

Finding the Frequency for Well-being

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BACKGROUND

Nurses and health care workers are under considerable stress amplified by the recent pandemic.

Drumming combined with music meditation has potential for new therapeutic applications.

Frequencies, rhythms, and vibrations are inherent to and enhance the human condition, as evidenced by literature reporting music listening, music making and rhythmic deep breathing all improving mood/emotional state.

This project tested effectiveness of a brief drumming and music meditation on perceived stress.

OBJECTIVES

Creation and testing effectiveness of virtual drumming and sound- meditation on nurses' perceived stress.

METHODS

Participants in an evidence-based resiliency workshop were invited to anonymously complete a Perceived Stress Scale before and after a virtual drumming and sound medication.

RESULTS

Participant comment:

“At first I was thinking this is fun, but then I became caught up in the drumming, it became part of me in a joyful active way... the meditation that followed reset and rejuvenated me in a powerful way”



RESULTS

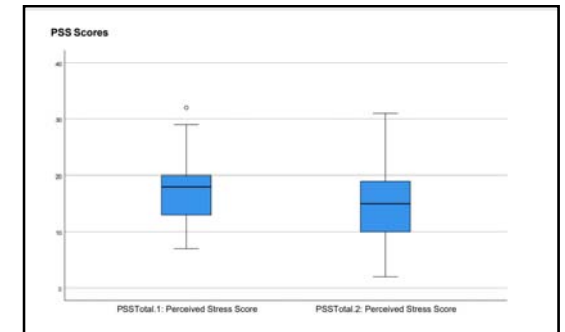


Figure 1, Perceived Stress Scores before and after

Drumming and sound meditation reduced perceived stress in 35 subjects with a mean perceived stress score pre-score of 17.40, reduced a post-score of 14.97 ($p < .0001$)

CONCLUSION

Drumming combined with a sound meditation session can reduce perceived stress.

Institutions and organizations offering well-being resources can reduce perceived stress and create a “just” and caring culture.

Contact us or see a short video at this QR code

