

Critical Care, A Place for Music?

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Director Scotland

Mission:

To improve the quality of life of adults and children with all kinds of illness and disability through the joy and therapeutic benefits of high quality live music.

ICU Hear©

Providing sensitively delivered sensory based and acoustic live music sessions,

to create a soothing and calming soundscape.



ICU Hear© – BBC Music Day 2017





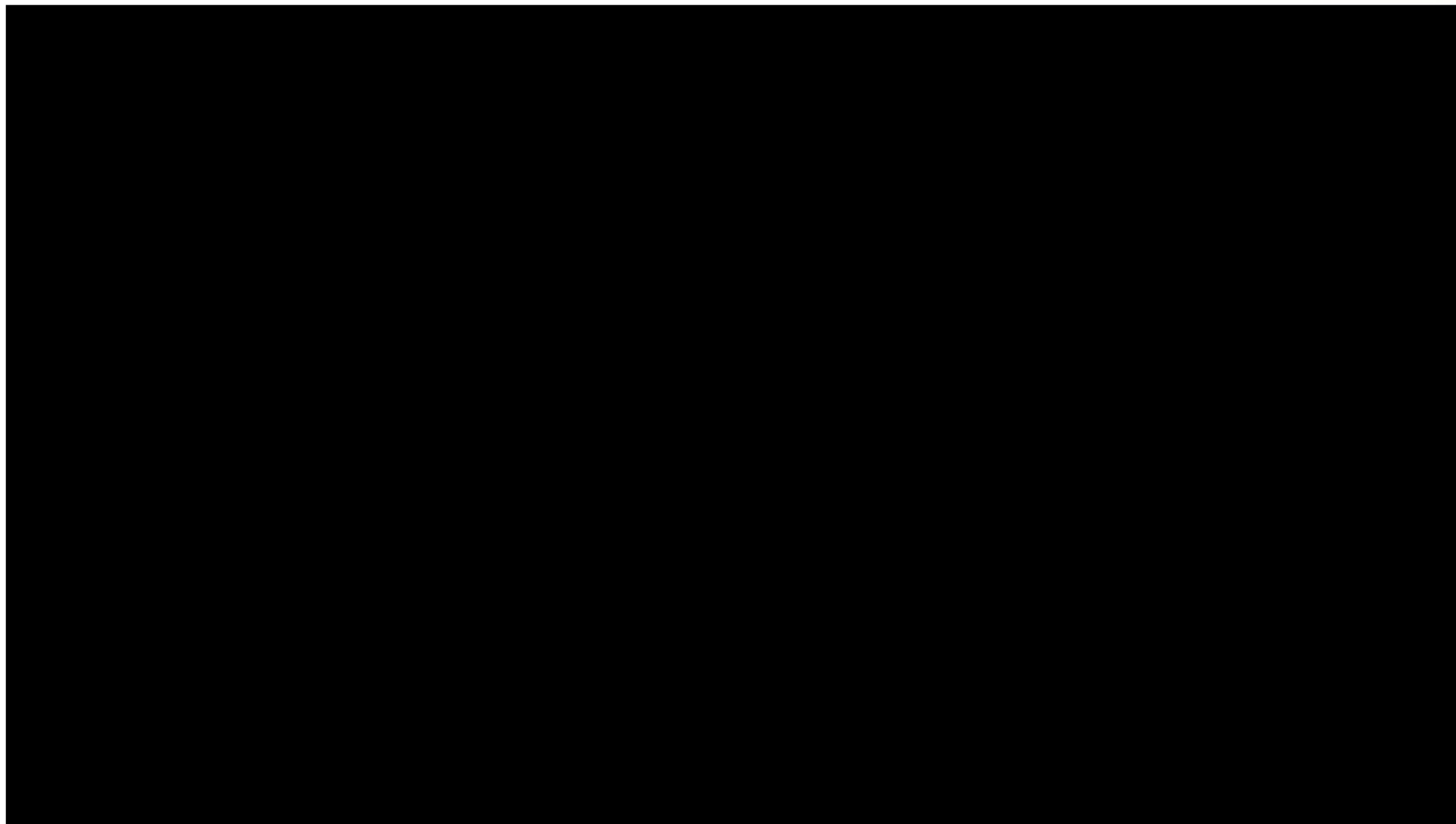
'the moment she felt **connected to the real world** once more...

the most beautiful music she had ever heard and that the **music brought comfort and reassurance** in what was a very clinical and disorienting environment'.

Helen Ashley Taylor (Taylor HA 2017)

Lullaby Hour

- Singing soothing lullabies is a wonderful way to reach out to children and their families by creating special moments at these very difficult times
- Supports family integrated care with parents for bonding and relaxation
- Positive impact on stable babies





“ It made me feel very relaxed with my baby. Very at ease in what is often a stressful environment.

”



“ The music is lovely to listen to. Both for patients and staff. Made it a relaxing atmosphere. Hope to see this happening again.

”

“ Felt music was very relaxing. Gave me a feeling of calm.

”

The Need for Music?

'...Constant light and noise was a source of discomfort'
(Almerud S, 2003).

- Clinical 'alien' environment and noise.
- Patients may experience sensory overload.
- Sensory deprivation.
- Detached from normal life.
- Disorientation/hallucinations/Delirium.
- Medical Interventions.
- Anxiety and pain.

Why Live Music?

- Live music is interactive and highly sensory and enables **personal human connection**, musicians can be **responsive to needs** or requests, therefore stimulus can be adapted.
- The sonorous nature of the instruments can **transform a clinical environment** into a homelier and more comforting space.
- The experience of live music can offer a **means of nonverbal communication and interaction**, often when speech is difficult it can also aid a **shared experience** with loved ones removing pressure to communicate.
- **Choice** and control when other procedures are done to you.
- 'Music is essential in life. People need creativity and quite often in life when they are in hospital that is lost'. Ian Noonan, Lecturer in Mental Health (Kings College London).
- '...characteristics of the music played facilitated an **internalised experience of 'haven'**; sonically transporting listeners away from their present reality and fulfilling the **basic human needs** for inclusion, comfort, identity, occupation and attachment" (Garabedian, 2018).

‘Removing Intensive out of Intensive Care’

- “Music has been used in a variety of settings by nurses and other providers to ease their patients’ physical, emotional, and spiritual distress. In end-of-life settings, music has been shown to **improve quality of life.**” (Black, 2012).
- The use of music by nurses facilitating end of life care can **provide tools in promoting comfort**, helping to **modify the environment** to “create an intimate and peaceful setting for the patient and their family... playing music assists in removing the intensive out of intensive care”. Music may be able to help build these “**personalised meaningful experiences** and memory making activities” (Ranse, 2012).

Improved Quality of Care

- Compliment a wider range of nurse and patient-led and family focused initiatives e.g. pet therapy, rest periods and sensory regulation (Dr Pam Ramsey, Research and Lecturer Critical Care).
- Particularly beneficial for longer term patients, for those at end of life and family members.
- The use of music has already been introduced as part of patient care with ICU nurses using music as a tool for 'comfort care' (Ranse, 2012), particularly for those in long term care and at end-of-life care to ease transition'.
- 'As mortality improves, other patient-centred outcomes such as alleviating pain, discomfort, and anxiety become important to address – not only from a patient care perspective but also due to their role in improving long-term effects, such as post-traumatic stress disorder' (Almerud, S, 2015).

And because Florence Nightingale says so...

Notes on Nursing

- Variety – ‘The effect in sickness of beautiful objects, of variety of objects, and especially of brilliancy of colour, is hardly at all appreciated’.
- Noise – ‘The effect of music upon the sick has been scarcely at all noticed...wind instruments, including the human voice, and stringed instruments, capable of continuous sound, have generally a beneficent effect—while the piano-forte, with such instruments as have *no* continuity of sound, has just the reverse’.

Musicians

- Sensitive and observational approach.
- Wide repertoire and appropriate instrumentation.
- Individualised music at the bedside and roaming artists flexible to needs.
- Suitable timbre and style of musicality.
- Peer support and mentoring and directed by critical care teams and emotionally supported.



ICU, A Place for Music?

- Improved patient experience.
- Transforming clinical environment.
- Supporting families and carers.
- Boosting staff morale to relieve stress and anxiety and help prevent burnout.



Is it ok if I sing along?

'Very enjoyable and relaxing. **Makes you feel more like home**' (ICU Patient).

The family said to their nurse "is that music out there? Is it ok if we come out and have a listen?" Then the nurse reported to me that the patient herself asked "is it ok if I sing along?" (ICU Patient, Palliative Care).

'My Dad thinks that this is a brilliant idea. Very relaxing and makes your day go nicely. Lovely voices and really cheers you up. **Brings back lots of nice memories** too. You might not know it by the tears running down his face, but he loved it.' (Family member).

'Thank you for your beautiful songs today. I think it's a great idea to bring **some kind of normal** into the wards. It was a bit emotional and my husband felt it but I am sure it was in a good way. I hope you do more of this' (Family member).

'Playing for people in ICU gives you a different perspective on life... I've had a stressful week and singing today allowed me to take distance on things. My problems aren't really problems. I'm alive and healthy! I feel like **I have done something useful today, rewarding.**'

#JoyThroughLiveMusi

C



Ewen Harrison
@ewenharrison

Follow

Lovely to have uplifting #livemusic in ICU in @NHS_Lothian today. We need more of this in healthcare! #positivity #cello



2:39 PM - 17 Jan 2019



You Retweeted
Critical Care at Royal Infirmary Edinburgh
@riecriticalcare

Another beautiful session provided by By June @MiHCScotland with fantastic feedback from patients, families and staff. Hugely valuable part of our day @NHS_Lothian #critcaremusic

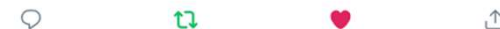


Heather Proudfoot
@hezzakitty

Replying to @riecriticalcare @MiHCScotland and @NHS_Lothian
I was definitely not (I totally was) behind the curtains scrubbed for a procedure singing along today - loved it!

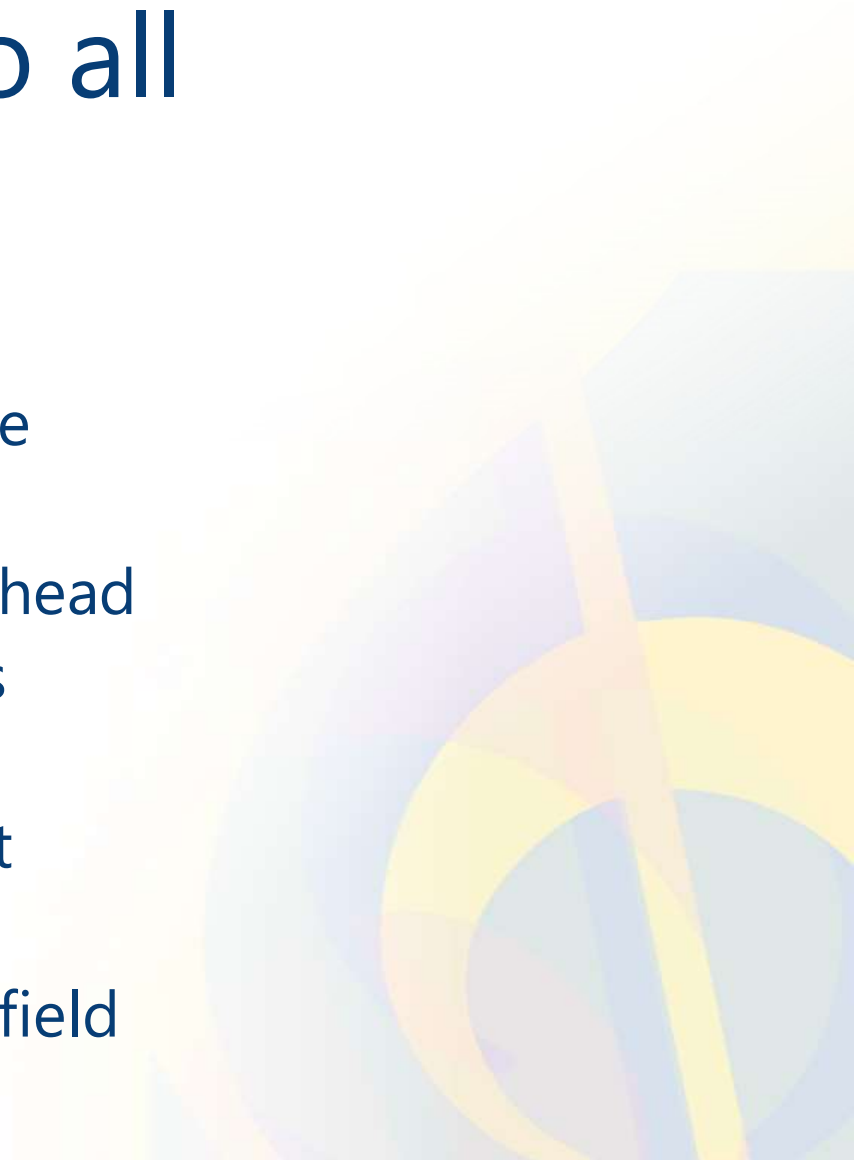
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Joy of Live Music to all

- Royal Infirmary Edinburgh
- Manchester Royal Infirmary
- The Freeman Hospital, Newcastle
- Sunderland Royal Hospital
- Queen Elizabeth Hospital, Gateshead
- Airedale General Hospital, Leeds
- Aintree Hospital, Liverpool
- Stepping Hill Hospital, Stockport
- Salford Royal Hospital
- Northern General Hospital, Sheffield
- Royal Preston Hospital



Next steps...

- We are keen to work in partnership with patients and families, clinicians and researchers to explore the value and impact that live music can have in these settings, including those dealing with sudden traumatic and life-changing experiences, families received bad news or experiencing loss, or our longer term patients, who often become despondent and withdrawn” (Pam Ramsey, Senior Lecturer, Edinburgh Napier University).
- Secure long term, continued support and funding to provide consistency of live music in ICU / HDU at RIE and wider to other acute settings across Scotland.

Thanks to...

- Edinburgh Lothian Health Foundation (ELHF)
- Pam Ramsey (Lecturer, Fellow and former ICU nurse at Edinburgh Napier University and University of Edinburgh)
- Critical Care Team at RIE including Michelle Jack (CNM) and team
- Edinburgh Critical Care Research Group (ECCRG)
- Critical Care Recovery Group
- Aberdeen Maternity Hospital (Lullaby Hour)

Thanks!

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