



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

MRS JO COOPER
MRS NATALIE MASON
CRITICAL CARE FOLLOW UP TEAM



INTRODUCTION

AIM

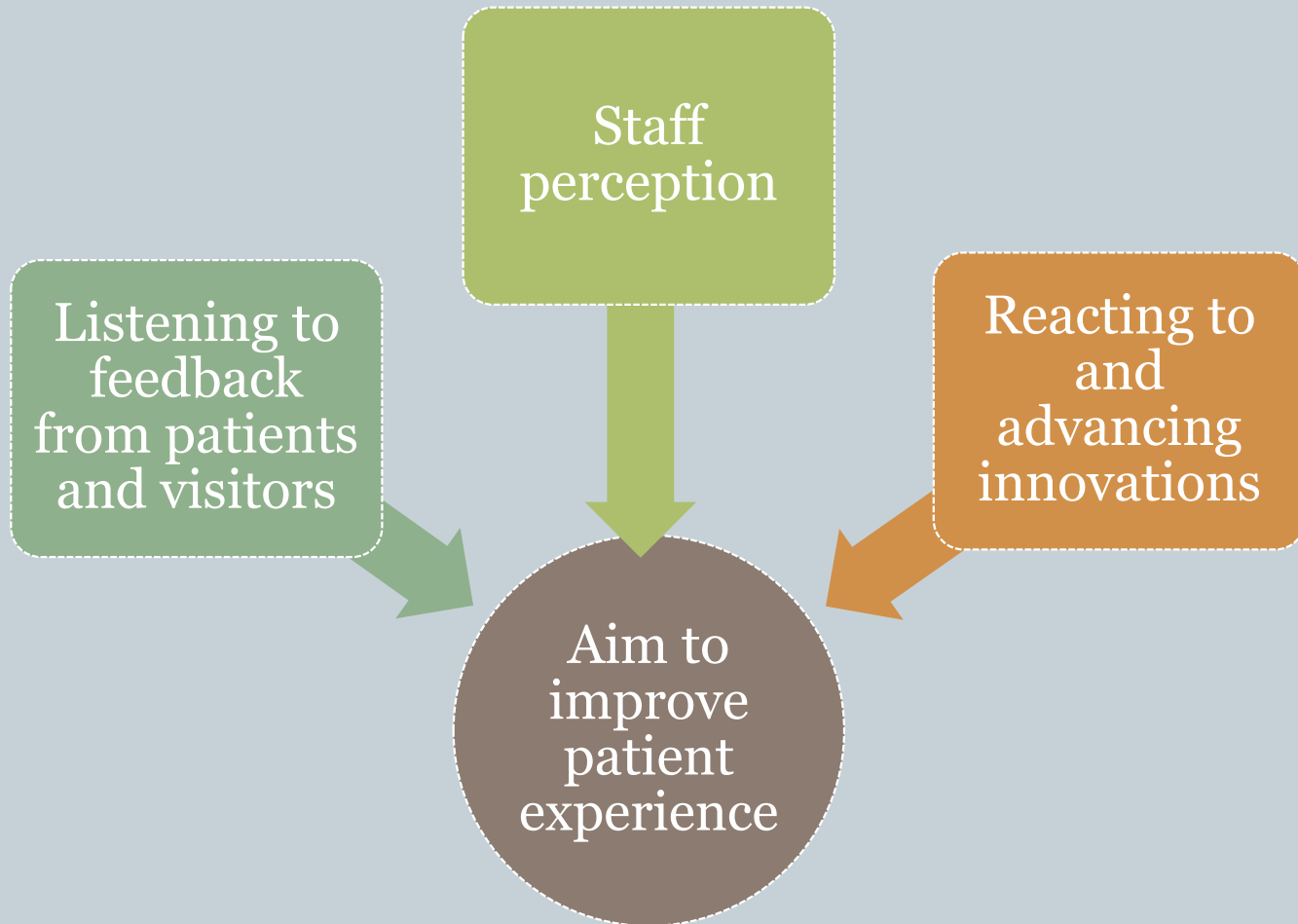
To introduce live music therapy use in Critical Care, why we felt it was important and how it was implemented



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.

UNDERSTANDING THE ISSUE





CURRENT RESEARCH

Live harp music reduced perception of pain in ICU population by 27%

Mostly non UK

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

Tolerance of mechanical ventilation improved with music therapy

Potential identified for music to decrease sedative requirements

MUSIC THERAPY

Music Therapy V Recorded Music



V



What we did....

- Project undertaken on four afternoons, each session lasting one hour
- Musicians from Music in Hospitals TM, registered charity
- Two skilled, sensitive musicians with instruments chosen for their suitability to environment



Sharing of ICUHear



<http://www.itv.com/news/granada/update/2016-10-24/could-music-be-beneficial-to-hospital-patients/>



FEEDBACK FROM PILOT

74 recipients

61 % of respondents patients or visitors.

“Very relaxing at a difficult time”

“It took my mind off being in hospital”

	Yes	No	Unsure
Did you enjoy listening to the music?	98.6%	0	1.35%
Did you feel relaxed whilst listening to the music?	98.6%	1.35%	0
Would you listen to the music again?	97.2%	1.35%	1.35%

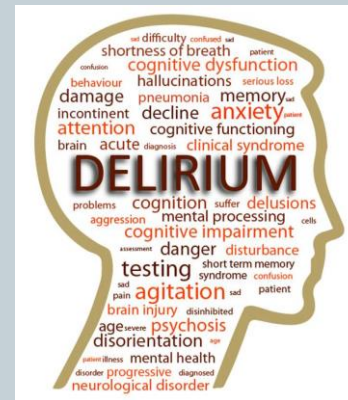
FUTURE PLANS

- 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



REFERENCES

- Arnon S, Shapsa A, Forman L, Regev R, Bauer S, Litmanovitz I, Dolfin T (2006) Live Music is Beneficial to Pre-term Infants in the Neonatal Intensive Care Unit Environment: A Randomised Control Trial, *BIRTH*, **33** (2) 131-13
- Bradt J, Dileoc C, Groche D (2010) Music Interventions for Mechanically Ventilated Patients (Review) *Cochrane Database of Systematic Reviews*, **12**
- Chaisson AM, Baldwin AL, McGlaughlin C, Cook P, Sethi G (2013) Effects of Live Spontaneous Harp Music on Patient in the Intensive Care Unit, *Evidence Based Complimentary and Alternative Medicine*, **2013**; 428731
- Chan L, Weinhert C, Heiderschiet A, Tracy M, Skaar D, Guttormson J, Savik K (2013) Effects of Patient Directed Music Intervention on Anxiety and Sedative Exposure in Critically Ill Patients Receiving Mechanical Ventilated Support: A Randomised Clinical Trial, *Journal of American Medical Association*, **309** (22) 2335-2344

