Anxiety Reduction Through Music

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Anxiety Reduction Through Music
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INTRODUCTION
• Music based interventions can provide varied benefits for psychiatric patients in an acute setting (Volpe et al., 2018).
• Many psychiatric patients are overwhelmed, anxious, depressed or internally preoccupied – factors which can lead to aggressive and/or self-harm behaviors and result in restraint episodes.
• This presentation details the therapeutic effectiveness of music therapy groups on acute psychiatric units with the goal of improving care and decreasing restraint use.

EVIDENCE
• Exposing patients diagnosed with psychosis or mood disorders to relaxing music has shown positive results among patients in acute care settings (Volpe et al 2018).
• Verbal and nonverbal rating scales were used to assess patient anxiety before and after music therapy (Volpe et al., 2018, Schroeder et al., 2018, Bensimon et al., 2018).
• Study outcomes revealed a significant reduction of stress levels, agitation, depression, and an increase in overall calmness with no adverse side effects after rating and observing patients post music sessions (Volpe et al., 2018, Schroeder et al., 2018, Bensimon et al., 2018).

METHODS
• February 2022: Pre-Intervention – patients given a questionnaire to evaluate their current anxiety level (circle one): Mild, Moderate, Severe
• Intervention - March-May 2022 - Structured, RN-led, music groups; acute care psychiatric setting
• Three cohorts; ten patients/cohorte
• Genre was chosen by group census
• Post-intervention – re-administered pre-intervention questionnaire

RESULTS
• Patients sang, danced, and discussed the music with the nurse.
• The majority of patients noted reduced anxiety levels.
• Post intervention, patients expressed interest in having additional music therapy sessions.

KEY LEARNINGS/FUTURE DIRECTION
• Outcome data presented to clinical behavioral health leadership
• Implementation of a regular therapeutic music group is being reviewed by management to incorporate in regular patient care
• Staff also reported a reduction in anxiety with music therapy
• The care of the behavioral health patient requires a creative, multifaceted approach.

REFERENCES