Music Does Soothe the Soul
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Evidence shows that using music in the NICU is a clinically sensitive manner that has distinct benefits. Music can reduce stress, reduce crying, improve sleep and improve cognitive development in the premature baby in the NICU. Stress levels are also decreased after music intervention. This justifies the incorporation of music therapy programs into the standard of care for premature infants.

Problem: Just a small amount in convincing staff, of the benefits to the neonate. It did not take long once they realized that it real did work.

Evidence: Once the staff used the IPods with music and found that they spend less time walk back and forth to the infant crib giving the pacifier or finding other ways to comfort the infant. It was awesome to come in and both IPods were being used and wished we had more.

Strategy: We found that using the IPod with music often helped fussy infants, and during produces they cried less, or stop within seconds of the procedure.

Practice Change: We try and use the IPod during procedures and for fussy infants.

Evaluation: We did journaling before we started using the IPods with Music. We also defined a fussy inconsolable infant, and how long the infant would continue to fussy with traditional methods. We found that they calmed quickly with the music.

Results: Ever body was amazed that music really does soothe the soul.

Recommendations: We are hoping to start a research project late summer early fall.

Lessons Learned: Music especial Lullabies (because it mimics the heart beat 60 to 80 beat a minute) do real help with the fussy infant or one that is having a produce did, even an IV start.

Bibliography:
Diana O. Neal, MS, RN, Linda L. Lindeke, PhD, RN (2008) Music as a Nursing intervention for the Preterm Infant in the NICU, Neonatal Network, Vol 17 No. 5