

Abstract

Title : The Effect of Music Therapy on Sleep Efficiency and Physiological Responses of Critical Ill Child

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Background : Sleeping can effect physiological responses for child health. Critical ill child could sleep only 27.6 minute / day (Cureton,1992). Sedative drug mostly used for helping them sleep but it's not better for weaning patients from mechanical ventilation. To know that music is one method to help sleep well. Therefore, music therapy was selected to study.

Objective : To determine the effect of music therapy on sleep efficiency and promoting physiological responses by decreasing heart rate, respiration rate, blood pressure and increasing oxygen saturation in pediatric patients during weaning mechanical ventilation.

Methods : A change – over design was used to compare the difference in sleep efficiency and physiological responses among the same patients during two periods : experimental period (with music therapy) and control period (without music therapy). The purposive sampling consisted of 30 patients at 1 month to 6 years old during weaning mechanical ventilation at PICU of Queen Sirikit National Institute of Child Health that conducted from March 2011 to December 2011.

Result : During the music therapy period, sleep efficiency significantly greater than in the control period ($p < .05$). Heart rate, respiration rate and blood pressure during the music therapy period significantly decreased more than in the control period ($p < .05$). Oxygen saturation during the music therapy period significantly increased more than in the control period ($p < .05$).

Conclusion : Music can effect sleep efficiency, decreasing heart rate respiration rate blood pressure and increasing oxygen saturation of critical ill child.