



Abstract Title:	Development of Music Intervention Protocol: A Unit Based Process Improvement Project
Author and Co-authors:	Sherrina Stewart, MSN-Ed, RN; Joseph Lavalley, BSN, RN; Susan Smith, NP, PhD; Howard Smith, MD Orlando Health, Burn Center, Orlando, FL
Objective:	Upon completion of the lecture, attendees should be better prepared to: <ul style="list-style-type: none">• Summarize the development of music intervention protocol• Discuss the process for implementation of a music intervention protocol for use during burn dressing changes
Abstract:	<p>Introduction: Supportive, non-pharmacological interventions, such as music therapy, have been shown to improve pain tolerance during burn dressing changes. The proven benefits of music therapy are well-described in the literature. However, there is a lack of evidence detailing the process for protocol development, securing equipment, staff education and implementation of the intervention.</p> <p>Methods: A review of the available literature was completed using search terms: burn(s), burn care, pain, anxiety, music, music intervention, process, improve(ment), dressing change(s), procedure(s), protocol, evaluation, audit(s), technology, device(s). Findings from all studies indicated a reduction in pain and anxiety; however the process for development and implementation was not widely reported. In response to the perceived knowledge deficit, a protocol and audit tool was developed and approved through the Unit Practice Council (consisting of nurses, nurse leaders and nursing assistants). Computer tablets, head phones, locked cabinet, and safety ties were obtained. Team members were educated on the protocol and practice changes, including required documentation, through team morning huddles, GEMBA (huddles, email and word of mouth. Audits were conducted to ensure adherence to the protocol and sustainability of the intervention.</p> <p>Results: The pilot study included sixteen patient interactions. Audit tools were submitted by staff nurses caring for each of these patients. Unfortunately, only one patient audit tool was returned. Pain levels were appropriately documented 12 out of 16 times. Only 7 out of 16 nurses actually documented in the patient’s electronic medical record that they provided music therapy.</p> <p>Conclusions: Burn nurses are responsible for participating in painful dressing change procedures during each of their shifts. They have a strong desire to reduce pain and improve the experience of daily burn wound care for all of their patients. Empowering</p>

the Burn Trauma Step-down Unit's Practice Council to champion this project encouraged participation and a sense of ownership. Evaluation of our pilot study results revealed opportunities for improving both staff and patient education. Based on the overall positive staff responses, we will continue the music intervention. Future research will focus more specifically on the impact of music intervention on pain medication and anxiolytic requirements.

References and Resources

Ghezeljeh, T. N., Ardebili, F. M., & Fafii, F. (2017). The effects of massage and music on pain, anxiety, and relaxation during burn patients: Randomized controlled clinical trial. *Burns*, 43(2017), 1034-1043.

Ghezeljeh, T. N., Ardebili, F. M., Rafii, F., & Haghani, H. (2015). The effects of music intervention on background pain and anxiety in burn patients; Randomized controlled clinical trial. *Journal of Burn Care & Research*, 37(4), 226-234.

Hsu, K.-C., Chen, L. F., & Hsieh, P. H. (2016). Effect of music intervention on burn patients' pain and anxiety during dressing changes. *Burns*, 42(2016), 1789-1796.

Li, J., Zhou, L., & Wang, Y. (2017). The effects of music intervention on burn patients during treatment procedures: a systematic review and meta-analysis of randomized controlled trials *BMC Complementary and Alternative Medicine*, 2017(158).

Lima, L. S., et al. (2017). Is music effective for pain relief in burn victims? *International Archives of Medicine*, 10(11), 1-10.

Tan, X., Yowler, C.J., Super, D. M., & Fratianne, R. B. (2010). The efficacy of music therapy protocols for decreasing pain, anxiety, and muscle tension levels during burn dressing changes: A prospective randomized crossover trial. *Journal of Burn Care & Research*, 31(4), 590-597.

Disclosure:

Sherrina Stewart – No Relevant Financial Relationships to Disclose
Joseph Lavalley – No Relevant Financial Relationships to Disclose
Susan Smith – No Relevant Financial Relationships to Disclose
Howard Smith – No Relevant Financial Relationships to Disclose