

Outline

- A. The target population intended for this education are people who suffer from
 - a. Anxiety
 - b. Depression
 - c. Inpatient Facility
- B. Nursing diagnosis
 - a. Ineffective coping, R/T ineffective problem solving skills, AEB: Institutionalization.
- C. Explanation of
 - a. Music Therapy
 - b. Benefits
- D. Question patients about
 - a. Types of music they like
 - b. What music helps calm them
- E. Explain what we will be doing and how the patients are to participate
- F. Play music
 - a. Instrumental piece
 - b. Vocal piece
 - c. Instrumental piece
- G. Obtain feedback by asking if this was helpful in reducing anxiety
- H. Close with asking if patients have any questions

- A. This population was chosen because that was what was available to us that suffered from anxiety and depression which go hand in hand.
- B. We chose this diagnosis because most people who suffer from anxiety and depression lack effective coping skills to deal with their anxiety and depression listening to music is one coping skill that we could teach that the patient can use at any time and anywhere.
- C. Music Therapy is the use of calming music to help teach the patient how to relax when they are starting to feel anxious or depressed as a diversion to calm the patient and refocus their attention on other things. The benefits of music therapy can reduce stress, create a calming effect and aid in the healing process. Studies have also shown that it reduces depressive symptoms and improves health outcomes. Studies have also shown that by playing the right music, music listening has the potential to alter the emotional state of the listener, hence achieving a therapeutic outcome. The more you utilize music therapy the more effective the outcome. There is also research to support that guided imagery and music can also reduce stress, this method proposes that while the patient is listening to music they visualize calming places or objects to help maintain focus and reduce stress after the session the patient tells the therapist what they were visualizing and why they chose that place or object to visualize, they also discuss if their stress was relieved. (Short, Gibb, & Holmes, 2011, pp. 3,6). (Briggs, 2011, p. 185). (Chang, Wong, Onishi, & Thayala, 2011, p. 777).
- D. What types of music do you like to listen to and what types of music have you noticed help you relax when you are feeling anxious.
- E. What we would like you to do is to sit and relax your body with your eyes closed and listen to the music we have selected for you to listen to that we have found relaxing, in the future if you decide to do this on your own you can pick any type of music that you find relaxing. While you are listening to the music we would like you to visualize what ever is causing you stress to float away with the music once that has happened we would like you to visualize a place that you remember having a relaxing time and when you felt calm. After the exercise we will discuss if this was helpful and why you chose the places you chose.
- F. We will be playing three selections of music two are instrument and one is vocal we chose a vocal one to show that even if music has words it can be calming because if you cant visualize anything you can focus on the words and that can be enough of a distraction to calm the patient.
- G. Get feedback from the patients by asking if the exercise was helpful and what the patients visualized and why.
- H. Are there any questions for us. Thank you for your time and participation.

References

Briggs, T. M. (2011). Music's Unpoken Message. *Creative Nursing*, 17(4) , 185.

Chang, M. F., Wong, Z. Y., Onishi, H., & Thayala, N. V. (2011). Effects of music on depression in older people: a randomised controlled trial. *Journal of Clinical Nursing*, 21 , 777.

Short, A., Gibb, H., & Holmes, C. (2011). Integrating words, images, and text in BMGIM: Finding connections through semiotic intertextuality. *Nordic Journal of Music Therapy*, 20(1) , 3, 6.