HUMANISING THE CRITICAL CARE UNIT WITH THE USE OF LIVE MUSIC THERAPY

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AIM

To introduce live music therapy use in Critical Care, why we felt it was important and how it was implemented

OBJECTIVES

- Explore the issues faced in relation to critical care environment
- Summarise current research
- Explain implementation and future plans for use of live music therapy within our unit.
Aim to improve patient experience

Listening to feedback from patients and visitors

Staff perception

Reacting to and advancing innovations
Live harp music reduced perception of pain in ICU population by 27%.

Several RCT's have shown consistent reduction in systolic BP and RR suggestive of anxiolytic effect.

Potential identified for music to decrease sedative requirements.

Tolerance of mechanical ventilation improved with music therapy.

Mostly non UK.
Music Therapy V Recorded Music
What we did....

- Project undertaken on four afternoons, each session lasting one hour
- Musicians from Music in Hospitals™, registered charity
- Two skilled, sensitive musicians with instruments chosen for their suitability to environment
### 74 recipients
61% of respondents patients or visitors.

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
<th>Unsure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Did you enjoy listening to the music?</td>
<td>98.6%</td>
<td>0</td>
<td>1.35%</td>
</tr>
<tr>
<td>Did you feel relaxed whilst listening to the music?</td>
<td>98.6%</td>
<td>1.35%</td>
<td>0</td>
</tr>
<tr>
<td>Would you listen to the music again?</td>
<td>97.2%</td>
<td>1.35%</td>
<td>1.35%</td>
</tr>
</tbody>
</table>

"It took my mind off being in hospital"

"Very relaxing at a difficult time"
Planning a multi center research study
Two year study
Funded by NIHR Research for Patient Benefit Fund
Determine the effect of music therapy on onset and duration of delirium in the critical care patient
CONCLUSION

- Initial feedback positive from patients, staff and visitors
- Failed to identify any negative impact
- Further research required to identify whether music therapy can influence other critical illness acquired insults such as delirium

Bradt J, Dileoc C, Groche D (2010) Music Interventions for Mechanically Ventilated Patients (Review) *Cochrane Database of Systematic Reviews, 12*
