



Summer Institute in Nursing Informatics 2019  
Poster Presentation

**Music Therapy in the ICU**

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Imagine waking up restrained to a bed Breathing through a straw. You hear the sound of beeps and strange voices in the hall. Your heart starts racing. Your respirations increase. Your blood pressure rises. You wonder if you are deceased. This experience was described by patients to nurse residents during an extubation trial. The purpose of this study was to determine if music therapy with patient's preferred genre prior to the extubation trial was effective in decreasing anxiety allowing for decreased use of analgesics and anxiolytics. The Johns Hopkins Evidence Based Practice Model was utilized for the EBP process. The practice question was: In mechanically ventilated patients whose anxiety and pain can be managed through non-pharmacological methods, does music therapy with the patient's preferred genre, compared to no music therapy and current practice of using analgesics and anxiolytics, impact the patient's ability to pass the extubation trial and decrease anxiety? The evidence concluded music therapy is effective, however, there needs to be more research correlating use of the patient's preferred genre. Vital signs were collected before, during, and after playing the preferred music. Data was collected on five patients. There was an average 11.6% decrease in heart rate and 14.8% decrease in respiratory rate during music therapy. There was an average 13.4% increase in heart rate and a 13.6% increase in respiratory rate when music therapy was discontinued. Music therapy will be expanded to all intubated patients meeting the established criteria to increase the sample size for further study. Additional metrics utilizing an anxiety scale, length of intubation, and patient satisfaction before and after music therapy will be included. Once statistical significance is determined, funding for devices, a music account, and headphones will be pursued.