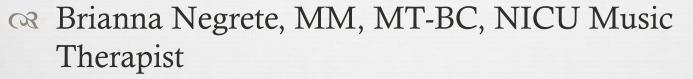
Music Therapy in the Neonatal Intensive Care Unit (NICU)



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Music Therapy in the NICU



- R B.A. Music Therapy, California State University, Northridge
- R M.M. Music Therapy, Florida State University
- R Clinical Internship at Tallahassee Memorial HealthCare

Music Stimuli in the NICU



Music Stimuli in the NICU

Reproviding music to the premature infant

- \bigcirc Live is most effective
- \bigcirc What other infants will be hearing the music
- Using controlled speaker
- R Lullabies promote language development with
 - col emphasis on vowels
 - rising/falling phrases
 - recognition of soothing sounds
 - can be provided in the native language of the infant's family

Music Stimuli in the NICU



Recorded Music

R Must be at least 28 weeks gestation

R Shortening Length of Stay

R More stable oxygen saturation levels

Relements of Music

R Steady, Constant, Soothing

R Major Key

R Mother's voice

Signs of Overstimulation



- R Positive Signs of Stimulation:
 - ca Smiling
 - R Vocalizing
 - R Eye Contact
 - ca Cuddling
 - R Head Orientation
- Regative Signs of Stimulation:
 - R Crying
 - R Grimacing
 - R Halt Hand

 - R Finger Splay
 - R Turning Away

Neurodevelopmental Stimulation

- At least 32 weeks gestation
- \sim 3 pounds and medically stable
- Increase tolerance to stimulation in the NICU to prepare for discharge
- Train parents how to use music with their infants and learn about signs of overstimulation
- Females went home on average 15.7 days sooner and males were discharged on average 8.2 days earlier.
- Females responded more with guitar and singing and males responded more positively with only singing, no guitar.
- R Increased visitation from parents
- Walworth, D., Standley, J., Robertson, A., Smith, A., Swedberg, O., & Peyton, J. J. (2012).
 Effects of neurodevelopmental stimulation on premature infants in neonatal intensive care: Randomized controlled trial. *Neonatal Network: The Journal of Neonatal Nursing*, 31(5), 311-316

Feeding

R Suck, Swallow, Breathe Response

R Pacifier Activated Lullaby

R Used to increase sucking endurance

- To develop sucking burst of 10-12 sucks before pause

Standley, J., Cassidy, J., Grant, R., Cevasco, A., Szuch, C., Nguyen, J. et al. (2010). The effect of music reinforcement for non-nutritive sucking via the PAL (Pacifier-Activated Lullabies Apparatus) on achievement of oral feeding by premature infants in the NICU. *Pediatric Nursing*, 36, 138-145.

Older Infants



 \approx 38-40 weeks old

- R Auditory
- R Visual
- R Tactile
- R Vestibular

Family Support



- R Lullaby Writing
- R Parent Education
- Real Family Dynamics
 - ca Emotions
 - R Denial
 - Anxiety and worry
 - R Detachment, uncertainty
 - ca Grief
 - R Economic Concerns

 - R Work
 - \bigcirc Cost of hospitalization