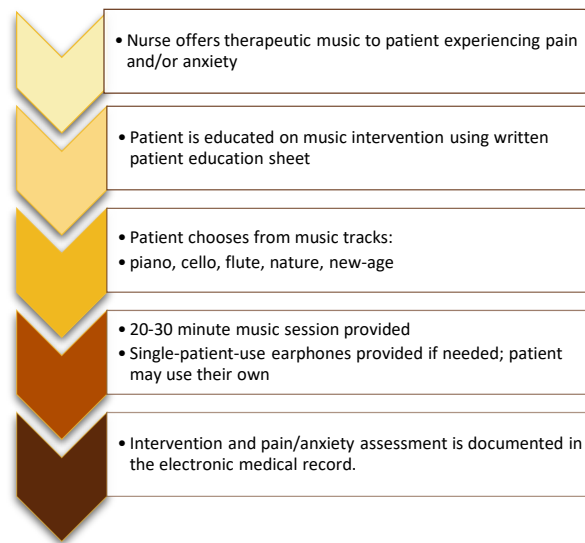
- Music is low cost, easy to provide, and safe (Barr et al., 2013) ANCC Level D
- Music may reduce pain and anxiety, promote relaxation, and possibly reduce consumption of sedatives and analgesics (Brandt & Dileo, 2014) ANCC Level A
- Recommended music is flowing, non-lyrical, 60-80 beats per min., and volume level of 60dB or less (Chlan & Halm, 2013) ANCC Level A
- Session of 20-30 min. recommended a minimum of twice daily (Chlan & Halm, 2013) ANCC Level A
- Music is targeted to the individual using headphones/earbuds (Chlan & Halm, 2013) ANCC Level A

## Team Members

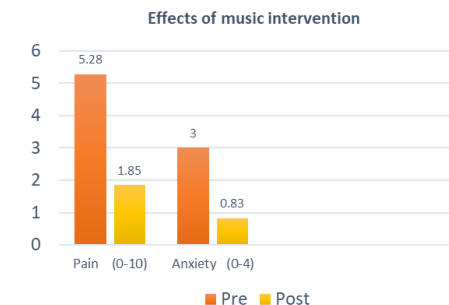
- Kathi Sowada, MSAOM, MSN, RN, LAc, HN-BC, CHTP
- Donna Kamps, RN, CCRN
- Heather Marcus, BSN, RN
- Andrea Nyquist, BSN, RN
- Katie Wieland, BSN, RN, CCRN

## Evidence-Based Practice Change

Therapeutic music intervention: the use of patient-targeted therapeutic music to promote relaxation, healing, and symptom relief.



## Pre/Post Measures



- 65% decrease in pain level
- 72% decrease in anxiety level

Survey of staff knowledge, perception, & practice (26/106 responses)

- 100% felt nonpharmacological interventions are important for quality patient care
- 100% felt therapeutic music is a safe intervention for ICU patients
- 88% felt music can reduce pain & anxiety
- 80% would like to continue to have therapeutic music available
- 40% felt they had enough time to provide the intervention

## References

Barr, J. et al. (2013). Clinical practice guidelines for the management of pain, agitation, and delirium in adult patients in the intensive care unit. *Critical Care Medicine*, 41(1), 263-306. doi:10.1097/CCM.0b013e3182783b72

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Chlan, L. & Halm, M. A. (2013). Does music ease pain and anxiety in the critically ill? *American Journal of Critical Care*, 22(6), 528-532. doi: http://dx.doi.org/10.4037/ajcc2013998