



The Impact of Live Music Therapy on the Nurse Practice Environment and Staff Satisfaction on Inpatient Units at Nebraska Methodist Hospital



Jordyn Kreifels BSN, RN, Gero-BC, CDP
Jordyn.Kreifels@nmhs.org

Jordyn Stangl BSN, RN, Gero-BC
jordyn.stangl@nmhs.org



Committed to
Care Excellence
for Older Adults



Review of Literature

- ❑ Music therapy is the use of music by a music therapist to accomplish individualized therapeutic goals (Sousa, Dowson, McDermott, Schneider & Fernandes, 2020).
- ❑ Healthcare providers find music therapy to have a beneficial impact on patients' mood, memory, communication and social interactions (Khan, et al., 2015).
- ❑ Healthcare staff have said music therapy is a pleasant event in their daily schedule (Khan, et al., 2015).
- ❑ Healthcare providers gain better empathy towards their patients by learning more about their interests, behaviors and thoughts through music therapy intervention (Khan, et al., 2015).
- ❑ Music therapy has been shown to have a beneficial impact on patients and healthcare workers (Khan, et al., 2015).

Outcomes/Results

- ❑ 60 total responses
 - 38 qualifying responses
 - 27 RNs & 11 CNAs
- ❑ Responses from 3 different units
 - 18 from the Acute Care for Elders unit
 - 12 from the Oncology unit
 - 8 from the Progressive Care unit
- ❑ 100% of responses said they find music therapy to be a beneficial therapy to offer patients
- ❑ Themes emerging from the open-ended question reflect a belief among hospital staff that music therapy is beneficial to both the staff and the patients.

References

Khan, W. U., Mohamad Onn Yap, I. A., O'Neill, D., & Moss, H. (2015). Perceptions of music therapy for older people among healthcare professionals. *Medical Humanities*, 42(1), 52–56. <https://doi.org/10.1136/medhum-2015-0107788>

Sousa, L., Dowson, B., McDermott, O., Schneider, J., & Fernandes, L. (2020). Music-based interventions in the acute setting for patients with dementia: a systematic review. *European geriatric medicine*, 11(6), 929–943. <https://doi.org/10.1007/s41999-020-00381-4>

Methods

Intervention:

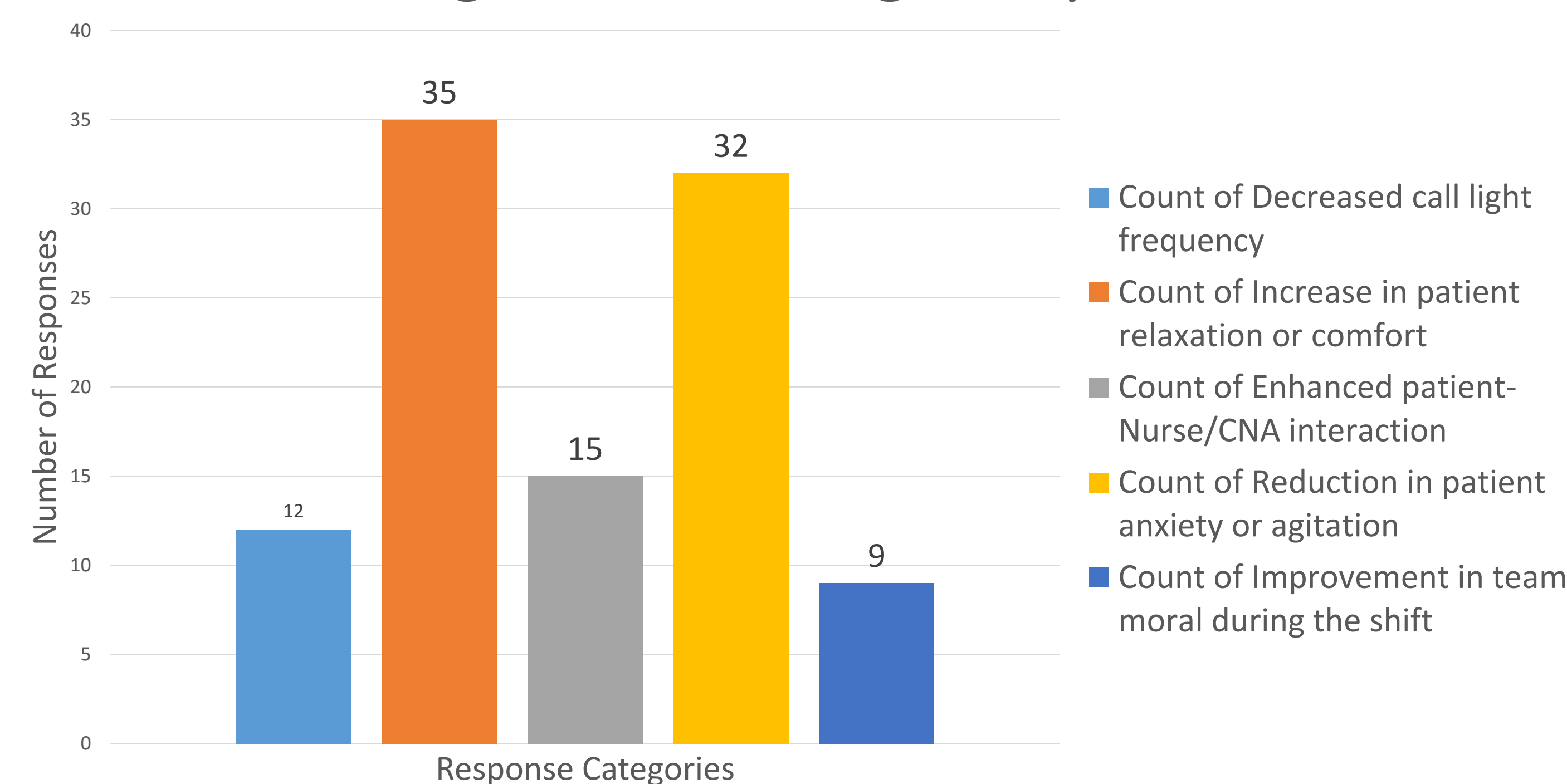
- ❑ Electronic survey was distributed to all nurses and certified nursing assistants on units that have live music therapy intervention offered
- ❑ Survey questions were asked using a 5-point Likert scale
- ❑ A convenience sample of staff who have had exposure to live music therapy when it was present on their unit was asked to fill out the survey
- ❑ Staff were given 14 days to complete the survey

Implications for Practice

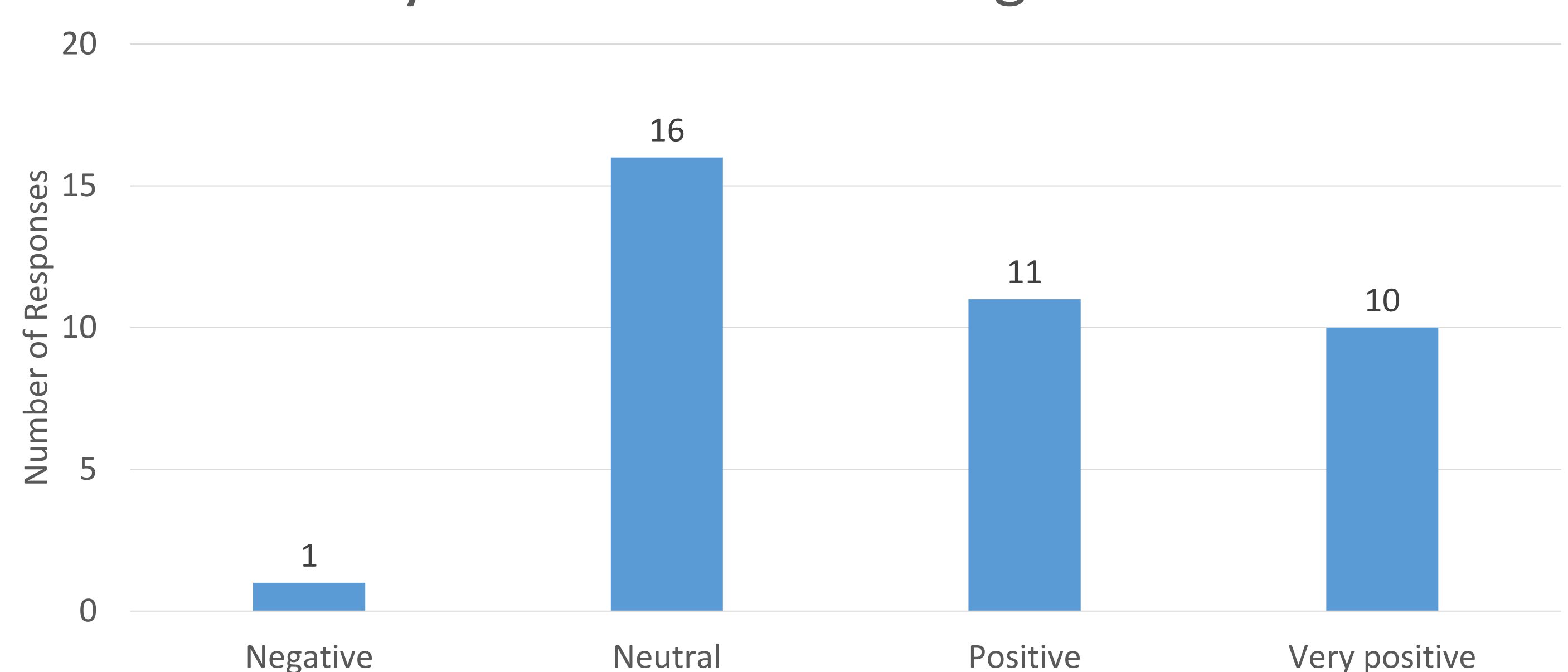
- ❑ Live music therapy is of great benefit to patients and healthcare workers, and thus more attention is warranted to expand and increase availability of this intervention
- ❑ This study is important because few studies have examined live music therapy from the perceptions of healthcare workers and the effects on their nurse practice environment



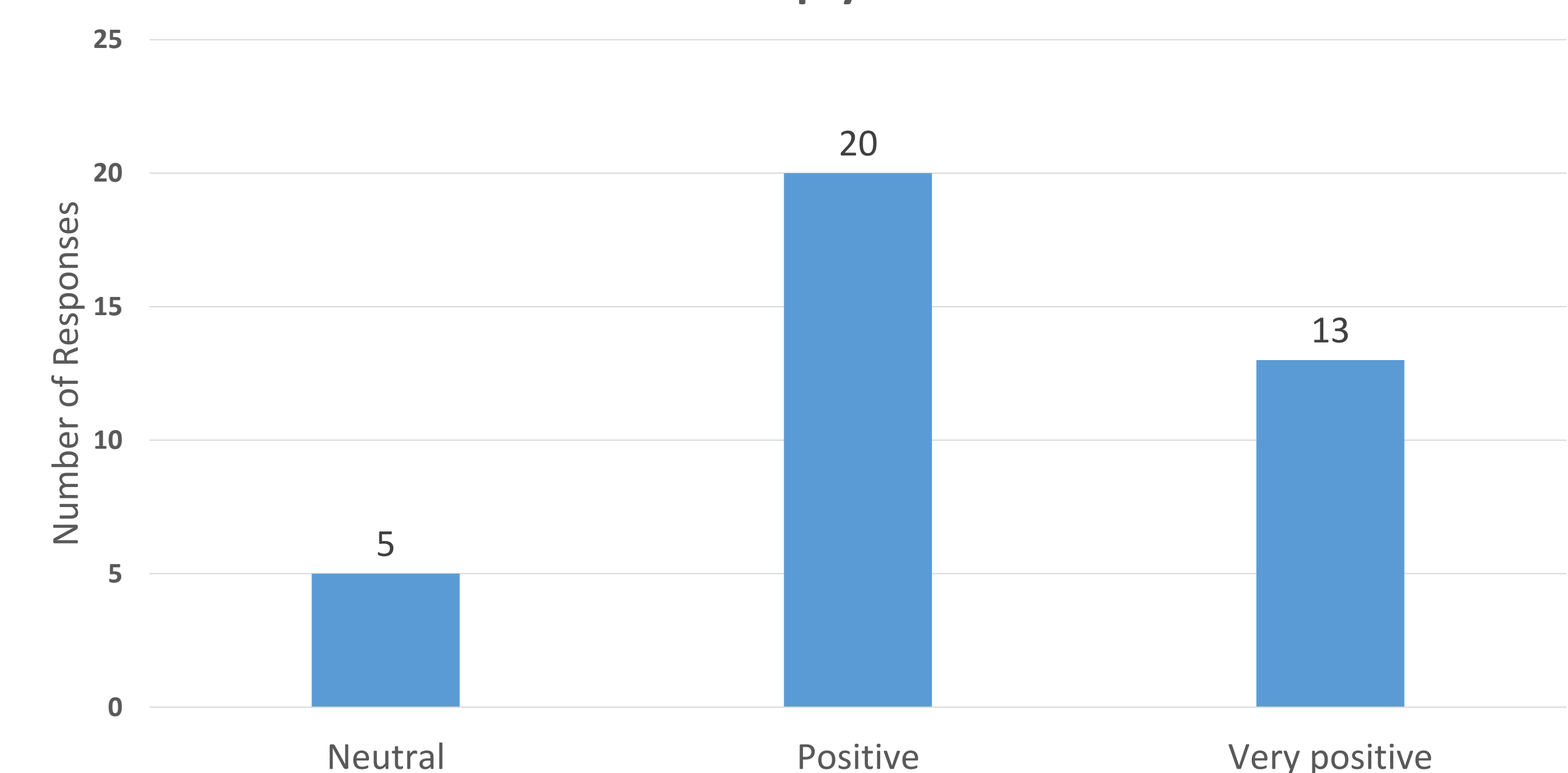
Has live music therapy affected the following factors throughout your shift?



To what extent did live music therapy affect your workflow through the shift?



How would you rate the overall atmosphere on your unit during live music therapy sessions?



How has live music therapy affected your stress levels during shifts?

