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Music Therapy to Virtual Ward Patients in Community

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Introduction

Virtual Ward (VW) is one of the Funded Program of Community Nursing Services and Rehabilitation Department of Kowloon Hospital. The ultimate goal of VW is to provide continuous holistic care and End of Life care for frail patients with organ failure or chronic disease in their home environment. These patients had psychological distress that required medical and nursing support. In the past, introduction of music to patient care was uncommon for therapeutically purpose. In fact, music has a significant positive impact on patients with long term illness.

Objectives

Patients' favorite music can reduce their anxiety and pain. In this regards, introduction of music to VW patients is important to reduce their anxiety, pain and promote their wellness of quality of life.

Methodology

Individual Music Therapy was provided to ten VW patients. The Music Therapy duration was 3 months. VW nurses explored patients' favorite music such as Chinese opera songs and religious songs. In addition, nurses also prepared the lyric and sang the song together with patients. Moreover, nurses provided musical instruments such as hand bell and rattle. Patient was invited to play the instrument. Before and after the therapy, Numeric Pain Rating Scale (NPRS) pain measurements were adopted for evaluation. At the end of the therapy, qualitative interviews were provided to patients. Patients' feedback was collected.

Result

After the Music Therapy, the average NPRS decreased from 5.7 to 2.0. Patients' pain was relieved by 64.9%. At the end of the therapy, qualitative interviews were conducted to patients. Patients' feedback was very positive. They all enjoyed the music. All patients had reduced anxiety. Staff's feedback: All staff agreed that the introduction of music was significant in reducing the anxiety and pain of VW patients. Music Therapy has a significant positive impact on VW patients. It can reduce

patients' anxiety and pain. The feedback of patients and staff was positive. The encouraging result has important implications for promotion of the Music Therapy to VW patients.