



Music Therapy to allay anxiety in Day Surgery Sessions

Beth Dun,
Senior Music Therapist
Music Therapy Unit
Royal Children's Hospital



Music to allay anxiety

- ◆ both live and recorded music can be used
- ◆ live music engages the child
- ◆ recorded music offers focus for relaxation

Benefits of live music-making

- ◆ Music is a strong distraction - aural, visual and physical
- ◆ Promotes interaction between children, and between adults
- ◆ Study showed:
 - Parents felt the room was less tense
 - Children less anxious after music session



Live music session

- ◆ 30 minute session in waiting or ward area
- ◆ Contains **familiar** age-appropriate songs
- ◆ Opportunities for choice-making, actions, singing, playing with props
- ◆ No noisy instruments!



Recorded Music



- ◆ Discmans/walkmans (earphones)
- ◆ Free field



Discmans/walkmans

- ◆ Self selection

Use of recorded music - some considerations

Copyright licenses

- ◆ **PPCA** - phonographic performance company of Australia ltd:
Use of recordings in a ward or waiting room constitutes a public performance & needs a license
- ◆ **ARIA** – Australian record industry association ltd - dubbing of a recorded song onto another media (CD/tape) also requires a license
- ◆ Check with your hospital for legal coverage

Considerations cont.

- Why does the auditory environment need to be changed?
 - blanket of noise – people talking, repeated sounds eg. games, crying
 - intrusive sounds – sudden loud sounds eg., alarms, yelling or screaming, singular voices, announcements
 - lack of sound – stark, unwelcoming

What does it need to be changed to?

- ◆ Organise
 - Pulse/Rhythm
 - Slow tempo
- ◆ Stimulate
 - Slow tempo
- ◆ Support
 - Familiar - songs
- ◆ Vent
 - Variety of timbres



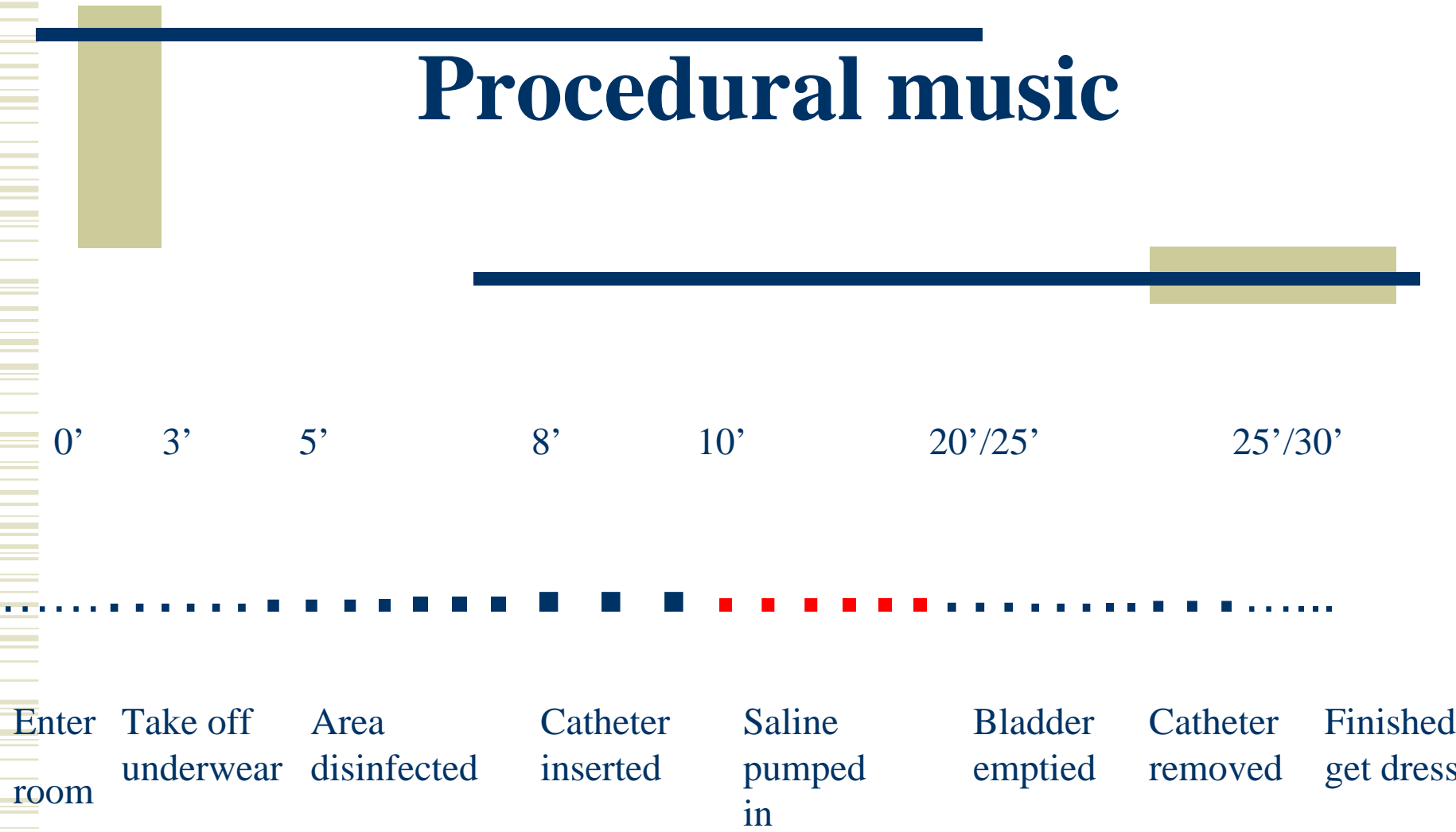
Elements of music to consider:

- ◆ tempo (fast/slow)
- ◆ dynamics (loud/soft)
- ◆ instrumentation (guitar, orchestra etc..)

Preferences & Styles

- ◆ Individual preference for elements
- ◆ Combinations of elements = styles
- ◆ Children's music = folk style
- ◆ Simple, repetitive melody, harmony, rhythm
- ◆ Access other music with same elements

Procedural music



Music for the CMG

- ◆ Music on arrival was recognizable
- ◆ Distraction - sing-along
- ◆ During measurement phase
 - Relaxing
 - Encourage deep breathing and stillness
- ◆ Disney - lion king, Pocahontis, Enya
- ◆ Very successful for the 2 - 5 yo



Recorded music – summary:

- ◆ Understanding elements of music give you control over the possibilities
- ◆ Widens the repertoire from which to choose
- ◆ Increases usefulness of current resources



Conclusion



- ◆ Live and recorded music serve different, but complimentary purposes in day surgery
- ◆ Music is a simple non-invasive strategy which may preclude the negative effects of the hospital experience