2018

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

Kathleen Sowada
St. Cloud Hospital, CentraCare Health, sowadak@centracare.com

Follow this and additional works at: https://digitalcommons.centracare.com/nursing_posters

Part of the Alternative and Complementary Medicine Commons, Music Therapy Commons, and the Other Nursing Commons

Recommended Citation

This Book is brought to you for free and open access by the Posters and Scholarly Works at DigitalCommons@CentraCare Health. It has been accepted for inclusion in Nursing Posters by an authorized administrator of DigitalCommons@CentraCare Health. For more information, please contact schlepers@centracare.com.
Music heals: Therapeutic music to reduce pain and anxiety in adult ICU patients

Kathi Sowada, MSAOM, MSN, RN, LAc, HN-BC, CHTP
St. Cloud Hospital, St. Cloud, Minnesota

April 2018

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 (Chian & Halm, 2013) ANCC Level A
- Session of 20-30 min. recommended a minimum of twice daily (Chian & Halm, 2013) ANCC Level A
- Music is targeted to the individual using headphones/earbuds (Chian & Halm, 2013) ANCC Level A

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

- Nurse offers therapeutic music to patient experiencing pain and/or anxiety
- Patient is educated on music intervention using written patient education sheet
- Patient chooses from music tracks: piano, cello, flute, nature, new-age
- 20-30 minute music session provided
- Single-patient-use earphones provided if needed; patient may use their own
- Intervention and pain/anxiety assessment is documented in the electronic medical record.

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

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

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