

# Test of streaming musicure.dk in Anesthesia Intensive care unit V, University Hospital Svendborg

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## Background:

The use of music in the intensive care and recovery wards is not new but has been used for several years. The music is the evidence based MusiCure composed by the well-known composer Niels Eje. The music has documented positive effects on patients and has shown to relieve pain, stress and anxiety as well as increase the patients' quality of life and well-being.

The ability to stream MusiCure is brand new, which creates audio-visual experiences with tranquil life-affirming nature sceneries, carefully adapted to the MusiCure music. This creates a positive distraction, which can be both motivating and inspiring and enhance the patient experience. The MusiCure specially designed sleep program mimics the natural circadian rhythm, which gives the ability to utilize a non-pharmacological approach in the care and treatment of intensive care patients.

## Purpose:

- To test the use of Streaming MusiCure through mapping the functionality
- To examine patients' and relatives' experience of MusiCure music and nature films in different contexts.

## Method and Settings

Streaming MusiCure has been tested in Section V, OUH Svendborg Hospital in the period October/November 2016 to February 2017 in the following contexts:

- Patient rooms in intensive care
- Surgical- and relaxation room in the same-day surgery area.
- Waiting rooms for patients and their families as a supplement to existing information channels.

The use of the waiting rooms is noted in a booklet by the staff while patients and relative's experiences are collected through questionnaires.

## Functionality

In relation to the interconnection with info-TV on the screens it was made possible, with assistance from the Communications department in the Region of Southern Denmark, to implement MPEG-4 films because streaming was not immediately a technical possibility. The solution with MPEG-4 films and music on MP3 can be established with updates e.g. every three months. The staff noticed that the streaming signal had disruptive effects on sensitive equipment in the surgical ward, and was therefore replaced by MP3 players with specially designed music for procedure (PICC line), which was connected to the MusiCure Pillow. The context in the recovery/relaxation room, with more than five treatment facilities makes use of streaming a challenge in relation to synchronization.

## Patient Experiences

During the test period, 189 patients and relatives shared their experiences of music and films distributed on the three settings.

### Patient Experiences from same-day surgery area.

Patient feedback was clearly positive, with indication that they thought it was nice, and it was a soothing and a relaxing experience to listen to music during insertion of the PICC line catheter.

The staff in the relaxation room noticed a positive effect in both children and parents.

### Patient's and relatives' experiences in the waiting facilities

75% of patients in the same-day surgery found comfort in listening to MusiCure audio and 69% in watching the MusiCure nature films. 70% of the patients stated that this type of music/film made them relax while waiting.

83% of the relatives to patients in ICU experienced it was pleasant and that it gave them a sense of calmness listening to music and watch nature films

### Patient Experiences from the intensive care unit

60% of patients in intensive care have experienced that the streaming service's sleep channel increase their ability to sleep better. 80% of staff found the pillow easy and intuitive to use.

## Conclusion

The results from this study has shown a positive utilization in different contexts. The Sleep channel in the intensive care, in waiting facilities, and in addition to info-TV via MP3 and MP4, and the surgery sections by streaming or MusiCure via MP3. The ability to use Bluetooth could be examined specifically in relation to the recovery/relaxation room.

Generally the patient's statements show a positive experience for music and films, which gives a sense of calmness. This perspective can advantageously be explored further in larger and more homogenous patient groups.

