Finding the Frequency for Well-being
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Introduction:  Rhythm is powerful effects are visible in cardiac function or in elevating mood. Frequencies, rhythms and music are inherent to the human condition the first sound everyone hears is a heartbeat. Additional evidence includes music listening, or music making or rhythmic deep breathing can all improve emotional state. Music has been used therapeutically and holds potential for new applications.

Identification of the problem: Many nurses’ normal coping skills were disrupted by the social distancing requirements related to the pandemic.

Purpose of the Study: Creation of an innovative virtual drumming and frequencies meditative experience led by a professional musician was tested for effectiveness in reducing perianesthesia nurses’ perceived stress.

Methodology:  A therapeutic drumming and frequencies medication experience was offered through a virtual meeting platform. Drumming sessions integrated principles and movement utilized in EMDR, a therapy used by advance practice nurses and psychologists to reduce symptoms of post-traumatic-stress-disorder. Frequencies and sounds for the meditation selected upon past evidence and integrated deep breathing. A convenience sample of nurse voluntarily completed the anonymous electronic survey containing the valid and reliable perceived stress scale pre/post participation.

Results: The experience statically significantly reduced stress in 35 subjects with a mean perceived stress score pre of 17.40, reduced to a post score of 14.97 with a  P <.001.

Discussion: Offering a professional musician leading a therapeutic drumming and frequencies meditation can successfully improve perceptions of stress. The collaboration between musicians and nursing can result in more opportunities to explore and test additional music-based interventions for wellbeing in patients as well as healthcare providers

Conclusion:  Virtual therapeutic drumming and frequency medication experiences are feasible and a cost-effective offering that holds the potential to improve wellbeing in nurses.

Implications for perianesthesia nurses and future research: Replication of this experience offered to perianesthesia nurses could be another resource for reducing stress. Additional research for applicability to patient care is needed.