

Nurse-led, Music-based Interventions for Pain and Anxiety Relief: An Implementation Science Study



PRESENTER:

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INTRODUCTION: Recent literature suggests music is an effective, easy to implement, safe, and inexpensive intervention to manage pain and anxiety among hospitalized patients, both adults and children. However, few inpatient units systematically rely on music-based interventions.

AIM: This pilot study tested the broad hypothesis that nurses can effectively integrate music-based interventions into routine practice to help manage their patients' pain and anxiety.

METHODS:

- At a large, urban hospital, a formal music protocol was implemented on three adult units and one pediatric unit from July 2021 to April 2022.
- Implementation strategies included nurse champions, in-person training, informational handouts and videos, free Spotify accounts, and regular check-ins by research staff.
- The uptake of the music-protocol was studied using data collected from the electronic health record (EHR) and indirect observations.
- Clinicians' perceptions and attitudes towards music were assessed using a 14 question pre- and post-intervention survey, with nine-point Likert scale responses.

RESULTS:

- EHR data revealed use of music increased by 296% (pre-implementation n = 26, post-implementation n = 103).
- Indirect observations revealed nurses offered music for anxiety relief (31.7%), boredom (26.8%), pain relief (22%), and as a procedural distraction (19.5%). Patients listened to music for an average of 78 minutes on a hospital-provided tablet (78%), personal device (15%), or television (7%). The genre was selected by the patient (46%), staff (43%), or visitors (11%).
- Surveys revealed clinicians' perceptions and attitudes towards music improved, but not significantly.

DISCUSSION: Implementing a formal music protocol facilitated the uptake of music-based interventions by nurses on four hospital units. Anecdotal evidence from unit champions suggested music was offered far more often than documented, and that implementation during the COVID-19 pandemic may have contributed to the data collection fatigue. This pilot study has the potential to be tested and used at a larger scale.

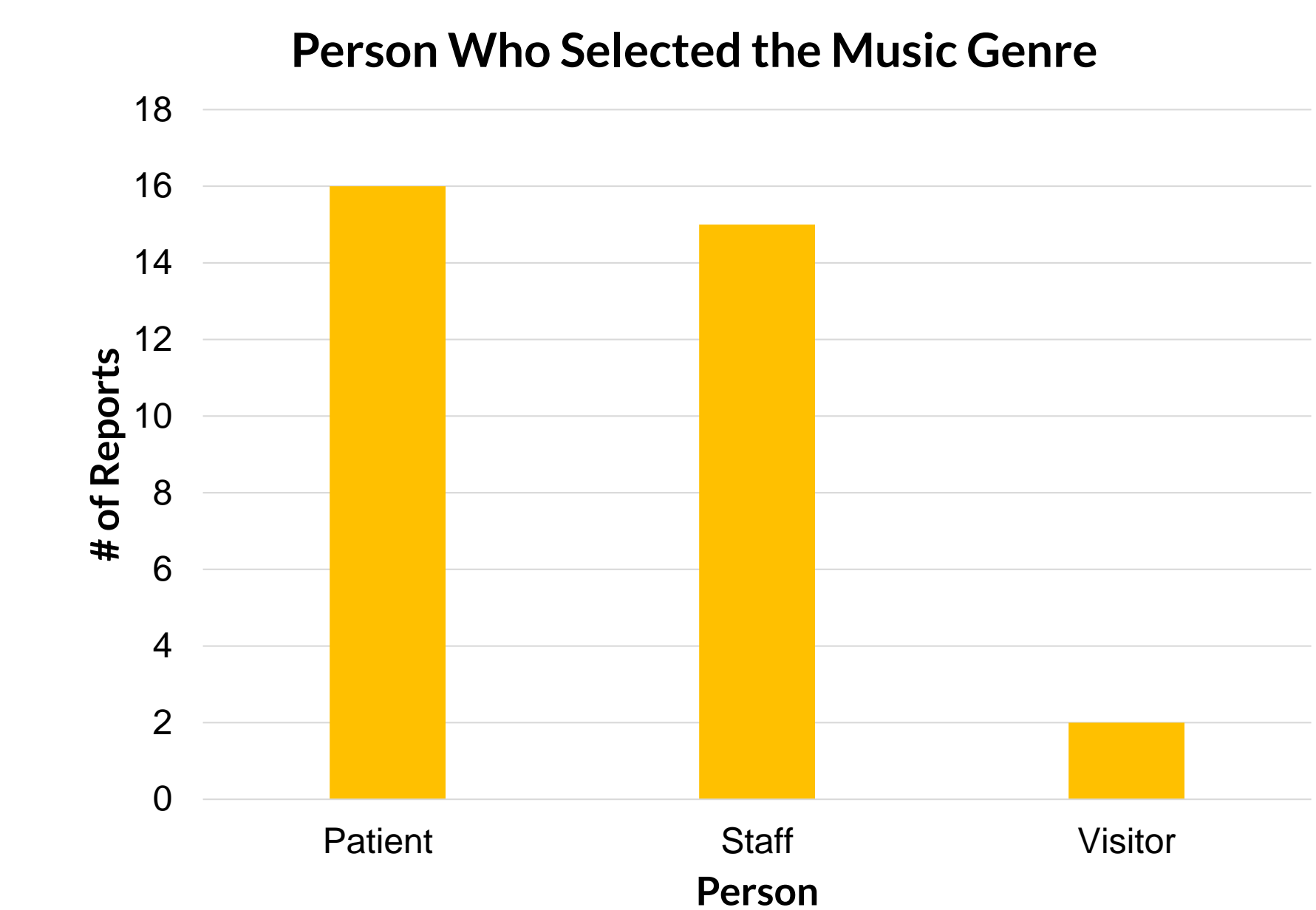
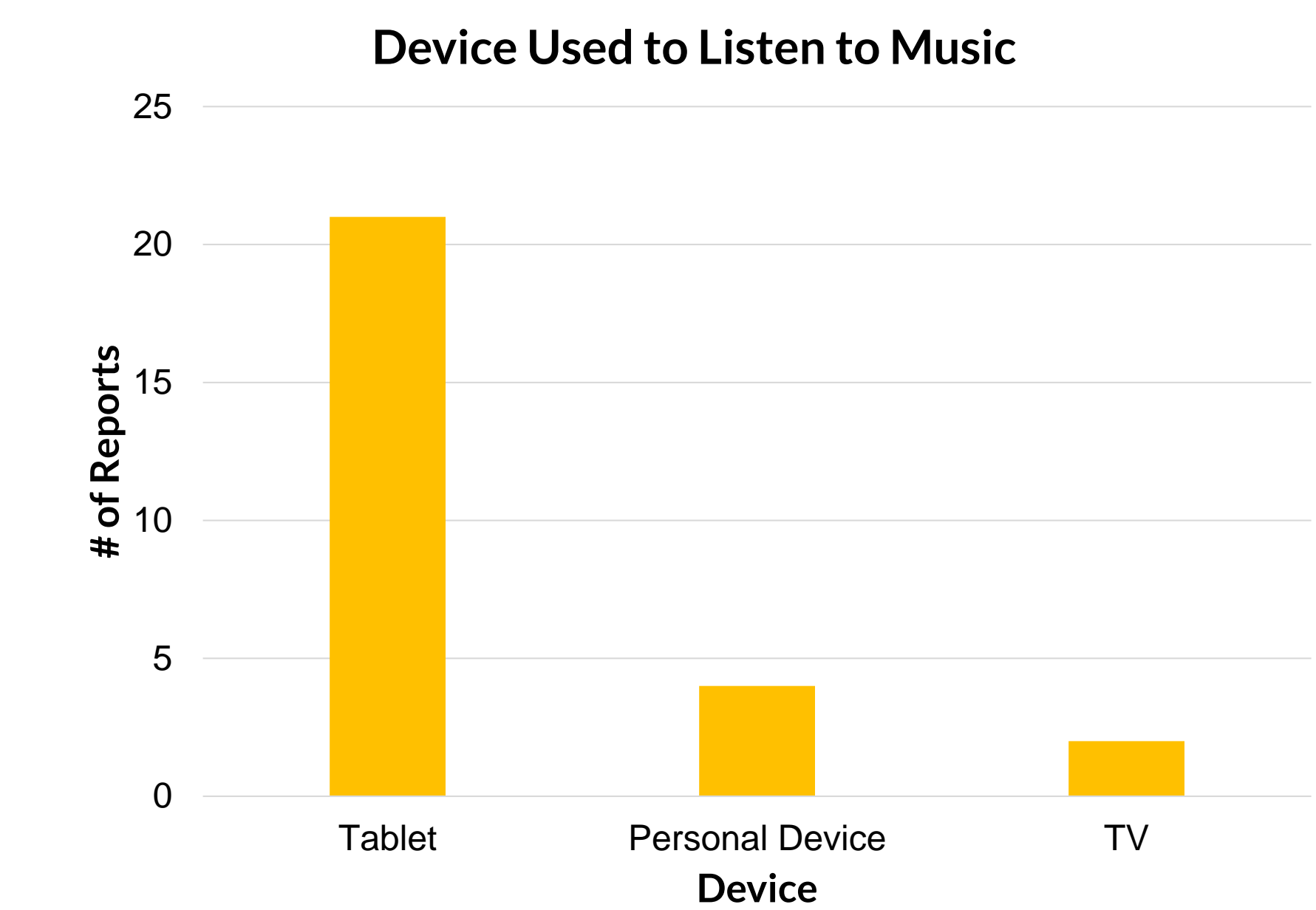
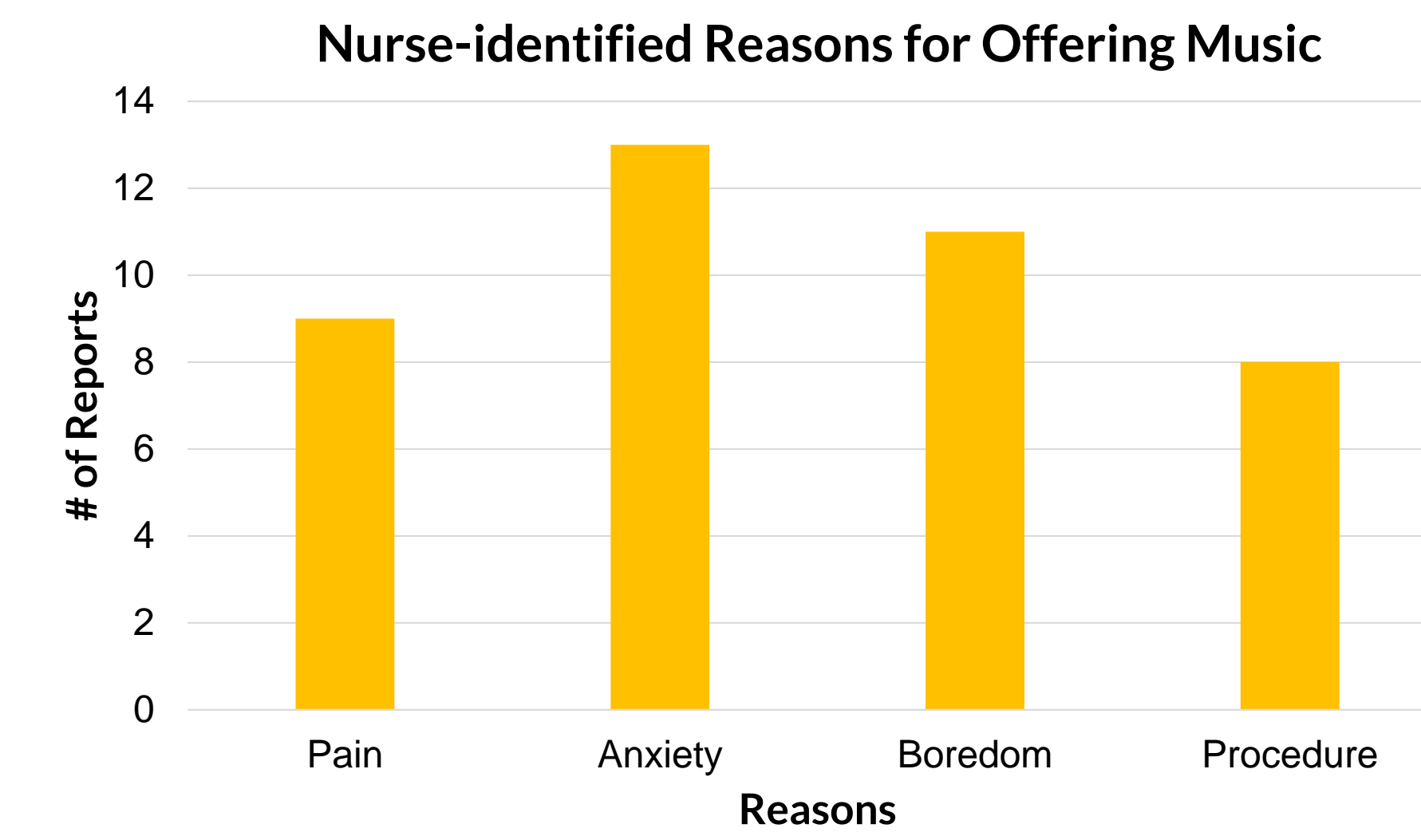


Implementing a formal music protocol facilitated the uptake of music-based interventions by nurses.



Scan here to listen to music created by **The Peabody Institute** for patients at The Johns Hopkins Hospital.

Tables & Figures



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