



Musical Medicine

The Impact of Live Music Engagement on ICU Patients, Families, and Staff

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The Critical Care Environment

- More non sedated critically ill patients than ever before (Dreyer et al., 2024)
- Units are overstimulating, noisy, stressful environment (Petrucci, 2018)
- This can lead to increased patient anxiety and low mood (Liu et al., 2021)
- Live music has long been recognised as a therapeutic intervention in ICU settings



How does participation and engagement with live music affect stress, anxiety, and well-being of ICU patients, their families, and staff?



**PLANNING
& PARTNERSHIP**

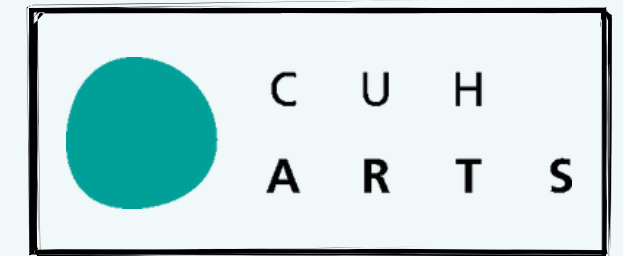
**ENGAGING STAFF &
STACKHOLDERS**

**MUSICIAN/STAFF
TRAINING DAY**

**FOUR DAY OF LIVE MUSIC
PARITICPATION**

PRESENTATION OF MUSIC

Our Method: **A six-day music residency**





CRITICAL CARE CNS TEAM
Enhancing the patient and their
loved ones journey

NHS
CUH



[Britten Sinfonia | ICU residency at CUH - YouTube](#)

- **78 RESPONDENTS COMPLETED OUR SURVEY**
- **75% STAFF RESPONSES**
- **25% LOVED ONES RESPONSES**



MELODIES OF HEALING

FEEDBACK FORM



CRITICAL CARE CNS TEAM
Enhancing the patient and their loved ones journey

Hello,

Thank you for being part of Melodies of Healing, we hope you enjoyed it. Please take a few moments to complete our wellbeing survey.

With Thanks,
Sian Ingham and Krissy Pride
Critical Care Clinical Nurse Specialist

	Very Low	Low	Neutral	High	Very High
Before the music session, how would you rate your current level of stress or anxiety?	☐	☐	☐	☐	☐
Before the music session, how connected or engaged do you feel with your own emotions?	☐	☐	☐	☐	☐
After the music session, how would you rate your current level of relaxation or calmness?	☐	☐	☐	☐	☐
After the music session, how would you describe your emotional state?	☐ Negative	☐ Slightly Negative	☐ Neutral	☐ Slightly Positive	☐ Positive
Do you feel that the music session has improved your overall wellbeing or mood?	☐ Definitely	☐ Yes, a little bit	☐ No change	☐ No, its worsened	

Are you a Staff Member or Relative? Staff ☐ Relative ☐

If you are a relative, and would like to receive the final piece of music, please provide your email address. _____

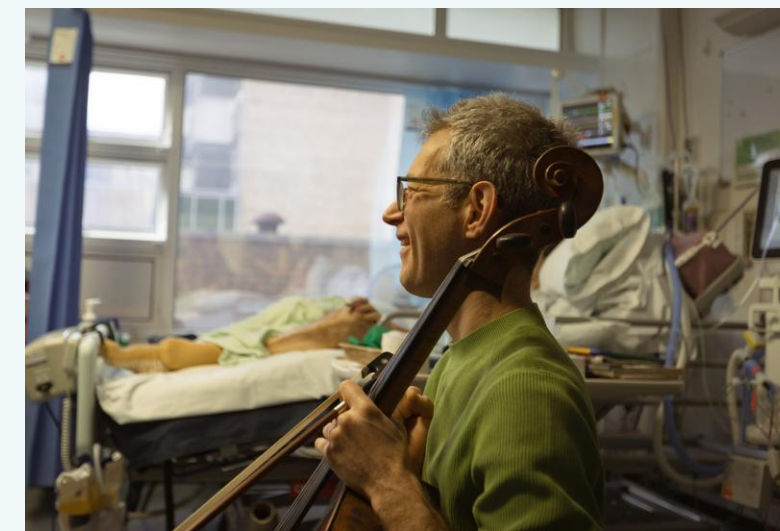
Any other comments? _____

Thank you for completing our survey.
(Email data will be deleted at end of project)

Summary of Results

- Music sessions created a relaxed and uplifting environment for staff and patients
- Participants felt calmer, happier, and more connected to themselves and others
- Families noticed calming effects on patients, with improved mood and engagement
- Sessions described as fun, interactive, and emotionally positive
- Participants left feeling more energised, relaxed, and appreciative

- **77% INCREASE IN STAFF MOOD AND WELLBEING AND INCREASE IN PRODUCTIVITY**



Comments...

It has helped my patient who was fairly anxious. I love music myself so something like this at work delights my heart.

Improved mood, feel more connected to self + to colleagues

Positive, relaxed, calm, less anxious, happy, interactive.

Nice to come together as a group of staff. Very positive experience.

It was delightful, uplifting and emotional. The interaction with the patients had a visibly positive effect.

It managed to create a more relaxed environment and improved the mood.

Helped me feel connected to the group.

Increased enthusiasm

Good moment to take a deep breath.

I was feeling sad and anxious during the week but the musical session brought me to the present, I remembered how much I enjoy creativity. I felt positive, confident, calm, content and had a lot of fun and laughs.

Made me feel really happy and emotional. Our mum was tired and disconnected before the music but completely came alive after, she was so happy. It was beautiful.

I really enjoyed the music session, it lifted my mood. I engaged with my emotions and was surprised how this made me feel. Recommend this for patients. Such a positive, uplifting experience. I will be recommending to the wards.



Implications **for practice** and future research

- **Participating in live music sessions have a positive impact** on relaxation and mood for patients, relatives, and staff.
- **Regular music sessions** should be integrated into critical care settings to support wellbeing.
- **Further research is needed** to understand the physiological effects of live music on patients, relatives, and staff.
- In-depth studies are needed to explore **how participating in live music affects patient vital signs and length of hospital stay.**
- It would also be valuable to investigate the **impact of music sessions on staff wellbeing and work engagement.**



Thank You

SIAN INGHAM & KRISTINA PRIDE

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References

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