



# Nurses Perceptions of Music Therapy

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## Background

- Music therapy is expressive therapy utilizing music to improve physical and mental health of clients
- Benefits:
  - Improvement of systemic processes of the body
  - Helpful as overall treatment of psychiatric disorders
- Effects of music & music therapy:
  - Impacts many different areas of the brain
  - Helps caregivers too



## Objectives

1. Describe nurse perception of and participation in music therapy for medically complex pediatric patients
2. Determine the extent to which nurse perception of children in their care are impacted by patient participation in music therapy
3. Evaluate whether nurse involvement in music therapy impacts job satisfaction.

## Methods and Community Partnership

A cross-sectional survey was designed to obtain the perspectives of nurses who care for pediatric patients with complex medical needs. Eligible participants are nurses at Elizabeth Seton Pediatric Center (ESPC) who are on the day shift given their exposure to music therapy within the facility (N=86). They were invited to participate in this study via an email link to the survey.

Elizabeth Seton Pediatric Center is the largest provider of children's subacute care in the country. ESPC serves children, aged birth through 21 years, with complex chronic medical and neurological conditions from diverse areas within New York. This facility offers medical, rehabilitative, and palliative care through the coordination of an interdisciplinary team.



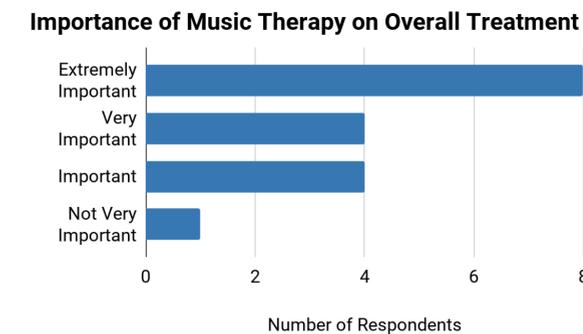
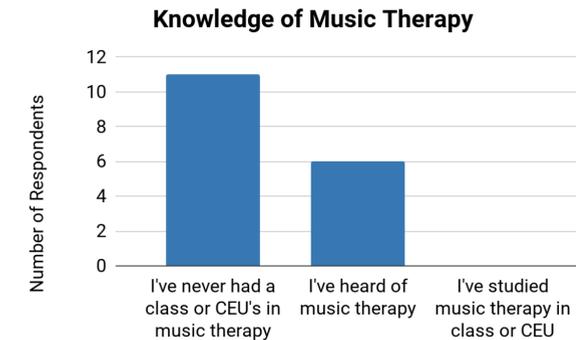
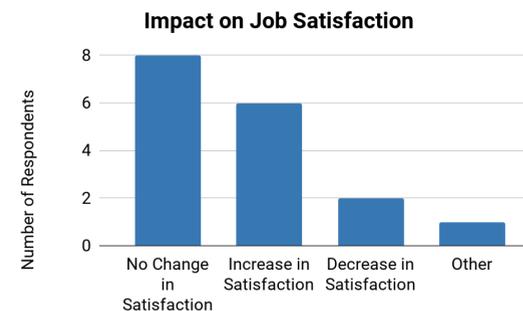
## Discussion / Next Steps

- Nurses see value in music therapy
- Participation increased job satisfaction
- Support for furthering nurses' involvement in music therapy, and introducing music therapy during nurse training
- Interpretation of results limited by the small sample size and the nurses all being from a single institution
- Future research on nurse perceptions of music therapy should include a wider variety of clinical settings, as well as longitudinal research on employee retention

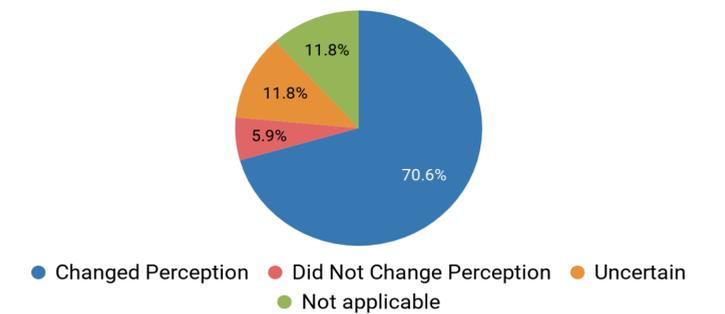
## Results / Progress to Date

A total of 16 nurses completed the survey (18% response rate), all of which were female registered nurses who work the day shift and have a positive perception of music therapy. The majority of the respondents (57%) have worked with children with complex medical needs for 1-4 years, 14% between 5-9 years and 24% have 10 years experience or more. All of the respondents believe that music therapy has a positive impact on pediatric patients who have a physical disability, developmental/intellectual disability, behavioral disability, chronic medical conditions, and/or mental illness diagnosis. Lastly, 87% of respondents have experienced a music therapy session to some capacity.

	No.	(%)
<b>AGE</b>		
25-35 years	8	(50)
36-44 years	3	(18.75)
45-54 years	5	(31.25)
<b>MARITAL STATUS</b>		
Never married	7	(43.75)
Married	7	(43.75)
Divorced	2	(12.5)
<b>RACE</b>		
Asian	1	(6.25)
Black or African American	5	(31.25)
White	11	(68.75)
<b>HAVE CHILDREN</b>		
No	8	(50)
Yes	8	(50)



**Music Therapy's Impact on Nurses' Perceptions of Patients' Quality of Life**



### Quotes from survey participants

"Music Therapy is a powerful tool. I am lucky enough to have such a great program at our facility to help improve the overall quality of our children and staff lives"

"Children with special needs should be given the opportunity to try music therapy. If music is the fruit of life, let's play!"