



## Service Priorities and Programmes Electronic Presentations

**Convention ID:** 1080

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### **Music Appreciation for Learning Disability Patients with Challenging Behaviours**

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#### **Keywords:**

Music Appreciation

Learning Disability Patients

Challenging Behaviours

minimize

impact

#### **Introduction**

Challenging behaviour is a complicated of nursing problem for nurses and caregivers because the attributing factors of patients' challenging behaviour are variable.

Numerous researches supported that music appreciation was useful in managing challenging behaviour. A music appreciation program was designed to evaluate the efficacy of music appreciation in managing patients' challenging behaviour.

#### **Objectives**

(1) To minimize patients' challenging behaviours; (2) To explore the impact of music appreciation on different challenging behaviours

#### **Methodology**

Participants will attend a 30-min music appreciation session, twice a week for a 4-week period. The effect of music appreciation will be assessed by Contextual Assessment Inventory (CAI), Antecedent Behaviour Chart (abc) Chinese Version, and Scatterplot Grid in baseline assessment in week one, during the 4-week intervention and post-intervention in week six.

#### **Result**

From February 2017 to April 2017, total 15 patients joined the programme. Baseline assessment revealed that the challenging behaviours, including kicking, self-harm, screaming and non-compliance presented with the greatest number of frequency. Others included hitting others and stripping off. The total numbers of challenging behaviours decreased 67% from week one till the end of the programme. From week four onwards, the results were prominent. In particular, the numbers for hitting others was zero from week four until week six. However, the results showed that the music appreciation activity had no effect on minimizing the problems of stripping off.

**Conclusion / Recommendation:**

Music appreciation was effective in managing patients' challenging behaviours, in particular hitting others and had no obvious effect on reducing stripping behaviour. Additionally, it showed that music appreciation was a cost-effective activity with

minimal resources. Therefore, it should be widely recommended to implement in mental hospitals. On the other hand, further exploration was needed as the sample size was small in the study.