

MUSIC THERAPY IN PACU, “CALMING THE SAVAGE BEAST”

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Background: The perception of pain and anxiety related to surgery are significant concerns for patients in the perioperative setting. Music has been an effective tool to decrease anxiety, promote easement of pain, and soothe the soul for centuries. While on our magnet journey at Bayhealth, staff members became more engaged and committed to providing a warm and welcoming environment that was patient focused. Having researched the positive effects of music therapy, Bayhealth initiated ambient music in 2011 in the southern campus. The goal was to promote patient comfort and satisfaction. The process has since been improved with positive results. While preparing for this project, the presenters randomly notified 30 facilities from California, Texas, Indianapolis, Maryland, and Delaware to ask if music therapy was provided in the PACU setting. Only two facilities, other than Bayhealth, implemented music therapy.

Objectives of Project: The purpose of our presentation is to share a holistic approach that includes ambient music to decrease anxiety and the perception of pain in the perioperative setting. The presenters suggest that staff and patients would enjoy the calming effect of music. The process change is simple and relatively inexpensive with enhanced patient satisfaction.

Process of Implementation: The first music device used was a simple CD player brought in by staff from home. This proved to be a time consuming and inconsistent process. The music was personalized with lapses when nurses were too busy to change the CDs. Initially, not all staff members were supportive of the implementation of ambient music. Patient's positive responses; however, helped diminish staff negativity. In 2015 a wireless Bose sound system was purchased by the unit, providing a consistent mode of music delivery and genres. Patients seemed to prefer the easy listening sounds of the 60's, 70's, and 80's. In addition, staff members enjoyed a more relaxed atmosphere. Although a formal music research project was not conducted, patient surveys were higher in the campus with ambient music.

Statement of Successful Practice: Bayhealth Medical Center has two separate campuses, a northern and southern division. Music was implemented in the southern campus with patients reporting 80% successful treatment of pain and an overall satisfaction score of 86%. The northern campus, which does not stream in music, reports 75% for successful treatment of post-operative pain and a patient overall satisfaction score of 80%. These figures are generated from Press Ganey patient surveys. The higher scores in the southern campus may be related to the use of ambient music therapy.

Implications for Advancing the Practice of Perianesthesia Nursing: Music therapy is an adjunctive alternative that can easily be incorporated in most perianesthesia settings. Ambient music is a simple method requiring a central device for all to enjoy, such as the method Bayhealth used. A more personalized approach would be to provide a music device with earbuds for each patient. Disposable earbuds are relatively inexpensive, approximately two dollars, and empowers each patient to select their favorite music. Patients could use their own electronic devices with earbuds or attach the earbuds to a borrowed device from the facility.

Another option is to provide music through an IPOD with headphones that are sanitized after usage. Some facilities have employed Music Therapists to administer and personalize therapy. There are multiple options for implementation with great benefits to patients and staff.