Title:
Does Music Soothe the Soul

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Session Title:
Frontline Clinical Leadership Posters

Slot (superslotted):
FL CL PST: Friday, September 26, 2014: 10:00 AM-10:30 AM

Slot (superslotted):
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FL CL PST: Friday, September 26, 2014: 3:00 PM-3:30 PM

Keywords:
decibels, music and neonates

References:

Learning Activity:

<table>
<thead>
<tr>
<th>LEARNING OBJECTIVES</th>
<th>EXPANDED CONTENT OUTLINE</th>
<th>TIME ALLOTTED</th>
<th>FACULTY/SP EAKER</th>
<th>TEACHING/LEARNING METHOD</th>
<th>EVALUATION/F EDBACK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>Example</td>
<td>Example</td>
<td>Example</td>
<td>Example</td>
<td>Example</td>
</tr>
<tr>
<td>Critique selected</td>
<td>Definitions of &quot;curriculum&quot;</td>
<td>Name,</td>
<td>Lecture</td>
<td>Group discussion:</td>
<td></td>
</tr>
<tr>
<td>definition of the</td>
<td>Course of study</td>
<td>Credentials</td>
<td>PowerPoint</td>
<td>What does cultural</td>
<td></td>
</tr>
<tr>
<td>term, &quot;curriculum&quot;</td>
<td>Arrangements of</td>
<td></td>
<td>presentation</td>
<td>training mean to</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Participant</td>
<td>you?</td>
<td></td>
</tr>
</tbody>
</table>
Abstract Text:

**Purpose:** Some common types of music neonates are reported to prefer includes female voices, lullabies at a rate of 60-80 beats per minute, Mozart, and piano music (Hodges & Wilson, 2010; Keith, 2009, Schwartz, 2004). Decibel levels for neonates should range from 55-80db for a neonate (Stanley, 2002). No study was found that focused on neonates with any type of diagnoses at 28 weeks in regards to their physiological response to music when irritable. The purpose of this research study was to determine if playing music for fussy/irritable neonates would decrease their heart rate and respiratory rate, and increase their oxygen saturations while in NICU.

**Methods:** Education was provided to NICU nurses regarding the definition of an irritable infant, and the purpose of the study. All neonates in NICU, 28 weeks and older were included in the study. A folder was placed at the bassinet/crib, which contained the protocol for the study and the data collection form for the nurses to complete. Once an infant was determined to be fussy/irritable (crying for 5 minutes or more after feeding and diaper change) their heart rate, respiratory rate, and Oxygen saturation (SPO2) was
recorded. Once music was applied and 5 more minutes had elapsed the after heart rate, respiratory rate, and Oxygen saturation was again recorded. Earbuds were placed in the bassinet/crib/isolette by the neonate ears, and were attached to an iPOD that played Mozart and lullabies at 60-80 beats per minute. Decibels for the iPOD were determined by using a decibel meter and marking the iPOD so that 55 decibels were set on the iPOD and not exceeded. Data from the collection forms were entered into SPSS (Statistical Package for the Social Sciences) for analysis, and a paired T-Test was done.

Results: A paired T-Test was done for analysis. Statistical significance was found with regards to the before music heart rate, respiratory rate, and Oxygen saturations when compared to the after music heart rate, respiratory rate, and Oxygen saturations.

Conclusion: Music used in NICU can increase oxygen saturations and decrease heart rate and respiratory rate in the fussy/irritable neonate. Neonates can become fussy at shift change, when parents visit, and when labs are drawn or treatments are done. Music can be used at these times to possibly reduce stress, which increases heart rate and respiratory rate, and decreases Oxygen saturations.