Developing a Music Therapy Program for Hospitalized Adults at a Large Academic Medical Center

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Background
• Nearly half of patients admitted to an ICU experience anxiety
• Contributors to anxiety: persistent pain, loud alarms, experience of an overwhelming diagnosis, prolonged length of ICU stay
• Up to 60% of patients discharged from the ICU go on to experience PTSD

Methods, contd.

Methods
• Pre-post music therapy session survey of ICU providers and patients

Individualized Music Therapy Program (IMTP)
• Implemented through a request made by an ICU provider in the patient’s medical record
• One 30-minute active music therapy session at the bedside
• Delivered by a certified music therapist
• Patient and music therapist identify goal(s) for the session: e.g. decrease pain, reduce anxiety, increase relaxation, improve mood
• Patient selects music genre and type of instrument (guitar, keyboard, egg shaker, drums)

Theoretical Model

IOWA Model for Developing & Implementing QI Projects
- Implementation: Evaluate data collected
- Development: Determine outcomes
- Select pilot units
- Collect outcome data

Results
• 55 (25%) of ICU providers responded to pre-IMTP survey
• 100 (45%) of ICU providers attended in-person orientation
• 59 (27%) of ICU providers referred a patient for IMTP
• 38 (17%) of ICU providers responded to post-QI project order
• 59 orders place in EMR and 35 (59%) patients agreed to participate

Conclusion
• IMTP was well received by providers and patients
• Implementation of active music therapy sessions, guided by a certified music therapist, can positively impact patient’s pain and anxiety scores
• To be successful, the program needs to be easily accessed by provider.