

## **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.