

Music Does Soothe the Soul

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PURPOSE

The purpose of this study was to see if playing music decreased heart rate, respiratory rate, and increased O2 saturations on NICU infants when music was played, when the infant was fussy/irritability.

BACKGROUND

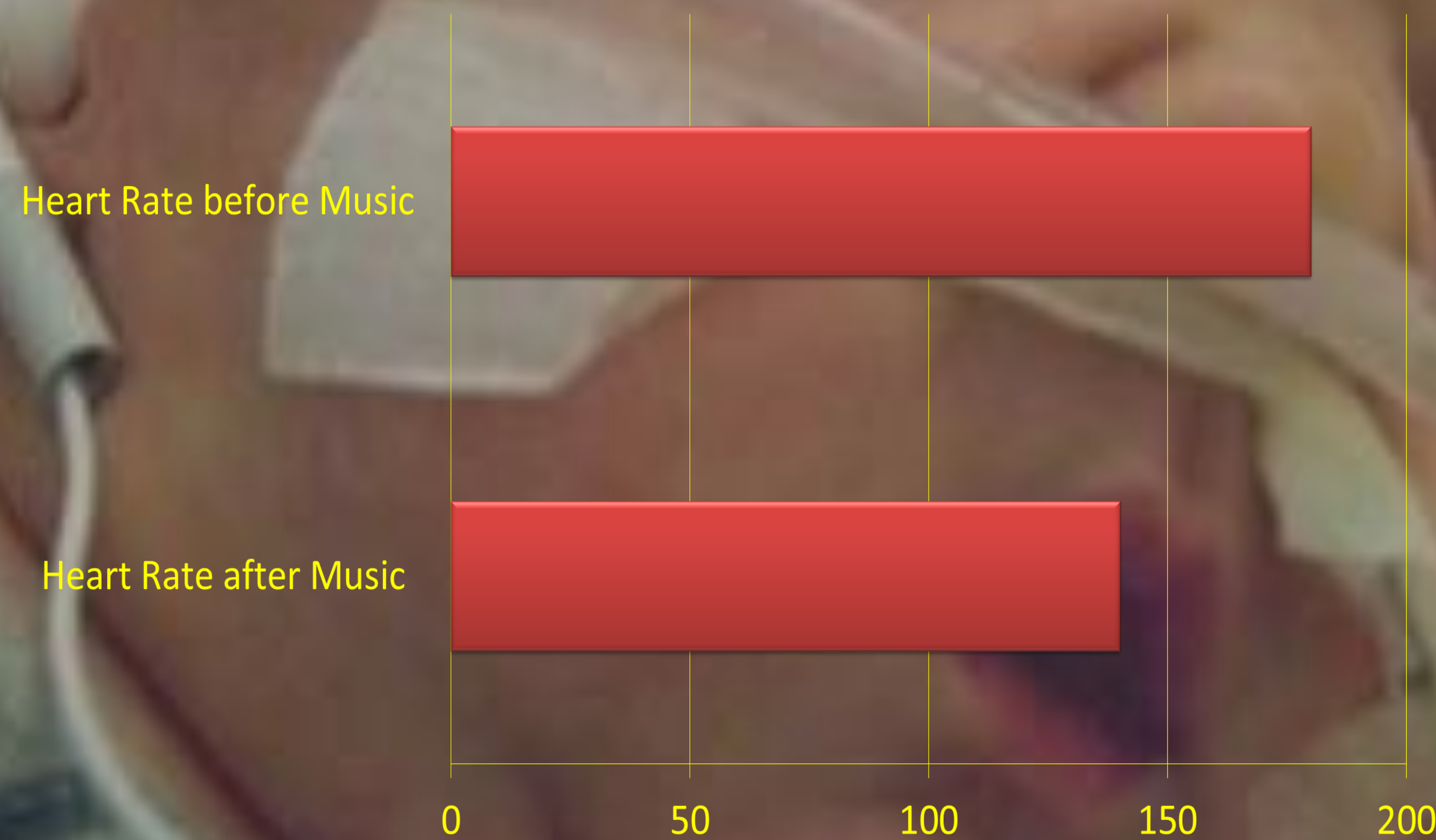
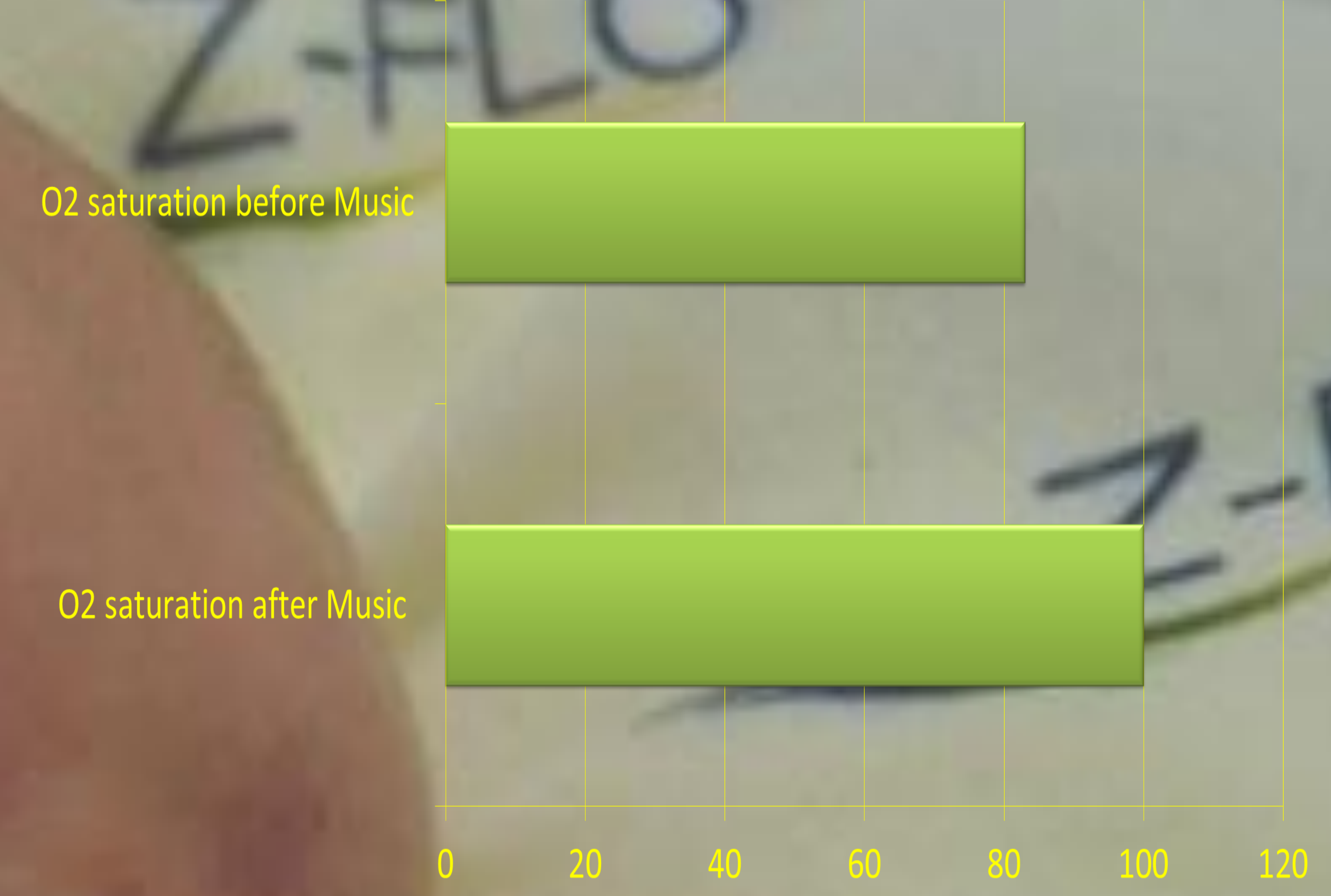
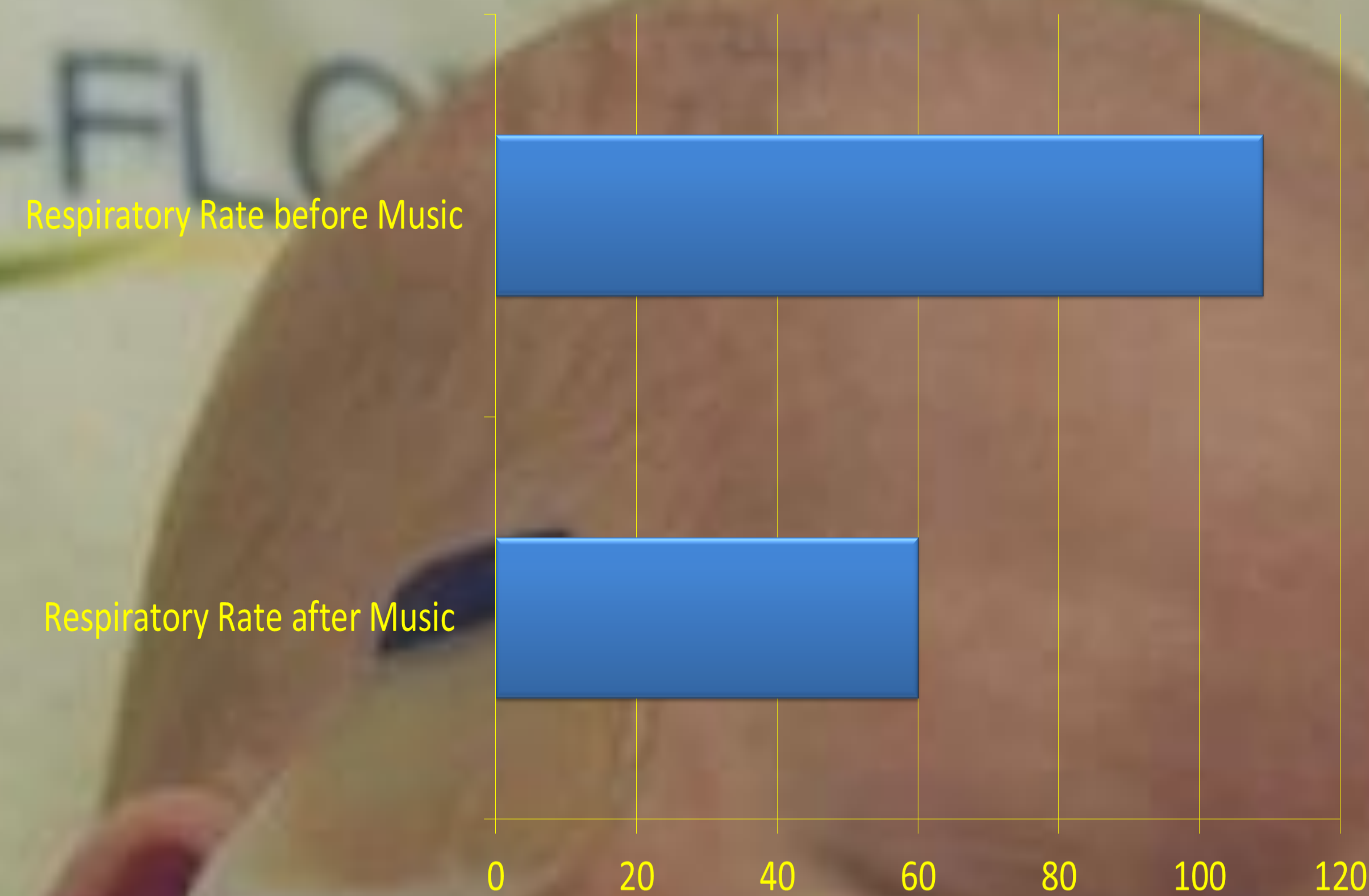
- The most common types of music according to Hodges and Wilson (2010) were female voices.
- Keith (2009) Showed a significant decrease in heart rate, with the music interventions, with recorded female singing decreased heart rate was found
- According to Schwartz (2004) Lullabies at a rate of 60-90 beats per minute are the music of choice for a neonate, which might be due in part to a normal resting adult heartbeat of the mother.
- Aydin and Yildiz (2012) effects of music played in the NICU on stress symptoms, with classical music played for one hour each day. A significant decline in stress levels were observed

MATERIALS AND METHOD

- NICU nurses were educated on the process of data collection and the definition of an irritable infant.
- All neonates in the NICU, 28 weeks gestation or older were included in the study.
- A folder was placed at the crib/bassinet for data collection
- Once an infant was determined to be irritable (crying 5 minutes or more after feeding and diaper change) their heart rate, respiratory rate and oxygen saturation (SPO2) was recorded before and after music therapy.
- Music therapy was initiated at 55 decibels
- Music was played via an iPod with ear buds when the infant was determined to be irritable
- Lullabies, piano music, Mozart, at 60-80 beats per minute. Ear buds were placed near the infant's ears.

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CONCLUSIONS

Music used in NICU can increase oxygen saturations, and decrease heart rate and respiration in the neonate.

REFERENCES

- Hodges, AL, and Wilson LL, Preterm Infants' (2010) Southern Online journal of Nursing Research Response to Music: an Integrated Literature Review. 10 (3) (8p0 (4 ref)
- Fred J. Schwartz, Music Therapy, (2004) Medical Music Therapy for the Premature Baby-Research review, chapter 6