

## Telling story:

### Gentle Sound and Lullaby by mother for children during cardiac catheterization

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#### Abstract

**Purpose :** The purpose of this study was to examine the effect of Gentle Sound and Lullaby by mother on stability of heart rate and relaxing of children during cardiac catheterization and level of happiness of the mother who know that her child heard her voice during cardiac catheterization.

**The origin of the story:** Gentle Sound and Lullaby by mother for children during cardiac catheterization was my small idea that created when I was novice in catheterization laboratory about 6 years ago. The idea occurred while I had seen cardiac catheterization procedure at the first time that the doctor will puncture for open artery or vein at the groin area and insert catheter to the heart for evaluation structure and function of the heart. Although children have been sedate but they were awaked and struggled by suffering from hurt of needle puncture. Which while children struggling to suffer, I saw a nurse who care the child with soft touch and give gentle sound to calm down " OHHHH don't cry baby". That made me had a question " If the gentle sound was mother voice that children accustomed, it may be help children relaxed and sleep well than other voice and how can I help children heard the mother voice during cardiac catheterization?."

**To solve the problem:** After the question, I review literature and found that the lullaby can help baby stop crying and sleep well (Trehub, 2001) and lullaby by mother can decrease heart rate and relaxing of moody child (Shenfield, et al., 2003). Because of review literature guide that. Nursing management of Gentle Sound and Lullaby by mother may be stability of heart rate and relaxing of children during cardiac catheterization. So that I plan to record the gentle sound and lullaby by m other in MP3 recorder and made the child heard it during cardiac catheterization. I belived that it can help the children calm down and happy like the mother beside them all the time.

**The result:** During 4 weeks with 4 children get the gentle sound and lullaby by mother during cardiac catheterization found that

1. Children: Stability of heart rate and relaxing of children during cardiac catheterization.
2. Mother : High level of happiness when she know that her child heard her voice.

**Conclusion and recommendations:** These results indicated that the gentle sound and lullaby by mother had positive effect. A further application of this idea should be implemmented in high level such as Routine to Resarch which must have coordinate/collaborate between cath lab nurse and ward nurse. So I try to promoted and shared Telling story: Gentle Sound and Lullaby by mother for children during cardiac catheterization to orther nurse/student nurse for inspiration, awareness and benefits of this for establish the idea continue and expand to orther situation such as NICU or PICU.

**Keyword:** Gentle Sound and Lullaby