

Author	Calderon, Helene Marie M.
Title	The Effects of Music Intervention on the Comfort, Pain and Perceived Safety Among Home Care Hospice Patients in Laguna, Philippines
Year	2018
Program	Master of Arts in Nursing

## ABSTRACT

Pain control and physical comfort are two of the most reported nursing needs of hospice patients. There is a dearth in studies that explore the perceived safety of these patients. The interest in using music as an intervention is growing as members of the health profession begin to explore its beneficial effects. This study determined the effects of music intervention on the comfort and pain of home care hospice patients and describes the perceived safety of patients after listening to music intervention.

A census of all home care patients of Madre de Amor Hospice Foundation in Laguna, Philippines enrolled from May 15 to 31, 2017 were included in the study. Twenty-seven patients consented to participate in the study that entailed a one-hour music intervention in addition to usual care. Filipino-translated Hospice Comfort Questionnaire score, VAS pain score, heart rate and blood pressure were taken before, at 30 minutes and at 60 minutes after starting music intervention. Perceived safety was qualitatively described through an audio-recorded interview using guide questions. Significant differences across time were found for comfort score, heart rate and blood pressure. No significant difference was seen for pain scores. Qualitative descriptions of perceived safety revealed themes relating to positive, relaxing and healing effects of music, how music worked through cognitive mechanisms, and contradicting effects of music.

The study concludes that the addition of music intervention to usual care of home care hospice patients significantly increased comfort and decreased heart rate and blood pressure. It also affected their perceived safety positively. However, it did not significantly affect their pain level. The study recommends that larger samples be used for further studies that would replicate the results in relation to comfort and pain of home care hospice patients. Also, it is recommended that terminal diagnoses of patients be controlled for future studies, as well as the intensity of pain prior to intervention.

Keywords: music intervention, home care hospice patients, hospice, pain, comfort, perceived safety, Hospice Comfort Questionnaire, VAS for pain, biophysiological measures, blood pressure, heart rate, terminally ill, music, piano instrumental