

Relieving Work-related Stress With Low-level Background Music.

Robert M. Cefola BSN, RN

Lehigh Valley Health Network, robert_m.cefola@lvhn.org

Ian M. Liebold BSN, RN

Lehigh Valley Health Network, ian_m.liebold@lvhn.org

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Relieving Work-related Stress with Low-level Background Music

By: Robert Cefola BSN,RN and Ian Liebold BSN,RN

Lehigh Valley Health Network, Allentown, Pennsylvania

Background

Nursing stress is documented frequently in the literature and the majority of research focuses on successful stress-reducing interventions (Happell et al., 2013). However, most interventions are not 'real-time', during a nurse's shift.

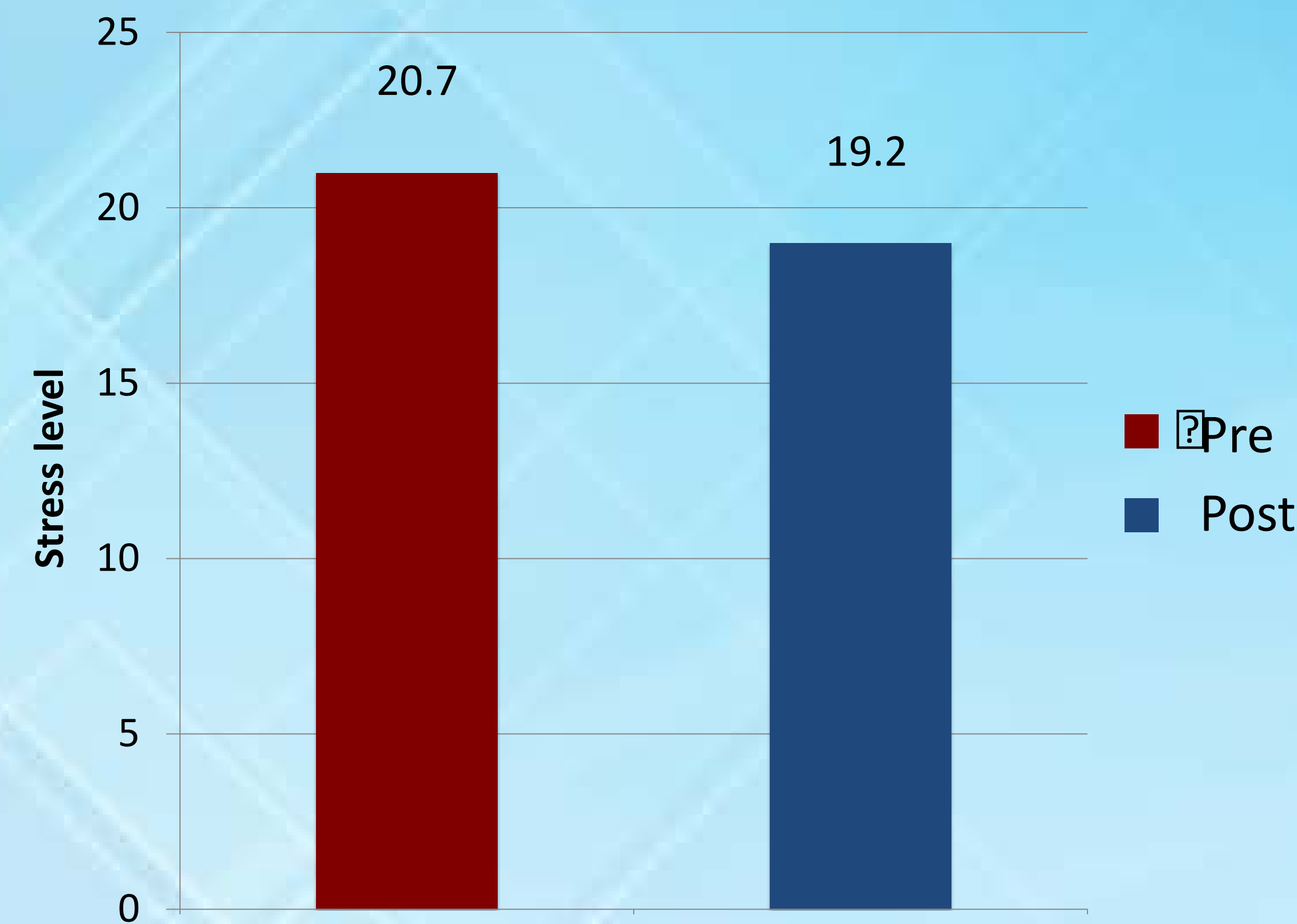
PICOT Question:

- (P) – PCU nurses
- (I) – Use of background music at nurses' stations
- (C) – Compared to nurses without background music
- (O) – Reduction of work-related stress levels
- (T) -- During the course of a shift

Methods / Implementation

- Sample: 13 PCU nurses
 - Day and night shift nurses
- A modified version of the 10-point Perceived Stress Scale (PSS) was administered at the beginning of the shift.
 - The PSS was tailored to focus on nurses' feelings for that week only. The scale was based on a Likert-rating scale (Never, Seldom, Occasionally, Frequently, & Always) where participants are asked to rate their perceptions on a scale of 1-4.
- The nurses selected a type of music played at their stations during the middle portion of their shift.
- The same 10-point PSS was re-administered during the final hours of the shift and compared to their pre-intervention survey.
- Data tabulated utilizing Excel.

Results



- A total of 13 nurses were surveyed during our study timeframe. Average stress levels were calculated by totaling the numeric values reported for each question and dividing by the total number of nurses surveyed. Out of the 13 nurses surveyed, 4 reported no change in stress, and 9 reported a reduction in their stress level.

Barriers

- Staff completion of the survey tool
- Music being tolerated by all staff in that nursing pod
- Unit computers shutting off while music is still playing
- Completed surveys being lost or misplaced throughout the shift

Conclusions

- PCU Nurses report reduced stress levels after listening to music
- Further research must be done to investigate implementation of music therapy as a common hospital practice.

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